



**SUPERFD**

**PERFORMANCE  
NUTRITION FOR  
PROFESSIONAL  
ATHLETES**

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# ALL-SEASON, MULTI-MARKET SUPPORT

We bring the highest quality nutrition to in-flight catering and team meal service in 10 different markets. Currently serving



# Appetizers



AVAILABLE PORTIONS 2 / 1.5 oz

## SKEWERS

Grilled Shrimp, Citrus Glazed  
Grilled Shrimp, BBQ  
Shrimp and Pineapple  
Shrimp, Vegetable, Mediterranean  
Chicken, BBQ Rubbed  
Chicken, Pineapple, Chipotle  
Chicken, Shawarma, cucumber yogurt  
Chicken, Thai  
Beef brisket, BBQ rubbed  
Beef, Thai  
Beef, Sesame  
Beef, Herbed  
Beef & Veggie, Shawarma

## SLIDERS

Beef, Korean  
Beef Short Rib, BBQ Ginger  
Beef Brisket with Chipotle Ranch Cream  
Bison, Smoked  
Chicken, BBQ  
Chicken, Curried  
Chicken, brown sugar smoked  
Shrimp Salad

## TACOS

Fish, shaved cabbage, hot sauce  
Shrimp, mango salsa  
Beef, Ground, pickled onions, cilantro creme  
Steak, Guacamole, Shaved Lettuce  
Grilled Shrimp, Pico de Gallo & Chipotle Ranch Crema  
Grilled Chicken, Pico de Gallo & Chipotle Ranch Crema  
Smoked Chicken, guacamole, pickled onions

# Appetizers cont.

**WINGS** *portions 5 each*

Chile Lime

Sticky Honey, Balsamic

Sweet and Sour

Lemon, Herb

Rosemary, Garlic

Spicy Asian

BBQ

Herbed

**MEATBALLS** *portions 3 / 1.2 oz*

BBQ Turkey

Chicken, Sweet & Sour

Lamb, Tzatziki Sauce

Bison, Sweet Chili Sauce

Beef, BBQ sauce

Beef, Marinara Sauce

**FISH CAKES** *portions 2 / 1 oz*

Salmon Cakes with Lemon Aioli

Salmon Cakes with red pepper Agrodolce

Crab Cakes with spicy remoulade

Crab Cakes with lemon-caper aioli

**CRAB COCKTAIL** *portion 1.5 oz*

Lemon caper aioli, crostini

**DIPS** *portions 2.5 oz*

Crab & Artichoke Dip, Veg & Flat Bread

Spinach & Artichoke Dip, Veg & Flat breads

Garlic Hummus, Veggies & Flat breads

Guacamole & Pico de Gallo, tortilla chips

Shrimp Ceviche, tortilla chips, Pico de Gallo

Shrimp Cocktail, crackers, condiments

**SPRING ROLLS** *portions 2 each*

Shrimp Spring Rolls, sweet n sour sauce

Chicken Spring Rolls, sweet n sour sauce

**CHICKEN TENDERS** *portions 2 each*

Honey Dijon

**FRIES** *portion 2 oz*

Gluten Free crispy Green Beans

**FRIES** *portion 3 oz*

Firecracker Cauliflower

**SKEWERS** *portions 2 each*

Miso Glazed Shiitake & Brussels

# Breakfast

**SCRAMBLED EGGS** *portions 3.5 oz*

Standard

Loaded - choice of add-ins

**EGG WHITES** *portions 3.5 oz***OMELETTES** *1 each*

Veggie

Bacon/Ham n Cheese

**FRITTATAS** *portions 4 oz*

Veggie

Sausage &amp; Onion

**CASSEROLE** *portion 4 oz*

Veggie

Meat

**FRENCH TOAST** *portions 2 pc / 1 oz*

Cinnamon /maple syrup

Coconut /maple syrup

GF Coconut /maple syrup

**PANCAKES** *portions 2 pc / 1 oz*

GF Sweet Potato /maple syrup

Paleo /maple syrup

Traditional / maple syrup

**BURRITOS** *1 each*

Bacon, Egg &amp; Cheese

Egg white, spinach, roasted pepper

Custom - choice of add-ins

**SANDWICHES** *1 each*

Bacon, Egg &amp; Cheese on Brioche

Ham, Egg & Cheese on English Muffin  
Custom BreakfastEgg, Spinach, Ham & Swiss on French  
BreadEgg, Chicken Sausage, sweet potato,  
mustard greens, brioche bread

Semi smashed avocado on bagel

**BREAKFAST BOWLS** *1 each*Fried egg, chop chick, BBQ'ed quinoa, garlic  
pots, red peppers/sideFried egg, shred steak, brown rice, grill  
peppers, guac/sideScrambled, black beans, brown rice, grill  
pep, guac/sideScrambled egg, sausage, sweet pots, kale,  
peppersScrambled egg, bacon, gold pots, spinach,  
garlic

# Breakfast Sides

**HOME FRIES** *portions 3 oz*  
Standard or Sweet potatoes

**QUINOA CAKE** *portions 2 / 1.5 oz*  
Shredded potato

**BACON** *2 each*  
Applewood or Turkey

**SAUSAGES** *2 each*  
Chicken-Apple  
Turkey Breakfast  
Sage - Pork

**COLD OATMEAL** *portion 4 oz*  
Cherry Walnut Muesli Cups

**SMOOTHIES** *8 oz*  
Mixed berry, mango, banana-nut

**MIXED MUFFINS** *2 each*

**FLAVORED YOGURT** *1 each*  
With House Granola

**YOGURT** *portion 6 oz*  
Fruit, Greek Yogurt & House Granola

**FRESH CUT FRUIT CUP** *portion 6 oz*

**ROASTED PUDDING CHIA PUDDING**  
*portion 4 oz*

**MACHA – COCOA MOUSSE** *portion 4 oz*

**PANCAKES – SHORT STACK** *3 each*  
Choice of pancake

**SIDE OF FRENCH TOAST** *1 piece*

**SWEET PLANTAINS - CREMA** *portion 4 oz*

**HASH BROWNS** *portion 4 oz*  
Golden Potato  
Ham & pepper  
Mushroom & parmesan  
Sweet potato  
Butternut squash

**YUCCA FRITTERS** *portion 4 oz*

**SPAGHETTI SQUASH LATKES**  
*portion 4 oz*

# Entrees

**SANDWICHES** *1 each*

Sirloin Steak n Cheese, French bread - h

Chicken Parm sandwich, red sauce, provolone, French Bread - h

Ham & Swiss Melts, sourdough - h

Singer's Rubeen wrap, house kraut & Russian dressing - h

Bison burger, brioche bun, LTO

Grassfed Beef burger, brioche bun, LTO

Turkey Burger, brioche bun, LTO

Blackbean Burger, potato roll, LTO

All burgers available GF

Turkey Club with avocado aioli - c

Roast Beef & Provolone - c

Super Felafel, tahini sauce, tzatziki, banana pepper relish, pita

Salmon Salad croissant, apples, horseradish-yogurt, cilantro

Smoked turkey & ham, olive relish, provolone on soft roll

Apple bacon, Lettuce & Tomato on Sourdough

Wild mushroom & Lentil, basil aioli, greens, tomato salad

Smoked Catfish Po Boy, shaved lettuce, tomato jam, soft roll

**WRAPS** *1 each*

Curried Chicken - c

Chicken Caesar - c

Flank steak, chimichurri, grilled veg - c

Chicken Fiesta, avocado, cabbage slaw - c

Smoked portobello, spicy greens, cashew cream - c

**TACOS** *2 each*

Pulled Chicken, corn tortillas, pineapple pico, lettuce

Shredded beef, flour tortillas, red chile sauce, lettuce

**BURRITOS** *1 each*

Chipotle chicken, black beans, yellow rice, cabbage slaw

Gulf shrimp, black beans, yellow rice, cabbage slaw

Smoked tofu, black beans, yellow rice, cabbage slaw

# Entrees cont.



## **SALADS** *1 each*

Smoked Chicken Kale Caesar, croutons on side

Grilled Sirloin Kale Caesar, croutons on side

Grilled Tofu Kale Caesar, Vegetarian Caesar dressing, croutons on side

Chicken, Sweet Potato & Kale, Sherry vinaigrette

Roasted Salmon, Quinoa & Avocado, Lemon vinaigrette

Three Bean, heirloom lettuce, seasonal veg, charred corn vinaigrette

Gingered Beef & Rice Noodle, shaved carrots, radish, sprouts

Grilled Tofu & Napa Cabbage, shaved carrots, radish, sprouts

Sesame Chicken & Napa Cabbage

Shrimp & Avocado, shaved veggies, citrus vinaigrette

## **PREGAME PLATTERS** *1 each*

Build your own Deli Platters:

- 3 meats, Country White, Whole Grain & GF Breads, LTO, Condiments, Pickles

Market Fruit - 4 different types of fruit

Charcuterie & Cheese - separate or together same price

Whole Fruit - Banana, Apple, Oranges - guaranteed ripe

Bagel with peanut/almond butter, cream cheese, strawberry jam

Peanut Butter / Jelly Sandwiches



# Chicken



## COOKING METHODS AVAILABLE PORTIONS 9 oz, 6 oz & 4 oz

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### GRILLED

Adobo rubbed, basil mojo  
Lemon, Tomato & Basil  
Thighs, Italian Herb  
Spice, Green Chutney  
Piccata, tomatoes, capers, wine  
Thighs, Blackened  
Split Breasts, Lemon Pepper  
Parmesan, red sauce, provolone  
Thighs, Sweet and Sour Glazed  
Breasts, Lemon Pepper  
Breast, salt/pepper, grilled

### STIR FRY

Szechuan Stir Fry, Veggies

### ROASTED

Roasted Thighs, corn salsa  
Jerked 1/4's, pineapple relish

### STEW

Curry, Yellow  
Curry, Thai Green  
Breasts, Sumac-Sesame  
Cashew crusted breast, tamarind  
Artichoke Stew

### BAKED

Coconut baked,  
Moroccan baked, olive relish  
Masala spiced  
Meatballs, red sauce

### SMOKED

Smoked, house BBQ sauce  
Shawarma spiced, yogurt sauce

# Beef



## COOKING METHODS

AVAILABLE PORTIONS 9 oz, 6 oz & 4 oz

### GRILLED

Coulotte Steak, choice sauce

Flank Steak, chimichurri

### STIR FRY

Beef – Szechuan

Gingered beef, with peppers & onions

### SEARED

Ribeye, mushroom demi

### PRIME RIB

Garlic au jus

### NY STRIP

Red wine-veal reduction

Black Pepper-Tomato Sauce

### SHORT RIBS

Braised, garlic au jus

Beef, mustard sauce

### STEW

Beef, potato, carrot, celery, onion

Curried, peppers, carrots & spinach

### BRISKET

Braised in tomato/lemon

Hickory Smoked, spicy BBQ

# Pork/Lamb/Turkey



**PORK** *portions 9 oz, 6 oz & 4 oz*

Cherry smoked butt, mustard BBQ

Roasted loin, apple chutney

Szechuan stir fry, veggies

Mojo shoulder, chimichurri

Seared tenderloin, spicy peanut sauce

Meatballs, mushroom broth

Meatballs, tomato sauce

**LAMB** *portions 9 oz, 6 oz & 4 oz*

Stew, parsnips & carrots

Roasted leg, mint chutney

Grilled Leg, Rosemary balsamic

Vindaloo, hot & sour curry spiced

**TURKEY** *portions 9 oz, 6 oz & 4 oz*

Meatballs, charred onions, sumac pesto

Rosemary breast, apple chutney

Breast, Shawarma spiced, yogurt sauce

Smoked breast, house BBQ

Breast, lemongrass, green curry

Blackened, lemon-herb crema

# Seafood

**SALMON** *portions 6 oz & 4 oz*

Seared, Pineapple Relish  
Grilled, Sumac Pesto  
Sauteed, Ginger Chutney  
Grilled, choice of sauce

**WHITE FISH** *portions 6 oz & 4 oz*

Ginger Glazed  
Grilled, herb pistou  
Grilled, Olive Tapenade

**SNAPPER** *portions 6 oz & 4 oz*

Veracruz  
Roasted, Lemon Caper Sauce  
Grilled, choice of sauce  
Grilled, Citrus Glazed  
Grilled, Ginger Chutney

**BARRAMUNDI** *portions 6 oz & 4 oz*

Grilled, Kale Pesto  
Crusted, Gremolata

**ROYAL BASS** *portions 6 oz & 4 oz*

Grilled, Citrus Glaze  
Sauteed, choice sauce  
Wasabi Apple Sauce  
Cajun remoulade

**BLACK COD** *portions 6 oz & 4 oz*

Tamarind Glazed

**SHRIMP** *portions 6 oz & 4 oz*

Shrimp & Shitakes in miso glaze  
Stir Fry, julienne veg  
In pesto sauce  
Light tomato-garlic sauce  
Mild curry sauce  
Puttanesca sauce

# Vegetable Sides

**GREEN BEANS**

Sautéed, Red Onions  
Shallots, Sesame  
Red Peppers

**SEASONAL VEGETABLES**

Grilled  
Stir Fry  
Braised  
Spice roasted

**ROOT VEGETABLES** - Glazed**ASPARAGUS** - Grilled**SUMMER SQUASH  
& PEPPERS** - Grilled**BROCCOLI**

Grilled Broccolini  
Grilled, Lemon, Crushed Red Pepper  
Roasted, Lemon and Garlic  
Maple glazed with Brussels Sprouts

**KALE**

Coconut creamed  
Shredded Beet & Mustard Salad  
Braised Mushrooms

**SWISS CHARD** - Spicy sautéed**GARLIC**

Chile-Garlic Sugar Snap Peas

**CARROTS**

Gingered  
With Cabbage & Carrots

**CAULIFLOWER**

Zataar Roasted  
Smashed with white beans  
Popcorn - gratin

**PEAS**

Chile-Garlic Sugar Snap peas  
Black-eyed pea succotash

**MUSHROOM & ARTICHOKE STEW****BRAISED TURNIPS & GREENS****SMOKED VEGETABLE RAGU****SUMAC ROASTED VEGETABLES, LEBNEH****SAFFRON & CITRUS CURED SQUASH****STEWED OKRA & TOMATOES****ARTISAN LETTUCE SALAD, SHERRY  
VINAIGRETTE****SIDE SALAD, HERB VINAIGRETTE****CABBAGE SALAD, CIDER VINAIGRETTE**

# Starch Sides

**RICE** *portions 6 oz & 4 oz*

Cilantro  
Jasmine  
Brown, Herb  
Brown, Lemon Parmesan  
Saffron, Veggie  
Fried, Vegetable  
Herbed, Corn, Peppers  
Wild Rice Pilaf  
Trio of Grains-rice, quinoa, lentils  
Vegetarian Dirty Rice

**QUINOA** *portions 6 oz & 4 oz*

Pilaf  
Brown rice confetti  
With dried peaches  
With kidney beans

**BUTTERNUT SQUASH** *portions 6 oz & 4 oz*

With Potato Mash

**POTATOES** *portions 6 oz & 4 oz*

Garlic Mashed  
Golden, Wedges  
Yukon, Roasted, Herb  
Gratin, Leek

**SWEET POTATOES** *portions 6 oz & 4 oz*

Mash, Goat Cheese  
Wedges  
Puree with coconut oil

**PASTA** *portions 6 oz & 4 oz*

Penne in red sauce  
Farfalle in pesto  
GF Penne in red sauce  
GF Fusilli in Pesto  
Orzo Pasta Salad - spinach, olives, peppers  
Gemelli Pasta, creamed kale  
Wild Mushroom Risotto  
Artichoke - Crab Risotto  
Choice of Pasta in Garlic Oil  
Artichoke-Gemelli Pasta Salad

**POTATO SALAD** *portions 6 oz & 4 oz*

With mustard  
Loaded - boiled egg, bacon, scallion & cheese

# Snacks

## ASSORTED SNACKS

Assorted Jerky - Epic Brand, Gluten Free

Trail Mix Packs - dried fruits, nuts, chocolate, coconut

Bags of Nuts - Cashew, Almond, Pistachio or Mixed

Kettle Chips

Popcorn - flavored

Dark Chocolates

Berg Bites

Power Pucks

Chocolate Avocado Mousse

## ASSORTED DRINKS

Lumi Fresh Pressed Juices - OJ, Beet, Green etc

Turmeric shots

Ginger Shots

Fruit & Veggie Smoothies - assorted flavors

Coconut Water - Organic

Honest Energy Drinks - Organic Electrolyte Replacement

Organic Protein Shakes - whey & alternative proteins

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