



# VistaJet Nutritionist Menu

## *Platters*

### **Hummus Truffle Dip with Super Seeds**

with fermented sourdough crostini and seasonal organic vegetable crudites

413 kcal | 13.2g protein | 27.2g carbohydrates | 25.8g fat

## *Starters*

### **Rainbow Rolls**

with kale, avocado, cucumber, carrot, bell pepper, watermelon radish, herbs and soy rice vinegar sauce

174 kcal | 4.3g protein | 25.2g carbohydrates | 4.5g fat

### **Organic Quinoa Superfood Salad**

organic quinoa, mixed dark leafy greens, sunflower seeds, hemp seeds, flax seeds with lemon Dijon dressing

259 kcal | 10.2g protein | 18.2g carbohydrates | 14.5g fat

### **Lentil Salad**

parsley, red onion, organic crumbled feta, cucumber, and balsamic dressing

331 kcal | 15.1g protein | 18.9g carbohydrates | 19.8g fat

## *Mains*

### **Tuna Poke Bowl**

organic brown rice, edamame, fermented kimchi, radish, black sesame and ponzu dressing

326 kcal | 29.6g protein | 25.2g carbohydrates | 8.9g fat

### **Grass Fed Organic Beef Filet**

with chimichurri dressing and baked sweet potato

668 kcal | 42.7g protein | 20.7g carbohydrates | 45.1g fat

### **Organic Free Range Chicken Breast**

with tomato basil zucchini noodles

315 kcal | 43.8g protein | 7.8g carbohydrates | 10.5g fat

### **Grilled Wild Saffron Cod**

served with cannellini bean salad and roasted tomato

469 kcal | 33.5g protein | 17.1g carbohydrates | 28.5g fat

### **Harvest Bowl**

kale, roasted spiced chickpeas, organic ancient farro, pomegranate, pumpkin seeds, ribboned carrot with tahini lemon dressing

304kcal | 10.9g protein | 23.9g carbohydrates | 16.0g fat

## *Dessert*

### **Jenna's Snix Cashew Cheesecake**

date walnut base, creamy cashew filling with peanut caramel swirl and chocolate topping

548 kcal | 13.8g protein | 32.3g carbohydrates | 40.8g fat

### **Avocado Chocolate Mousse**

with fresh raspberries

355kcal | 8.3g protein | 11.1g carbohydrates | 27.2g fat

### **Matcha White Chocolate Cookie**

ceremonial grade matcha

182 kcal | 2.5g protein | 28.3g carbohydrates | 5.6g fat

### **Tropical Fruit Salad**

Avocado honey puree topped with seasonal tropical fruit, pine nuts and microflowers

144kcal | 1.8g protein | 8.7g carbohydrates | 10.1g fat

*\*all desserts are gluten free, refined sugar free and dairy free*

## *Beverages*

### **Green Goddess Juice**

organic celery, kale, cucumber, organic spinach, lemon, and ginger

59 kcal | 4.2g protein | 6.1g carbohydrates | 0.9g fat

### **Beetroot Blend**

organic beetroot, apple, coconut water and ginger  
150kcal | 3.4g protein | 28.6g carbohydrates | 0.7g fat

### **Refuel Smoothie**

plant based protein, organic blueberries, banana, almond butter, flax, and hemp seeds  
367 kcal | 22.6g protein | 33.6g carbohydrates | 14.3 fat

## ***Breakfast***

### **Collagen Matcha Yoghurt Parfait**

with cinnamon granola and strawberry puree  
455 kcal | 13.0g protein | 77.9g carbohydrates | 13.4g fat

### **Cashew Milk Blue Spirulina Chia Pudding**

with organic cacao nibs and blackberries  
218kcal | 9.3g protein | 9.1g carbohydrates | 13.4g fat

### **Turmeric Overnight Oats**

with almond butter, activated nuts and banana  
378 kcal | 8.9g protein | 50.9g carbohydrates | 12.4 fat

### **Avocado Toast**

with edible flowers, flax seeds, watermelon radish on charcoal fermented sourdough  
574 kcal | 15.0g protein | 9.1g carbohydrates | 33.7g fat

### **Wild Smoked Salmon Pot**

with organic spinach, soft boiled clarence court egg and lemon Dijon dressing  
218kcal | 9.3g protein | 9.1g carbohydrates | 13.4g fat

### **Farmers Market Frittata**

clarence court eggs with organic seasonal vegetables and organic British cheddar  
378 kcal | 8.9g protein | 50.9g carbohydrates | 12.4 fat

### **Matcha and Spinach Buckwheat Pancakes**

with organic berries and maple syrup  
153 kcal | 5.2g protein | 26.8g carbohydrates | 2.2 fat