



Sky Food Catering

Flight Menu



*Owner, Asad Gharwal,
Executive Chef, Tony Delany,
and the rest of the Sky Food
Catering Staff is proud to
present the following menu.*

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Breakfast

All breakfasts served in our executive boxes come with daily fresh squeezed juice, sliced fruit, yogurt and utensils.

CONTINENTAL BREAKFAST

two breakfast pastries, fruit cup, yogurt, and orange juice

EURO CONTINENTAL

breakfast pastry, fruit cup, yogurt, meat and cheese, hard-boiled egg, and orange juice

COLD BREAKFAST

continental breakfast with the choice of bowl of granola or cereal

PARFAIT AND PASTRY

layers of blueberries, raspberries, vanilla yogurt and strawberry yogurt topped with granola and choice of breakfast pastry

LOX AND BAGEL

thinly sliced lox, chopped hard-boiled egg, sliced tomatoes, capers, red onion, and lemon wedges served with bagel and condiments

DANISH TRAY

Fresh baked breakfast pastries and condiments (2 per person)

HOT BREAKFAST

continental breakfast with choice of omelet, quiche or scrambled eggs and choice of potato or meat

omelets: ham & cheese, vegetable, Denver

quiche: Lorraine; asparagus, bacon and cheddar cheese; peppers, , sausage, pepper jack cheese; Florentine; ham and cheese; 4 cheese

BREAKFAST SANDWICH

continental breakfast with choice of breakfast burrito or breakfast sandwich.

breakfast burrito: flour tortilla filled with scrambled eggs, cheese, sausage, peppers and onions, served with salsa, sour cream, bagel, and cream cheese.

breakfast sandwich: English muffin, bagel or biscuit layered with eggs, cheese and your choice of Canadian bacon or ham.



Breakfast Sides & À la Carte

SIDE OPTIONS:

Bacon
Turkey Bacon
Sausage Links
Sausage Patty
Turkey Sausage Links
Veggie Breakfast Patty
Hash browns
Breakfast Potatoes
Grilled Tomatoes

BREAKFAST À LA CARTE:

Choice of Omelet
Scrambled Eggs
Choice of Quiche
Breakfast Sandwich
Breakfast Burrito
Bowl of Cereal or Granola
Fruit and Yogurt Parfait
French Toast
Waffle



Beverages

OJ, pint or quart size
Juice, assorted, 12 oz.
Milk, 12 oz. (skim, 1%, etc)
Milk, quart size

Soy Milk, pint size
Soy Milk, quart size
Bottled Water
Premium Water



Box Lunches

Box Lunches include house made chips, fruit cup, cookie and mayo and mustard on the side.

DELI BOX LUNCH

choice of: smoked turkey, ham, roast beef, corned beef, tuna salad, chicken salad, egg salad, roasted tenderloin, grilled chicken, and roasted vegetables with hummus; choice of bread: wheat, multigrain, sourdough, marble rye, tortilla wrap, focaccia, ciabatta, and hoagie; choice of cheese: Swiss, provolone, cheddar, and pepper jack

GRILLED SIRLOIN SANDWICH

(hot or cold) grilled steak, sautéed mushrooms, onions and provolone cheese served on a hoagie

CURRIED CHICKEN SALAD

curried chicken salad served on a bed of mixed greens with house made flatbread

CAPRESE BAGUETTE

fresh tomato slices and fresh mozzarella served on a baguette with basil, mixed greens and balsamic reduction



GREEK WRAP

grilled chicken, romaine lettuce, Greek olive mix, tomatoes, feta cheese and red onion

ITALIAN HOAGIE

sliced salami, shaved prosciutto, ham, provolone and house made giardiniera

WALLEYE SANDWICH

panko crusted walleye served on a hoagie with mixed greens, tomatoes and remoulade

HORSERADISH ROAST BEEF

roast beef with horseradish cheese, caramelized onions on choice of bread

REUBEN MELT

thin-sliced corned beef, sauerkraut, Swiss cheese, and Thousand Island dressing served on marble rye bread

Cold Appetizers

GRILLED SHRIMP COCKTAIL

grilled shrimp cocktail served with lemon wedges, cocktail and remoulade sauces

HUMMUS, TAPENADE AND FLATBREAD

house made flatbread served with hummus, sun-dried tomato and olive tapenades

CRUDITE TRAY

display of fresh vegetables served with dill dip and hummus

ANTI PASTO

prosciutto, sopresseta salami, basil marinated mozzarella, roasted red peppers, mixed olives, artichoke hearts, herbed olive oil, balsamic reduction and crostini

CHEESE AND CRACKER

combination of imported and domestic cheeses served with a cracker basket



MEAT, CHEESE AND CRACKER TRAY

combination of imported and domestic cheeses and meats served with a cracker basket

SEASONAL FRUIT TRAY

fresh seasonal fruit and berries, garnished with dried fruits and served with yogurt dipping sauce

FINGER SANDWICHES

choice of the following quartered sandwiches: grilled chicken with orange marmalade, egg salad, smoked salmon with dill cream cheese and cucumber, sliced beef with horseradish cheese, smoked cheddar ham, tuna salad

SEAFOOD PLATTER

lobster tail, cocktail crab claws, and grilled shrimp cocktail served with lemon wedges, cocktail sauce, and remoulade sauce

Hot Appetizers



WALLEYE CORN CAKES

walleye, roasted corn, red peppers, red onion, cilantro served with cilantro aioli

BEEF OR CHICKEN SATAYS

skewered grilled beef or chicken served with peanut sauce, and teriyaki sauces



TOMATO-SPINACH STUFFED MUSHROOMS

silver-dollar mushroom caps stuffed with fresh tomatoes, basil, and sautéed spinach

PROSCIUTTO WRAPPED SHRIMP

grilled jumbo shrimp wrapped with prosciutto served with balsamic



Soup

Chicken Wild Rice

Tomato Basil Bisque

Chicken Noodle

Beer Cheese

Cream of Mushroom

Split Pea w/or w/o Ham

French Onion

Gazpacho

Seafood Gumbo

Salads

Salads include dinner roll. Entrée salad can be made into a box lunch with a fruit cup, dinner roll and cookie.

PEAR SALAD

mixed greens, fresh pear slices, candied walnuts, and Gorgonzola

MANDARIN CHICKEN SALAD

layered salad of mixed greens, fresh strawberries, mandarin oranges, crispy chicken, toasted cashews and crispy wonton strips

CHEF'S SALAD

ham and Swiss cheese julienne, tomato and cucumber on a bed of fresh lettuce

SEAFOOD SALAD

bed of mixed greens, grilled lobster tail, grilled jumbo shrimp and seared tuna with lemon, and tomatoes

THAI RICE NOODLE SALAD

soba noodles, julienne bell peppers, carrots and cucumbers with Thai peanut salad dressing

GREEK SALAD

mixed greens with bell peppers, tomato, Greek olives, cucumbers, feta cheese, and a lemon vinaigrette

GRILLED STEAK SALAD

mixed greens with grilled steak, mushrooms, red pepper, tomatoes, and blue cheese

GRILLED CHICKEN SALAD

mixed greens, grilled chicken breast, roasted corn, black beans, tomatoes and feta cheese

GRILLED SALMON SALAD

mixed greens, grilled salmon, cucumbers, olives, red onion, red pepper, and lemon

SPINACH SALAD

spinach, red onion, candied walnuts, dried cranberries, and cranberry Stilton cheese





Cold Plate

CRANBERRY CHICKEN

grilled chicken breast with a cranberry chutney,
cranberry wild rice salad and cheese wedges and crackers



ASIAN BEEF

teriyaki grilled steak with sesame-ginger coleslaw and
fruit cup

SNACK TRAY

appetizer wraps, cheese wedges, fruit kabob and crudité

BRUNCH TRAY

breakfast pastry, choice of quiche, crudité, cheese wedges
and meat



TENDERLOIN

cold slices of tenderloin, potato salad, grilled vegetables
with roasted red pepper hummus

Pasta Entrées

Includes side salad, dinner roll and dessert

LASAGNA BOULOGNESE

lasagna roll filled with our house made meat sauce and herbed ricotta cheese, topped with fresh mozzarella and marinara

LASAGNA BIANCO

lasagna roll filled with herbed ricotta cheese, prosciutto, tomatoes, asparagus, topped with fresh mozzarella and Alfredo sauce

LASAGNA VEGETARIAN

lasagna roll filled with herbed ricotta cheese, spinach, mushrooms, eggplant, topped with fresh mozzarella and marinara

TARRAGON SALMON

pasta with salmon, spinach, tomatoes and tarragon cream sauce

CAJUN LINGUINI AND SHRIMP

linguini, blackened shrimp, tomatoes, and served with a Cajun cream sauce

TRUFFLED BEEF AND PENNE

grilled beef, tomato, spinach, red onions, truffle oil and penne pasta

PARMESAN

chicken, veal or eggplant crusted with herbs, Parmesan and breadcrumbs, served with marinara, fresh mozzarella, and penne pasta

Pasta Your Way

Includes side salad, dinner roll and dessert

CHOOSE A PASTA:

Spaghetti
Rigatoni
Penne
Angel Hair
Linguini
Cheese Tortellini
Cheese Ravioli

ADD A PROTEIN:

Chicken
Steak
Shrimp
Salmon
Tofu

CHOOSE A SAUCE:

Alfredo
Marinara
Bolognese
Pesto Cream
Cajun Cream
Lemon Caper
Lobster-Tomato Cream
Puttanesca
Diavlo
Prima Vera

ADD VEGETABLES:

Spinach
Mushrooms
Red Onion
Peppers
Olives
Tomatoes
Zucchini
Asparagus
Artichoke Hearts

Poultry Entrées

All Poultry Entrées include side salad, dinner roll and dessert



SOUTHWESTERN CHICKEN

grilled chicken black bean relish, cumin
mashed potatoes, chili-glazed carrots

CHICKEN KABOBS

chicken kabobs with basmati rice and grilled
vegetables

DUCK WITH APPLE CONFIT

seared duck breast with parmesan orzo and
apple confit



LEMONGRASS CHICKEN

lemongrass chicken with vegetable fried rice

CRANBERRY TURKEY

roasted turkey with cranberry chutney, wild
rice pilaf and grilled green beans

GINGERED DUCK BREAST

seared duck breast with gingered tomato jam,
cilantro rice, and sesame roasted green beans

SAFFRON GAME HEN

roasted game hen with saffron-olive au jus
with curried potatoes and cauliflower

Poultry Your Way

CHOOSE YOUR POULTRY:

Chicken Breast
Bone-in Chicken
Duck Breast (seared rare)
Turkey Breast
1/2 Game Hen

CHOOSE YOUR SAUCE:

Blackberry Chutney
Champagne
Mediterranean
Truffle Butter
Marsala
Lemon-Caper
BBQ
Tandoori
Citrus Salsa
Thai Green



Beef & Lamb Entrées

All Beef & Lamb Entrées include side salad, dinner roll and dessert

PEPPERED TENDERLOIN

five-pepper crusted beef tenderloin medallions served with a port wine reduction sauce with herb roasted potatoes and grilled green beans

VEAL SCALOPPINI

breaded veal cutlet with mushroom cream sauce served with egg noodles and grilled asparagus

HONEY DIJON CRUSTED LAMB CHOPS

seared rack of lamb slathered with honey Dijon and coated with herbed bread crumbs served with rice pilaf and seasonal vegetables

BACON-WRAPPED TENDERLOIN

seared tenderloin wrapped with applewood smoked bacon served with garlic mashed potatoes and grilled asparagus

BRAISED SHORT RIBS

slow cooked short ribs with black mission figs and mushroom demi served with mashed sweet potatoes and roasted veg

GRILLED NY STRIP

grilled NY strip steak with local amablu cheese and caramelized onions with baked potato and grilled vegetables

SPICY BEEF KABOBS

skewered beef with basmati rice and grilled vegetables



Beef Your Way

CHOOSE YOUR BEEF:

Tenderloin
NY Strip
Short Ribs
Veal Chops
Lamb

CHOOSE YOUR SAUCE:

| | |
|-----------------------|---------------------|
| Balsamic Onion Relish | Whiskey Cream |
| Gorgonzola Cream | Horseradish Crusted |
| Sesame Ginger | Lemon Grass |
| Morel Mushroom Demi | Mango Salsa |
| Kabob | Smoked |

Pork Entrées

All Pork Entrées include side salad, dinner roll and dessert



APRICOT STUFFED PORK LOIN
roasted pork loin with apricot and cranberry stuffing served with a pork gravy, roasted potatoes and steamed carrots

BOURBON-GLAZED GRILLED CHOP
grilled bone-in pork chop with a sweet bourbon glaze served with au gratin potatoes and roasted corn



FIVE SPICE PORK TENDERLOIN
seared five spice pork tenderloin with a hoi sin glaze served with cilantro rice and sesame broccoli



HONEY-MUSTARD PORK RIBS
slow-cooked pork ribs with a honey-mustard sauce served with garlic mashed potatoes and baked beans

Pork Your Way

CHOOSE YOUR PORK:

Pork Loin
Pork Chop
Pork Tenderloin
Ribs
Smoked Ham
Apricot Glaze

CHOOSE YOUR SAUCE:

Blackberry Chutney
Orange Black Bean Sauce
Hunter Sauce
Apple Reduction
Cranberry Apple Glaze
Fennel-Crusted with Garlic Cream Sauce
Dijon Cream
Hoi Sin Ginger
Smoked

Seafood Entrées

All Seafood Entrées include side salad, dinner roll and dessert

TOMATO & OLIVE CRUSTED SALMON

baked salmon with an herbed tomato and olive crust served with lemon parsley rice

HORSERADISH-CRUSTED SALMON

baked salmon with a horseradish crust and lemon-caper sauce served with garlic mashed potatoes and grilled asparagus

PECAN CRUSTED MAHI MAHI

mahi mahi pan-seared with a pecan crust topped with an herbed butter served with cannelloni bean puree and roasted veggies

SESAME SEARED TUNA

tuna rolled in toasted sesame seeds with steamed rice and stir-fried vegetables

PANCETTA-WRAPPED SHRIMP

grilled shrimp wrapped with pancetta with a drizzle of balsamic reduction served with Parmesan orzo and grilled asparagus

PAN-SEARED HALIBUT

pan-seared halibut with prosciutto and a white wine, lemon and caper sauce served with rice and steamed vegetables

GRILLED BASS

grilled bass with a tomato and saffron sauce served with basmati rice and grilled veg



Seafood Your Way

CHOOSE YOUR FISH:

Mahi Mahi

Tuna

Halibut

Shrimp

Striped Sea Bass

Salmon

CHOOSE YOUR SAUCE:

Mango Salsa

Lobster Cream

Truffle Butter

Green Curry

Black Bean Relish

Saffron Jus Lie

Lemon Caper Sauce

Chipotle Remoulade



Animal Friendly

VEG AND BEAN ENCHILADA

seasoned black beans and diced peppers, onions, and corn rolled in a flour tortilla with enchilada sauce and topped with cheese

TOFU AND DAL (vegan)

grilled curried tofu with a spicy lentil dal and roasted vegetables

VEGGIE CAKE (vegan)

griddled seasonal vegetable cake served with a tofu remoulade sauce

CHILI-CUMIN BLACK BEAN CAKES (vegan)

chili-cumin black bean cakes with roasted red pepper coulis

HOI SIN-CHILI TOFU STIR FRY (vegan)

stir fried vegetables and marinated tofu with a spicy sweet hoi sin sauce served with rice

FALAFELS

with tzatziki, tomatoes, lettuce and flatbread

CURRIED CHICKPEA FRITTERS

served with tomatoes, lettuce, and a cucumber yogurt sauce on flatbread

JERK TOFU

grilled jerk tofu served with spicy-lime peanut sauce and red beans and rice



Entrée Side Dishes

STARCH CHOICES:

Garlic Mashed Potato
Potatoes O'Brien
Orzo
Potatoes Lyonnaise
Polenta Cakes
Vegetable Risotto
Herbed Mushroom Risotto
Rice Pilaf

SIDE SALADS:

Beet and Goat Cheese
Tomato Onion
Caprese

VEGETABLE CHOICES:

Grilled Asparagus
Steamed Green Top Baby Carrots
Honey Glazed Root Vegetables
Grilled Vegetable Medley
3 Bean and Corn Salad
Steamed Broccoli & Cauliflower
Grilled Green Beans
Ratatouille

Garden
Caesar
Spinach-Cranberry

Kids Menu

Personal Cheese/Pepperoni Pizza
Mac and Cheese
Chicken Fingers
Grilled Cheese

Deli Sandwich
Hamburger and Fries
Cheeseburger and Fries
Walleye Fish Sticks





Desserts

Lemon Bars

Mini Lady Baltimore Cakes

Cheesecake

Eclairs

Key Lime Pie

Chocolate Mousse Layer Cake

Red Velvet Cupcakes

7-Layer Bars

Carrot Cake

Cookies

Brownies



About Sky Food Catering

SKY FOOD CATERING is an inflight catering company based in Minneapolis, MN. We have a proven track record of serving the highest quality restaurant style cuisine with a personal touch to charter airlines, private and corporate jets, and business executives.

We have catered many types of charters, including high profile charters such as the NBA basketball teams, NHL Hockey teams, WWW wrestling, Twins baseball team, college football, corporate groups and the Rolling Stones band.

We provide a full range of catering services. We guarantee the highest level of quality, service and attention to detail; and are committed to providing our customers with competitive pricing.

Operating 24 hours a day, 365 days a year, we can provide services to you at any time of the day or night.



Owner, Asad Gharwal

Asad Gharwal has worked in the food industry for the past 30 years. Since 1987 he has been providing quality food and service to the metropolitan area of Minneapolis and St. Paul, Minnesota. In 1987 Asad opened Da Afghan Restaurant in Bloomington, Minnesota, and he ran the restaurant until 1995 when he sold it. Da Afghan received many awards for excellence by many publications including: Minneapolis/St. Paul Magazine, Star Tribune, Pioneer Press, City Pages, Twin City Reader, and the New York Times. Following his success in the restaurant business, Asad published an Afghani cookbook in 1995 entitled, Award Winning Low-fat Afghani Cooking, available on Amazon.com.

In 1995 Asad began catering for the airline industry, and by 1999 he was providing catering for high-profile charter flights for Northwest Airlines. The business flourished, and Asad formed Sky Food Catering, Inc.

For over 11 years Sky Food Catering, Inc., has expanded its business and has dominated the niche of premium full catering service for airline charters and privately owned aircraft for both companies and individuals. Sky Food Catering, Inc.'s clients include Delta (previously Northwest), Champion Airlines (no longer in business), Sun Country Airlines, Netjets, Airchef, 3M, Signature Flight Support, Carlson Companies, Target Aviation Services, Best Buy Aviation, United Health Care Aviation, Flexjet, and many more.

Asad's companies have also expanded to the corporate cafeteria business, and his companies have run cafeterias on several large corporate campuses, including CH Robinson Worldwide, City of Eden Prairie, and Select Comfort.



Order Information

Orders may be placed by phone, fax, or email. All orders will be confirmed by a member of our staff.

We deliver 24 hours a day, 7 days a week throughout the year.

Appropriate taxes and delivery charges will be added to all orders.

Orders may be cancelled 24 hours prior to delivery time, unless the item have already been prepared.

TO ORDER:

Phone: (651) 994-1955

Fax: (651) 994-1953

Email: orders@skyfoodcatering.com

Sky Food Catering, Inc.
1408 Northland Drive, Suite 204
Mendota Heights, MN 55120

We will be happy to work with you to customize your order.

Testimonials

"Sky Food Catering has provided catering services for the past six years for the National Basketball Association professional teams who charter flights out of Signature and Mpls/St. Paul International Terminals on Northwest Airlines. I have found Asad Gharwal to be very service-oriented and creative in his menu suggestions, as well as adaptable to the needs of the individual teams." - NWA Charter Food Service

"I have worked with the Sky Food Catering staff for several years during my employment with two different airlines. They have catered many types of charter flights (including high-profile sports charters), training sessions and other company functions for Champion Air. Sky Food is a very professional group that is extremely customer service oriented. When it comes to catering, they have consistently provided high quality catering, helpful suggestions, upscale presentation and a variety of selections." - Champion Air Premium Catering

"Asad has a high dedication to customer satisfaction and he continues to be a premiere vendor for catering to a client base that is extremely demanding." - NWA Inflight Services

"We have always been very pleased with their quality and willingness to adapt to our airline's very flexible schedule." - Sun Country Airlines

"SFC exceeds our customer's expectations each and every day." - Signature Flight Support

"The exceptional quality of food and service meets all expectations" - Best Jets International



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