

MIRONIS IN-FLIGHT MENU

SUMMER 2022



MIRONIS GREECE

We offer a full range of catering services for today's airline industry, with exceptional food customized for client needs. Our catering services include but are not limited to: breakfast, lunch and dinner, we create full meals and single dishes depending on customer needs. From menu creation to execution our aim is to give our customers and their passengers an outstanding dining experience.

- **Linen Service Fresh**
- **Flowers Arrangements**
- **Special Meals (Gluten Free Options)**
- **International Newspapers & Magazines**
- **Printed Menus**
- **Personal Shopping & Concierge Service**
- **Restaurant & Vendor Pick Ups**
- **Dry Ice & Ice**
- **Cabin SuppliesDish**
- **Cleaning & Polishing**

To place an order contact us:

By phone: +30 21 1199 4641

By Email: catering@mironis.gr





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DRINK SELECTION

ESSENTIAL & CONCIERGERIE

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FRESH & HEALTHY

- **Organic Chia pudding** - Mango, passion fruit, berries or coconuts Organic Bircher muesli
- **Egg benedict**, organic smoked salmon on toast - Hollandaise sauce Organic smoked salmon, sashimi style - Served with blinis & herbs cream
- **Home-made fruit yoghurt** - Berries, coco & vanilla, passion fruit or mango
- **Pumpkin porridge** Apple & pecan nuts milk porridge - Made with almond milk

AVOCADO TOAST -Served on big rye bread tartine

- **Buffala tartine** - Avocado, tomatoes, fresh buffala & basil
- **Salmon tartine** - Smoked salmon, dill cream cheese, avocado & radish
- **Organic eggs tartine** - Fried egg, avocado, leaves & pinenuts

DETOX JUICE

- **Green detox** Cucumber, green apple, spinach & lime
- **Earth detox** Celery, spinach, apple, cucumber & ginger
- **Full organic detox** Beetroot, lemon, ginger & apple

DETOX WATER

- **Cucumber detox** Cucumber, lime & mint
- **Strawberry detox** strawberry, orange & basilic
- **Blueberry detox** Blueberry & pomelo



BREAKFAST



BREAD

- **Breadrolls** - White, cereales, olives, rye
- **Baby baguette**
- **Whole loaf of bread** - Cereales or rye
- **French baguette** - Regular or rustic
- **Gluten free breadrolls**
- **English toast** - White or cereales
- **Borodinsky**

VIENNOISERIE & DANISH

- **Croissant**
- **Pain au chocolat**
- **Pain aux raisins**
- **Plain crêpes** -
- **Pancakes** - 3pcs
- **Muffin** - Blueberry or chocolate
- **Brownie** - Pecan nuts
- **Stuffed croissant** Ham/Turkey & cheese or Salmon

FRUITS

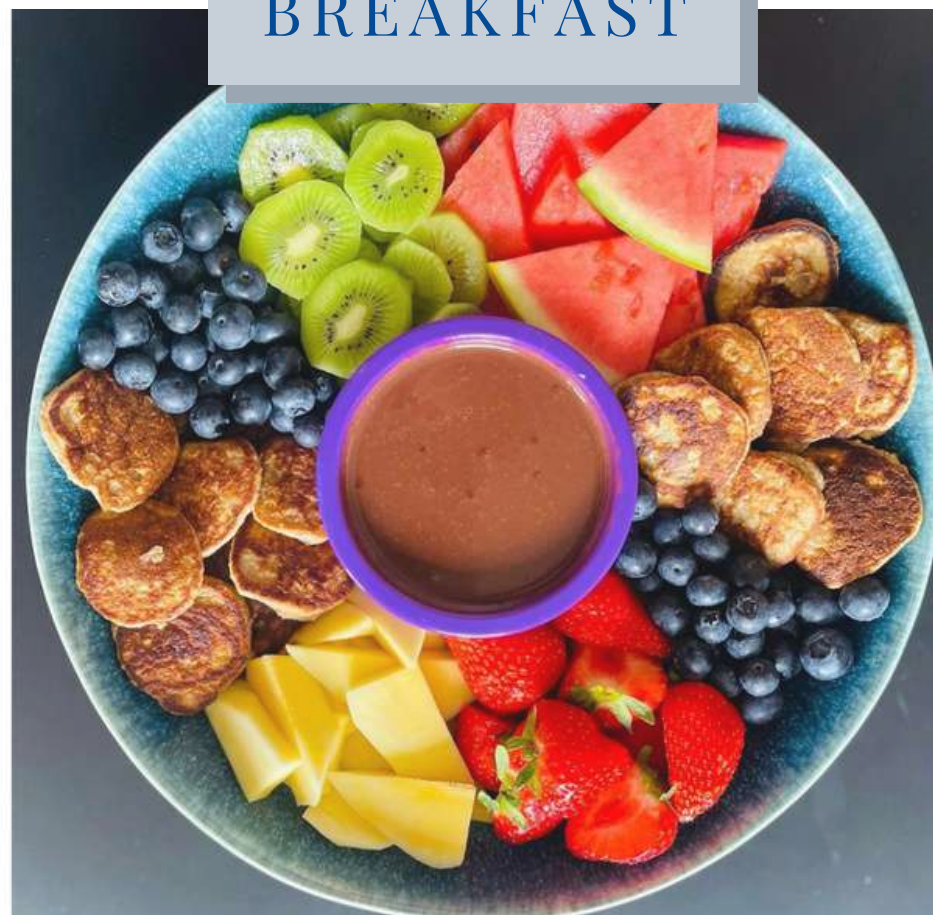
- **Sliced seasonal**, exotic & red fruits tray
- **Fresh berries** - 100gr Fresh exotic fruit salad
- **Basket of seasonal & exotic fruits** - KG
- **Fresh fruit skewers** -
- **Single sliced fruit**- Melon, mango, pineapple...



YOGHURT & DAIRY

- **Plain organic yoghurt** - glass jar
- **Home-made fruit yoghurt** - glass jar
- **Greek yoghurt**
- **Cottage cheese**
- **Oatmeal porridge**
- **Echiré butter**- regular or salted - 30gr
- **Milk** - Whole, semi skim, skim (1L)
- **Soy / almond / coco / rice milk** (1L)
- **Sour cream** - 100g

BREAKFAST



HOT BREAKFAST

EGGS

- **Fried egg**, boiled egg Over egg - Easy, Medium, Hard
- **Scrambled egg** Fresh truffle scrambled egg
- **Plain omelette** Garnished omelet - choose your garnish

SIDES

- **Grilled mini sausages** - Chicken or Veal (3 pcs)
- **Baked beans**
- **Grilled turkey**
- **Grilled tomato**
- **Chopped cherry tomato** - garlic & basil
- **Mushroom** - Plain or with garlic & parsley

BREAKFAST TRAY

COLD BREAKFAST TRAY

- 3 viennoiseries, 2 breadrolls, assorted jam & Echiré butter
Fresh orange juice, organic yoghurt, muesli & honey
Delicatessen & Cheese plate Sliced fruit plate

HOT BREAKFAST TRAY

- 3 minis viennoiseries, 2 breadrolls, jam & Echiré butter
Omelet or scrambled eggs, sausages & tomatoes Fresh
orange juice, organic yoghurt, muesli & honey & fruits



BREAKFAST





JUICES

All our juices are freshly squeezed just before delivery

CLASSIC FRESH JUICES

- Orange
- Grapefruit
- Carrot
- Watermelon
- Pineapple / Grappes
- Mango / Kiwi / Melon /
- Strawberry / Pomegranate
- Lemon (25cl)

MIXED FRUIT JUICE

- Carrot, apple & ginger
- Mango & passion fruit
- Exotic mix
- Apple, carrot & celery
- Grapefruit & orange
- Orange, apple & raspberry

SMOOTHIES

- **Mango Madness** Fresh mango, lime, vanilla, ginger
- **Coco mango** Coco water, banana, mango, vanilla
- **Fresh & tasty Kiwi**, basil, banana, lime, ginger
- **Pink smoothie** Strawberry, banana, orange & kiwi
- **Berries smoothie / Exotic smoothie**
- **Kiwi** Kiwi, lemon & mint
- **Strawberry** Strawberry, orange & basil



SALADS

- **KING CRAB** Alaska king crab, mango, avocado & pomelos. Maracuja dressing
- **ARTICHOCKE** Sliced artichokes grilled or raw, pamesan, cherry tomatoes, roasted pine nuts & rucola. Truffle dressing
- **ITALIAN** Mozzarella burrata, "coeur de boeuf" tomatoes, rucola, parma ham or bresaola & pesto. Balsamic dressing
- **TASTY** Beef Angus / Organic prawns / Duck / Vegetarian Mix leaves, peanuts, mango, crunchy vegetables, mint & coriander. Fusion dressing
- **QUINOA** Bolivian quinoa, mixed with: vegetables, edamame, lime coriander, mint, pomegranate seeds. Pomelos dressing
- **KING PRAWNS** Wild king prawns, grilled pine nuts, shaved parmesan, avocado, tomatoes, rucola. Balsamic dressing
- **SEAFOOD SALAD** Organic prawns, grilled scallops, octopus & sauted calamare, japonese salad. French dressing
- **CAESAR** Chicken / King prawns / Lobster / Chicken tandoori Heart of romaine, quail egg, vintage parmesan, croutons. Caesar dressing
- **NICOISE** Royale (Sliced red tuna steak) / Regular Tuna, cherry tomatoes, radish, sweet pepper, eggs, olives & anchovies. French dressing
- **GREEK** Cucumber, cherry tomatoes, red onions, sweet pepper, radish, olives & feta cheese. Greek dressing



STARTERS



| Chicken Caesar Salad |

PLATTERS *Available in Small, Medium, Large*

- **BABY CRUDITE & DIPS** Baby carrot, radish, sugar snap, cucumber, sweet pepper, cherry tomatoes, mini fennel
Dips: Home-made guacamole & chili sauce
- **COLD MEAT CUT** Roast beef, turkey & chicken breast
- **FINE CHEESE TRAY** Assorted farm cheese Jacob's crackers 8, Carr's cracker 9,8
- **CHEESE & DELI** Assorted cheese & delicatessen - available with cold meat cut (No pork)
- **GOURMET SEAFOOD** King crab, 1/2 Lobster, wild king prawns, grilled scallops, Calamare Garnish: Lemon & selection of sauce
- **SMOKED FISH** Selection of smoked fish Served with: Lemon & blinis
- **MIX FISH & SEAFOOD** A selection of smoked fish, Wild king prawns, clamare & scallops
- **MEZZE TRAY** Assorted Mezzeh Served with pita bread
- **SLICED FRUIT** Seasonal, exotic & red fruit tray From the highest fruits qual



PLATTERS



SOUPS



CLASSIC VELOUTES

- Pumpkin
- Brocoli
- Cauliflower
- Wild mushroom
- Green asparagus
- Garden pea
- Tomato & basil

CLASSIC SOUPS

- Lobster soup
- Onion soup
- Minestrone soup
- Thai chicken noodle soup
- Thai veggies chicken noodle soup
- Clear chicken broth

RUSSIAN SOUPS

- Traditionnal Bortsh
- Dumpling consome



FINE DINING

- **Chicken curry** Thai style Cooked in coconut milk with vegetables
- **Lamb shanks** confit 12h cooking, marinated served with mash potatoes
- **Royale seafood stew**, like a “bouillabaisse” Lobster, cod fish, scallops & mussel
- **Black Cod miso**
- **Lobster & bisque** Blue Lobster, cut in Médaille, served with a delicate lobster bisque. A must!
- **Japanese beef satay** Black Angus beef, cooked with nuts, coriander & japanese spices

PASTA

- **Seafood linguine**
- **Truffle pasta**
- **Lobster linguine** (1/2 Lobster, out of shell)
- **Organic salmon & saffron linguine**
- **Morel & white mushroom spaghetti**
- **Ravioli - Meat or spinach & ricotta - tomato sauce**
- **Pasta Arrabiata/ tomato/ pesto sauce**
- **Spaghetti bolognese**

RISOTTO

- **Saffron risotto**
- **Black Truffle risotto**
- **Vegetables risotto**
- **Seafood risotto**
- **Pumpkin risotto**
- **Wild mushroom risotto**
- **Plain white risotto**

MAIN COURSES



MAIN COURSES



MEAT

BEEF

- **Black Angus beef filet**
- **Rossini Black Angus filet**
- **Black Angus beef burger**

CHICKEN

- **Baby chicken suprême- 2 pces**
- **Farm chicken suprême**
- **Baby chicken roasted with herbs**
- **Whole roasted chicken & herbs Sliced in 4pces**
- **Baby chicken Tabaka**
- **Home-made chicken nuggets / strips**
- **Chicken curry**

LAMB

- **Rack of lamb**
- **Grilled lamb chops & herbs**
- **Lamb shanks confit**

VEAL

- **Veal filet**
- **Veal chop**
- **Veal scallopini**

DUCK

- **Roasted breast of duck**
- **Duck leg confit, olive, foie gras & thyme**



FISH FILET

- Wild seabass filet
- Seabream filet
- Black cod miso
- Organic salmon filet
- John Dory filet
- Turbot filet
- Cod fish filet
- Sole filet
- Red tuna steak or tataki
- Chilean seabass
- Red mullet
- Halibut

SHELLFISH DISH

- Mix grilled seafood
- Jumbo prawns sauted Thai style
- Whole lobster medaillon & bisque
- Grilled or steamed octopus



MAIN COURSES



MAIN COURSES



CLASSIC SIDE DISH

- Mashed potatoes
- Sauted potatoes
- Rosemary baby potatoes
- Plain quinoa
- Plain Buckwheat
- Basmati rice
- Wild rice
- Plain pasta

VEGETABLES SIDE DISH

- Baby vegetables
- Mix vegetables
- Sauted mushrooms
- Roasted pumpkin & spices
- Provencal ratatouille
- Wok Thai vegetables
- Baby spinach
- Baby carrots
- Green asparagus
- Baby artichokes

SALAD SIDE DISH

- Mix green leaves
- Romaine
- Rucola, parmesan & pine nuts
- Romaine, green apple & pecan nuts
- Rucola, cherry tomatoes & parmesan



DESSERTS

- **CHEESECAKE RASPBERRY**
- **FRAISIER** Light biscuit, strawberry mousse, fresh berries coated with white chocolate
- **THE THREE CHOCOLATE** Gluten free,
- **PARIS - BREST** Nuts, puff & praliné
- **LEMON TART** Crunchy meringue
- **PANNA COTTA** Vanilla and Red fruit coulis
- **CREME BRULEE** Made with real vanilla bourbon pod
- **LIME DOME** With a raspberry heart
- **SO GREEDY...** Milk chocolate dôme, salted caramel, vanilla & crunchy praliné
- **BERRIES ON PISTACHIO TART BISCUIT**
- **ASSORTED PETITS FOURS**

FRUITS

- **Sliced seasonal, exotic & red fruit tray**
- **Fresh berries** - 100gr
- **Fresh exotic fruit salad**
- **Basket of seasonal & exotic fruits**
- **Fresh fruit skewers**
- **Single sliced fruit** - Melon, mango, pineapple...
- **Strawberry dipped in chocolate** - Dark, milk or white



DESSERTS



JAPANESE



NIGHIRI SUSHI

- Dorado / Seabream / Prawns
- Salmon / Octopus / Omelette
- Grilled eel / Tuna / Scallop
- Toro tuna / Sea urchin

SASHIMI

- Salmon Tuna
- Toro tuna
- Mix of sashimi Tray
- Mix of white fish

CALIFORNIA ROLLS

- **Rainbow-roll Crab,** cucumber, avocado with salmon
- **Passion-roll Crab,** cucumber coated with tuna
- **Salmon avocado roll**
- **Crab, avocado, cucumber & sesame**
- **Grilled eel & avocado**

MAKIS

- Tuna
- Salmon
- Cucumber
- Avocado

SIDES

- Miso soup
- Rice
- Edamame
- Seaweed salad



COLD MEZZE

- **Hummus**
- **Moutabbal**
- **Yoghurt cucumber**
- **Warakenab** Wine leaves
- **Fattouche salad**
- **Chanklich** Ewe cheese
- **Halloumi** Lebanese cheese
- **Pita bread** 4pcs

HOT MEZZE

- **Kebbe** Wheat & meat ball
- **Cheese sambousik**
- **Meat sambousik**
- **Rekakat** Flaky cheese & persil
- **Fatayer** Spinach mezzeh
- **Falafel** Vegetables ball
- **Mini samossa** Lamb or beef
- **Foul moudamas** Broad bean, lemon



LEBANESE



RUSSIAN

BREAKFAST

- **Syrniki**
- **Russian pancakes**
- **Cottage cheese**
- **Vareniki stuffed with cherry**
- **Pumpkin porridge**
- **Honey cake**

STARTER

- **Vinegrette salad**
- **Olivier salad**
- **Traditionnal Bortsh**
- **Clear chicken broth**
- **Dumpling consome**

MAIN COURSE

- **Beef stroganoff**
- **Crab Cakes**
- **Baby chicken Tabaka**
- **Kotlety** - chicken
- **Kotlety** _ veal
- **Kotlety** - fish
- **Buckwheat** with onion
- **Chicken Shashlik**
- **Pelmeni**



STARTERS

- **Avocado tartare** Freshly seasoned with coriander, ginger, lime, pomegranate ...
- **Quinoa salad** Bolivian quinoa, mixed with: vegetables, edamame, lime coriander, mint, pomegranate seeds Pomelos dressing
- **Artichok vegan salad** Raw or grilled artichok, rucola, roasted pine nuts, edmame, cherry tomatoes
- **Zucchini carpaccio** Thym, virgin olive oil, lime juice, roasted pine nuts

MAIN COURSES

- **Authentic Quinoa** Steamed quinoa, steamed vegetables, mushrooms, capers & nuts
- **Vegetarian curry in coconut milk**
- **Vegetable stir fry & tofu**
- **Red Beans and Curry Rice** with Mushrooms Coconut
- **Quinoa Risotto** with pine nuts and raisins



VEGETARIAN



CANAPES



Our canapés are made exclusively with fresh prestigious products
such as king crab, heart of smoked salmon, foie gras...

CANAPES

- **Cold vip canapés**
- **Hot vip canapés**
- **Caviar canapés**- Min. order 6 pces
- **Spoons** - Min. order 6 pces Served on Porcelaine spoons

KEBAB

- **Assorted cold kebab**
- **Hot mini chicken satay**
- **Hot mini beef satay**

SWEET COCKTAIL

- **Assorted petits fours**
- **Strawberry dipped** in chocolate Milk, dark or white
- **Fruit skewers**
- **Macaron box** 6/12/24 pcs



Strawberry dipped in chocolate

FILLINGS

SELECT YOUR FILLING

- **CHEESE** - Fig chutney, rucola, nuts & honey
- **TUNA** - Tuna & home-made mayonnaise, cucumber
- **FOIE GRAS** - Fig chutney, rucola
- **ANGUS BEEF** - Shaved parmesan, salad, sundried tomatoes
- **SALMON** - Dill cream cheese, avocado or salad
- **PARMA HAM** - Pesto, rucola, parmesan & tomatoes
- **COOKED HAM** - Salted butter & cheddar cheese
- **CAPRESE** - Pesto, tomatoes, bufala & rucola
- **TURKEY** - Cream cheese, mustard, romaine, tomatoes & cheddar
- **CHICKEN CURRY/TANDOORI** - Fresh vegetables

BREADS

- **HALF TRIANGLE** 2pcs minimum order per variety
White or whole cereales bread Advise if you want it toasted
- **FINGER VIENNESE BREAD** Viennese bread
- **GOURMET** Sandwich in fresh baked breadrolls Rye, white or cereales bread
- **1/3 BAGUETTE** White bread WRAP Available cut in finger pieces, half or whole
- **HALF BAGUETTE** Perfect for the crew sandwich White or cereales bread



SANDWICHES



i Turkey Club Sandwich I

SANDWICHES

Our sandwiches are made exclusively with fresh prestigious products such as king crab, heart of smoked salmon, foie gras...

OPEN SANDWICHES

- **King Crab**
- **Foie gras**
- **Bresaola**
- **Cheese**
- **Heart of smoked salmon** Organic eggs & vegetables
- **Mozza di buffala & vegetables**

AVOCADO TOAST

- **Buffala tartine Avocado**, tomatoes, fresh buffala & basil
- **Salmon tartine** Smoked salmon, dill cream cheese, avocado & radish
- **Organic eggs tartine** Fried egg, avocado, leaves & pinenuts

CLUB SANDWICH

- **Chicken**
- **Salmon**
- **Organic eggs**



CABIN ESSENTIAL



WATER & DRINKS

- Evian / Volvic
- Fiji / Voss
- San Pellegrino / Perrier
- Coconut water
- Coke (R, Light/O)
- Schweppes/Fanta/
- Ice tea
- Red bull (R, Light/O)

FLOWERS

- Flower arrangement, Bouquet, table center, bathroom, bedroom ! We will provide you exquisite flowers arrangements

NEWSPAPERS

- Newspapers from all around the world
- International Magazine

ESSENTIALS

- Printed Menu
- Beauty items
- Paper cup
- Ice cubes, dry ice
- Garbage bag,...



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