

# LOW CALORIE MENU

BRUNCH SERVICE • WESTBOUND

## WELCOME TASTE

*It's app-y hour!*

### **Caramelized pineapple & banana smoothie**

Made with soy milk

## DELISH DISHES

*Step up to the plates & try all three.*

*Please note: the first dish listed below is served chilled.*

### **Overnight oats**

With fresh fruit & soy yogurt

### **Buckwheat pancakes**

With glazed apples, walnuts & maple syrup

### **Spicy eggplant Shakshuka**

With feta cheese & a poached cage-free egg

## SWEET BITES

*Don't desert dessert—enjoy both options!*

### **Seasonal fruit salad**

### **Organic sorbet**

Blue Marble Ice Cream, Brooklyn, New York

## 24/7 SNACKS

*They're lip-snacking good.*

### **Fresh whole fruit**

### **Signature JetBlue snacks**

Ask your inflight crewmember about our famous selection!



# LOW CALORIE MENU

BRUNCH SERVICE • EASTBOUND

## WELCOME TASTE

*It's app-y hour!*

### **White peach & raspberry smoothie**

Made with soy milk

## DELISH DISHES

*Step up to the plates & try all three.*

*Please note: the first dish listed below is served chilled.*

### **Fruit & nut quinoa**

With vanilla soy Greek yogurt

### **French toast**

With hazelnuts & blueberry syrup

### **Goat cheese & tomato cage-free egg white omelet**

With chicken sausage & roasted red potatoes

## SWEET BITES

*Don't desert dessert—enjoy both options!*

### **Seasonal fruit salad**

### **Organic sorbet**

Blue Marble Ice Cream, Brooklyn, New York

## 24/7 SNACKS

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# LOW CALORIE MENU

LUNCH/DINNER SERVICE • WESTBOUND

## WELCOME TASTE

*It's app-y hour!*

### **Veggie chips**

With hummus

## DELISH DISHES

*Step up to the plates & try all three.*

*Please note: the first dish listed below is served chilled.*

### **Taco salad**

With black beans & lentils

### **Butternut squash polenta**

With chives & pecans

### **Pan-roasted chicken**

With broccolini, roasted cherry tomato & mashed potatoes

## SWEET BITES

*Don't desert dessert—enjoy both options!*

### **Seasonal fruit salad**

### **Organic sorbet**

Blue Marble Ice Cream, Brooklyn, New York

## 24/7 SNACKS

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### **Fresh whole fruit**

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# LOW CALORIE MENU

LUNCH/DINNER SERVICE • EASTBOUND

## WELCOME TASTE

*It's app-y hour!*

### **Deviled potato**

With turmeric, cashews & dill

## DELISH DISHES

*Step up to the plates & try all three.*

*Please note: the first dish listed below is served chilled.*

### **Shirazi salad**

With yellow & red cherry tomatoes, cucumbers, shallots, herbs & red wine vinaigrette

### **Mushroom risotto**

With chives & pine nuts

### **Roasted Atlantic cod**

With braised fennel, cannellini beans & tomato caper sauce

## SWEET BITES

*Don't desert dessert—enjoy both options!*

### **Seasonal fruit salad**

### **Organic sorbet**

Blue Marble Ice Cream, Brooklyn, New York

## 24/7 SNACKS

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# LOW CALORIE MENU

SHUTEYE SERVICE

## WELCOME TASTE

*It's app-y hour!*

### **Deviled potato**

With turmeric, cashews & dill

## DELISH DISHES

*Step up to the plates & try all three.*

*Please note: the last two dishes are served chilled.*

### **Roasted Atlantic cod**

With braised fennel, cannellini beans & tomato caper sauce

### **Roasted tomato & lemon salad**

With baby gem, red onion, pomegranate seeds  
& pomegranate vinaigrette

### **Shirazi salad**

With yellow & red cherry tomatoes, cucumbers,  
herbs & red wine vinaigrette

## SWEET BITES

*Get the scoop on this delish dish!*

### **Organic sorbet**

Blue Marble Ice Cream, Brooklyn, New York

## PRE-ARRIVAL

*Enjoy your pre-arrival dish with fruit salad & a hot espresso drink.*

### **Black bean burrito**

With green, red & yellow bell peppers

### **Seasonal fruit salad**

### **Cappuccino & espresso**

Brooklyn Roasting Company, Brooklyn, New York

## 24/7 SNACKS

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