



# LOW CALORIE MENU

BREAKFAST SERVICE • WESTBOUND/SOUTHBOUND

## WELCOME TASTE

Breakfast bar\*

## DELISH DISHES

Fresh fruit  
seasonal selection

Buckwheat pancakes\*  
blueberry compote

Spicy eggplant Shakshuka  
feta cheese, poached cage-free egg

*\*vegan & gluten free*



# LOW CALORIE MENU

BREAKFAST SERVICE • EASTBOUND/NORTHBOUND

## **WELCOME TASTE**

Breakfast bar\*

## **DELISH DISHES**

Fresh fruit  
seasonal selection

French toast\*  
maple syrup

Goat cheese & tomato egg white omelet  
steamed vegetables

*\*vegan & gluten free*



# LOW CALORIE MENU

LUNCH/DINNER SERVICE • EASTBOUND/NORTHBOUND

## WELCOME TASTE

Assorted nuts

## DELISH DISHES

Shirazi salad

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

Mushroom risotto\*

chives

Atlantic cod

braised fennel, cannellini beans, tomato caper sauce

## SWEET BITES

Sorbet

*\*vegan & gluten free*



# LOW CALORIE MENU

LUNCH/DINNER SERVICE • WESTBOUND/SOUTHBOUND

## WELCOME TASTE

Assorted nuts

## DELISH DISHES

Taco salad\*

black beans, lentils, quinoa, romaine,  
cherry tomatoes

Butternut squash polenta\*

chives, squash & apple ragoût

Pan-roasted chicken

broccolini, cauliflower, roasted cherry tomato

## SWEET BITES

Sorbet

*\*vegan & gluten free*



# LOW CALORIE MENU

SHUT-EYE SERVICE

## WELCOME TASTE

Assorted nuts

## DELISH DISHES

Roasted tomatoe & lemon salad\*

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

Shirazi salad\*

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

Atlantic cod

braised fennel, cannellini beans, tomato caper sauce

## SWEET BITES

Sorbet

## PRE-ARRIVAL TAKE AWAY

Cold-pressed juice

Cold brew pure black

Breakfast bar

Chocolate covered cashews

*\*vegan & gluten free*