Shorthaul flight (Zone 1)

Child Meal

Departure before 10 a.m.



Only the very best for our little passengers:

- Breakfast beetle: turkey salami with Gouda and Exquisa cream cheese
- Pineapple hedgehog
- Croissant, baguette roll, butter, Nutella, kinder country
- Chocolate drink

Departure after 10 a.m.



Enjoying an exciting meal:

- Sausage snake: Frankfurter sausage with potato salad and ketchup
- Pineapple hedgehog
- · Baguette roll, butter, Babybel, kinder country
- Chocolate drink

Halal

Departure before 10 a.m.



Start your day the healthy way:

- Cooked turkey ham, Gouda, and dry-cured meat
- Fresh fruit salad
- Fruit yogurt
- Baguette roll, croissant, butter, jam, Sun Rice bar
- Still mineral water

Departure after 10 a.m.



Treat yourself to something tasty:

- Smoked fillet of halibut on a chickpea salad with a colorful antipasti skewer
- Fresh fruit salad
- Baguette roll, wholegrain rye bread, butter, Sun Rice bar
- Still mineral water



Shorthaul flight (Zone 1)

Gluten-free

Departure before 10 a.m.



Starting the day with a balanced breakfast:

- Prague-style ham with bay leaf, farmer's ham, and Gouda
- Fresh fruit salad
- Gluten-free bread, margarine, jam, almond and date bar
- Still mineral water

Departure after 10 a.m.



Allow us to take care of you:

- Smoked fillet of halibut on a chickpea salad with a colorful antipasti skewer
- Fresh fruit salad
- Gluten-free bread, margarine, almond and date bar
- Still mineral water

Lactose-free/diabetic

Departure before 10 a.m.



A healthy start to the day:

- Three hams: Prague-style ham with bay leaf, farmer's ham, and cooked turkey ham
- Fresh fruit salad
- Wholegrain rye bread, rye roll, margarine, jam, almond and date bar
- Still mineral water

Departure after 10 a.m.



Allow us to take care of you:

- Smoked fillet of halibut on a couscous salad with a colorful antipasti skewer
- Fresh fruit salad
- Honey bar
- Wholegrain rye bread, rye roll, margarine, jam, almond and date bar
- Still mineral water



Shorthaul flight (Zone 1)

Vegetarian

Departure before 10 a.m.



Breakfast above the clouds:

- Three cheeses: Tête de Moine, Camembert, and Gouda
- Fresh fruit salad
- Fruit yogurt
- Baguette roll, croissant, butter, jam, Sun Rice bar
- Still mineral water

Vegan

Departure before 10 a.m.



Start the day with a scrumptious breakfast:

- Organic spelt muesli
- Dried fruit medley
- Fresh fruit salad
- Organic sunflower seed bread, plant-based spread, vegan margarine, and jam
- Baguette roll
- Still mineral water and orange juice

Departure after 10 a.m.



Treat yourself to a healthy meal:

- Colorful antipasti skewer on couscous salad and a pimiento filled with arugula cream cheese
- Fresh fruit salad
- Baguette roll, wholegrain rye bread, butter, Camembert, Sun Rice bar
- Still mineral water

Departure after 10 a.m.



You can look forward to a delicious meal:

- Delectable organic bulgur salad with a colorful antipasti skewer
- Fresh fruit salad
- Organic sunflower seed bread, plant-based spread, and vegan margarine
- Still mineral water



Mediumhaul flight (Zone 2)

Child Meal

Departure before 10 a.m.



Start the day with tons of energy:

- Cloud of dreams: delicious waffle with cherry and vanilla sauce
- · Gouda and turkey salami
- Pineapple hedgehog
- Fruit yogurt
- · Croissant, baguette roll, butter, Nutella, kinder country
- Chocolate drink

Halal

Departure before 10 a.m.



Delicious breakfast above the clouds:

- Pancake with vegetable curry
- Cooked turkey ham, Gouda, and dry-cured meat
- Fresh fruit salad
- Fruit yogurt
- Baguette roll, croissant, butter, jam, Sun Rice bar
- Still mineral water

Departure after 10 a.m.



Indulge your child:

- Small, playful rabbit: chicken nuggets with mashed potatoes
- Potato salad with poultry meatball and strips of bell pepper
- Cubes of Edam and Emmentaler cheese
- Red berries dessert with white chocolate mousse dumplings
- Pretzel roll, butter, kinder country
- Multivitamin juice

Departure after 10 a.m.



Enjoy a choice menu:

- Chicken korma
- Fillet of smoked salmon with lemon pepper on ratatouille salad
- Two cheeses: Cambozola and Gouda
- Red berries dessert with white chocolate mousse dumplings
- Pretzel roll, wholegrain rye bread, butter, Sun Rice bar
- Still mineral water



Mediumhaul flight (Zone 2)

Gluten-free

Departure before 10 a.m.



A delicious breakfast for gourmets:

- Omelet with potato and sausage
- Prague-style ham with bay leaf, farmer's ham, and Gouda
- Fresh fruit salad
- Gluten-free bread, margarine, jam, almond and date bar
- Still mineral water

Lactose-free/diabetic

Departure before 10 a.m.



Enjoy a hearty breakfast:

- Omelet filled with broccoli
- Three hams: Prague-style ham with bay leaf, farmer's ham, and cooked turkey ham
- Fresh fruit salad
- Wholegrain rye bread, rye roll, margarine, jam, almond and date bar
- Still mineral water

Departure after 10 a.m.



You can look forward to a warm meal:

- Greek beef goulash
- Fillet of smoked salmon with lemon pepper on ratatouille salad
- Dried fruit medley
- Fresh fruit salad
- Gluten-free bread, margarine, almond and date bar
- Still mineral water

Departure after 10 a.m.



Enjoy a choice meal:

- Turkey breast
- Fillet of smoked salmon with lemon pepper on ratatouille salad
- Kiwi and pink grapefruit segments
- Vegetable sticks with walnut
- Wholegrain rye bread, rye roll, margarine, jam, almond and date bar
- · Still mineral water



Mediumhaul flight (Zone 2)

Vegetarian

Departure before 10 a.m.



You can look forward to a balanced breakfast:

- Scrambled eggs with chives, mushrooms, and vegetable strips
- Three cheeses: Tête de Moine, Camembert, and Gouda
- Fresh fruit salad
- Fruit yogurt
- Baguette roll, croissant, butter, jam, Sun Rice bar
- Still mineral water

Vegan

Departure before 10 a.m.



Delicious breakfast above the clouds:

- Rice patties, wheat berry with spinach on celery root, carrots, and zucchini, and pureed tomato sauce
- Organic spelt muesli
- Dried fruit medley
- Fresh fruit salad
- Organic sunflower seed bread, plant-based spread, vegan margarine, and jam
- Still mineral water

Departure after 10 a.m.



Treat yourself to a choice menu:

- Cellentani pasta with arrabbiata sauce
- Mozzarella balls on ratatouille salad
- Two cheeses: Gouda and Cambozola
- Red berries dessert with white chocolate mousse dumplings
- Pretzel roll, wholegrain rye bread, butter, Sun Rice bar
- Still mineral water

Departure after 10 a.m.



Enjoy a superb meal:

- Exquisite tofu cake wrapped in zucchini with orzo on broccoli and bell peppers
- Organic lentil salad
- Fresh vegetable sticks: celery, bell pepper, and carrots
- Fresh fruit salad
- Organic sunflower seed bread and vegan margarine
- Still mineral water



Longhaul flight (Zone 3 – 5)

Child Meal

First service

Treat your child to a colorful meal:

- Small, playful rabbit: chicken nuggets with mashed potatoes
- Potato salad with poultry meatball and strips of bell pepper
- Cubes of Edam and Emmentaler cheese
- Red berries dessert with white chocolate mousse dumplings
- Pretzel roll, butter, kinder country
- · Multivitamin juice



Second service*

Day flight



Enjoying an exciting meal:

- Sausage snake: Frankfurter sausage with potato salad and ketchup
- Pineapple hedgehog
- Baguette roll, butter, Babybel, kinder country
- Chocolate drink

Night flight



Only the very best for our little passengers:

- Breakfast beetle: turkey salami with Gouda and Exquisa cream cheese
- Pineapple hedgehog
- Fruit yogurt
- Croissant, baguette roll, butter, Nutella, kinder country
- Chocolate drink

* Depending on the route.



Longhaul flight (Zone 3 – 5)

Halal

First service

Enjoy a choice menu:

- Chicken korma
- Fillet of smoked salmon with lemon pepper on ratatouille salad
- Two cheeses: Cambozola and Gouda
- Red berries dessert with white chocolate mousse dumplings
- Pretzel roll, wholegrain rye bread, butter, Sun Rice bar
- · Still mineral water



Second service*

Day flight



Treat yourself to something tasty:

- Smoked fillet of halibut on a chickpea salad with a colorful antipasti skewer
- Fresh fruit salad
- Baguette roll, wholegrain rye bread, butter, Sun Rice bar
- Still mineral water

Night flight



Start your day the healthy way:

- Cooked turkey ham, Gouda, and dry-cured meat
- Fresh fruit salad
- Fruit yogurt
- Baguette roll, croissant, butter, jam, Sun Rice bar
- Still mineral water

* Depending on the route.



Longhaul flight (Zone 3 – 5)

Gluten-free

First service

You can look forward to a warm meal:

- Greek beef goulash
- Fillet of smoked salmon with lemon pepper on ratatouille salad
- Dried fruit medley
- Fresh fruit salad
- Gluten-free bread, margarine, almond and date bar
- · Still mineral water



Second service*

Day flight



Allow us to take care of you:

- Smoked fillet of halibut on a chickpea salad with a colorful antipasti skewer
- Fresh fruit salad
- Gluten-free bread, margarine, almond and date bar
- Still mineral water

Night flight



Starting the day with a balanced breakfast:

- Prague-style ham with bay leaf, farmer's ham, and Gouda
- Fresh fruit salad
- Gluten-free bread, margarine, jam, almond and date bar
- Still mineral water

* Depending on the route.



Longhaul flight (Zone 3 – 5)

Lactose-free/diabetic

First service

Enjoy a choice meal:

- Turkey breast
- Fillet of smoked salmon with lemon pepper on ratatouille salad
- Kiwi and pink grapefruit segments
- Vegetable sticks with walnut
- Wholegrain rye bread, rye roll, margarine, jam, almond and date bar
- Still mineral water



Second service*

Day flight



Allow us to take care of you:

- Smoked fillet of halibut on a couscous salad with a colorful antipasti skewer
- Fresh fruit salad
- Honey bai
- Wholegrain rye bread, rye roll, margarine, jam, almond and date bar
- Still mineral water

Night flight



A healthy start to the day:

- Three hams: Prague-style ham with bay leaf, farmer's ham, and cooked turkey ham
- Fresh fruit salad
- Wholegrain rye bread, rye roll, margarine, jam, almond and date bar
- · Still mineral water

* Depending on the route.



Longhaul flight (Zone 3 – 5)

Vegetarian

First service

Treat yourself to a choice menu:

- Cellentani pasta with arrabbiata sauce
- Mozzarella balls on ratatouille salad
- Two cheeses: Gouda and Cambozola
- Red berries dessert with white chocolate mousse dumplings
- Pretzel roll, wholegrain rye bread, butter, Sun Rice bar
- · Still mineral water



Second service*

Day flight



Treat yourself to a healthy meal:

- Colorful antipasti skewer on couscous salad and a pimiento filled with arugula cream cheese
- Fresh fruit salad
- Baguette roll, wholegrain rye bread, butter, Camembert, Sun Rice bar
- Still mineral water

Night flight



Breakfast above the clouds:

- Three cheeses: Tête de Moine, Camembert, and Gouda
- Fresh fruit salad
- Fruit yogurt
- Baguette roll, croissant, butter, jam, Sun Rice bar
- Still mineral water

* Depending on the route.



Longhaul flight (Zone 3 – 5)

Vegan

First service

Enjoy a superb meal:

- Exquisite tofu cake wrapped in zucchini with orzo on broccoli and bell peppers
- Organic lentil salad
- Fresh vegetable sticks: celery, bell pepper, and carrots
- Fresh fruit salad
- · Organic sunflower seed bread and vegan margarine
- · Still mineral water



Second service*

Day flight



You can look forward to a delicious meal:

- Delectable organic bulgur salad with a colorful antipasti skewer
- Fresh fruit salad
- Organic sunflower seed bread, plant-based spread, and vegan margarine
- Still mineral water

Night flight



Start the day with a scrumptious breakfast:

- Organic spelt muesli
- Dried fruit medley
- Fresh fruit salad
- Organic sunflower seed bread, plant-based spread, vegan margarine, and jam
- Still mineral water and orange juice

* Depending on the route.

