

# LOW CALORIE MENU

BRUNCH SERVICE • WESTBOUND

## WELCOME TASTE

CARAMELIZED PINEAPPLE & BANANA SMOOTHIE

## DELISH DISHES

FRESH FRUIT

seasonal selection

BUCKWHEAT PANCAKES

blueberry compote

SPICY EGGPLANT SHAKSHUKA

feta cheese, poached cage-free egg

## SWEET BITES

LOCAL SORBET

24/7

FRESH WHOLE FRUIT

SIGNATURE JETBLUE SNACKS

CAPPUCCINO & ESPRESSO

Brooklyn Roasting Company, Brooklyn, New York



# LOW CALORIE MENU

BRUNCH SERVICE • EASTBOUND

## WELCOME TASTE

WHITE PEACH & RASPBERRY SMOOTHIE

## DELISH DISHES

### FRESH FRUIT

seasonal selection

### FRENCH TOAST

hazelnuts, maple syrup

### GOAT CHEESE & TOMATO EGG WHITE OMELET

steamed vegetables

## SWEET BITES

LOCAL SORBET

24/7

FRESH WHOLE FRUIT

SIGNATURE JETBLUE SNACKS

### CAPPUCCINO & ESPRESSO

Brooklyn Roasting Company, Brooklyn, New York



# LOW CALORIE MENU

LUNCH/DINNER SERVICE • WESTBOUND

## WELCOME TASTE

VEGGIE CHIPS & HUMMUS

## DELISH DISHES

### TACO SALAD

black beans, lentils, quinoa, romaine, cherry tomatoes

### BUTTERNUT SQUASH POLENTA

chives, pecans, squash & apple ragoût

### PAN-ROASTED CHICKEN

broccolini, cauliflower, roasted cherry tomato

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LUNCH/DINNER SERVICE • EASTBOUND

## WELCOME TASTE

### DEVILED POTATO

turmeric & cashew purée, dill

## DELISH DISHES

### SHIRAZI SALAD

cherry tomatoes, cucumbers, shallots, herbs,  
red wine vinaigrette

### MUSHROOM RISOTTO

chives, pine nuts

### ROASTED ATLANTIC COD

braised fennel, cannellini beans, tomato caper sauce

## SWEET BITES

### LOCAL SORBET

24/7

### FRESH WHOLE FRUIT

### SIGNATURE JETBLUE SNACKS

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# LOW CALORIE MENU

SHUTEYE SERVICE

## DELISH DISHES

### ROASTED TOMATO & LEMON SALAD

baby gem lettuce, red onion, pomegranate seeds,  
pomegranate vinaigrette

### SHIRAZI SALAD

cherry tomatoes, cucumbers, shallots, herbs,  
red wine vinaigrette

### ROASTED ATLANTIC COD

braised fennel, cannellini beans, tomato caper sauce

## SWEET BITES

### LOCAL SORBET

## WHEN YOU RE-TREAT

*Jet your morning started with a statemint snack.*

### BLACK BEAN BURRITO

green, red & yellow bell peppers

### COLD-PRESSED JUICE SHORTY

milk bar, NYC and beyond

24/7

### FRESH WHOLE FRUIT

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