



LA BONNE VIE 

In-flight Dining
Fall/Winter Menu





LA BONNE VIE

La Bonne Vie has been crafting culinary experiences since 2015. We are known for 100% personalized prepared meal delivery, small-batch catering, intimate dinner party gatherings & are excited to now offer private in-flight dining.

Traveling is hectic enough without worrying about a disappointing meal experience. Our Chef's attention to detail and quality will help ensure you can keep ~~enjoy~~ *enjoying the good life.*

xoxo, Chef Ruthie



Sharing Boards

The "Everything" Board
assorted cheeses, meats & seasonal bites

Smoked Salmon Platter
preserved lemon goat cheese dip, assorted
crackers, pickled red onion, cucumber wheels

Fresh Crudite + Dip Trio
spring veggies, roasted garlic hummus,
creamy pesto, + Harissa romesco sauces

Pimento Cheese
roasted pimento peppers, whipped sharp
white cheddar, fresh chives and spices.
served with a cracker medley

allergies

substitutions can be made for any of our offerings to include gluten free, dairy free, soy free, vegan, vegetarian, etc... Please denote requests and we will make those adjustments for your service.



Breakfast

Chia + Hemp Yogurt Parfait

Greek vanilla yogurt, house-made granola, berry compote

Steel-Cut Oatmeal

cherry compote, sliced almonds, shaved coconut
cacao nibs, banana, coconut cream, nut butter, chia seeds

Chicken Fennel Hash

savory chicken sausage, roasted apples, sweet potatoes & local eggs

Biscuits & Gravy

flaky buttermilk biscuits, pork sausage gravy

Honey-Lime Fruit Cups

seasonal fruit tossed in a honey lime poppyseed dressing



Fresh Juices & Smoothies

The Glow

organic kale, apple, beets, cucumber, lemon, &
fresh ginger

The Defender

fresh turmeric, pineapple, orange juice & lemon

The Late Night

coconut water, aloe vera, orange juice, collagen
peptides

Antioxidant Smoothie

pomegranate, goji berry, grass-fed protein whey,
medjool dates

Blueberry Vanilla Smoothie

organic blueberries, coconut milk, grass-fed
protein whey, avocado & vanilla

Paradiso Smoothie

pineapple, strawberries, banana, mango, vanilla
grass-fed whey



Seafood Apps

Seared Scallops

fennel pollen, rainbow beet carpaccio, champagne
butter

Ahi Tuna Wonton Cups

roasted pineapple + green onion salsa, sweet
teriyaki glaze

Crabmeat Stuffed Deviled Eggs

crispy pancetta + creamy dijon sauce



Poultry Apps

"The LBV Classic" Chicken Salad
croissant, pulled chicken, grapes, poppyseeds,
creamy dijon, baby arugula

Fried Buttermilk Sliders
fried chicken bites, chipotle mayo, romaine,
Hawaiian rolls

Hot Chicken + Waffle Skewers
crispy mini waffles, hot honey + miso butter glaze



Veggie Apps

Warm Roasted Rainbow Carrots
orange sumac yogurt sauce + blossom honey

Fried Green Tomato Stacks
pimento cheese, creamy dill + feta sauce

Vegetable Summer Rolls
rice paper, cucumber, basil + mint, ginger tahini dipping sauce

Brunch Toast
whole grain toast, chopped egg, fresh herbs, Graza olive oil,
avocado, butter fleur de sel



Salads

Roasted Veggie Quinoa Salad

red pepper, squash, eggplant, feta cheese, basil, lemon
vinaigrette

Kale Caesar

lacinato kale, roasted chickpeas, grana parma, caesar dressing

BLT Chopped Salad

smoked bacon, roasted tomato confit, romaine, buttermilk ranch

Mediterranean Salad

marinated beets, baby arugula, feta, artichoke hearts, zaatar
lemon dressing



Sweets

Chamomile Mascarpone Strawberry Tarte

Lemon Raspberry Bars

Mini Banana Cream Pie Jars

Assorted Cookie & Brownie Tray



ALLERGEN FRIENDLY OPTIONS AVAILABLE



A white ceramic plate is set on a rustic wooden table. A light blue, textured linen napkin is folded and placed on the plate, with several large, green, textured leaves (possibly sage) tucked into it. The background shows a blurred white bowl and a glass on a saucer.

Let us help you
– *Live the Good Life* –
anywhere in the world

Reserve your order today

502-783-7153

www.lbvcooking.com