



HIGH FLYING FOOD

EXECUTIVE AVIATION CATERING





High Flying Food | Executive Aviation Catering
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Welcome to High Flying Food

At High Flying Food, our aim is to become the best and most customer-focused Executive Aviation catering provider in the UK. We will achieve this by continuously striving for excellence and keeping our customers at the heart of everything we do. Our reputation is growing through word of mouth, not only for the superior quality cuisine, but also through our exceptional customer service.

We operate 24 hours a day, 7 days a week to assist you from our base at Luton Airport and are proud to offer our services to all UK airports. We also offer a concierge service and are able to collect from your favourite stores and restaurants.

As Executive Aviation caterers, we understand that each client is unique and may have specific requirements. At High Flying Food, we are pleased to tailor menus to suit any individual requirements and respect all religious, cultural and personal dietary needs, such as Sushi, Halal, Kosher, Indian, Labanese, Chinese, Diabetics, Wheat allergies and Dairy allergies.



We can customise to any needs and have designed this menu as a guideline only, so please feel free to contact us with particular requests. Our food will impress you and your clients, every time.

Craig Sharp
Managing Director

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Hot selection

Crispy smoked American bacon (3 rashers per portion)
Smoked English bacon (3 rashers per portion)
Turkey bacon (3 rashers per portion)
Cumberland sausages (2 per portion)
Beef sausages (2 per portion)
Chicken sausages (2 per portion)
Grilled plum tomatoes ✓
Sautéed mushrooms ✓
Baked beans ✓
Black pudding
Homemade potato Rosti ✓
Fried egg ✓
Poached egg ✓
Scrambled egg ✓
Pancakes with maple syrup
Omelette – Please choose a selection of fillings from the following;
smoked salmon, egg white only ✓, ham, cheese ✓, vegetables ✓,
mushrooms ✓, plain ✓ or you may choose fillings of your own choice

Cold selection

Assorted Danish pastries ✓
Croissants ✓
Pan au chocolat ✓
Bagels ✓
Assorted breakfast breads ✓
Baguettes ✓
Toast ✓
Selection of plain or fruit yoghurts ✓
Breakfast cereals with an option of Greek yoghurt and honey
Fresh sliced fruit ✓
Exotic fruit skewers served with a fruit coulis (2 per portion) ✓
Continental meat platter consisting of Parma ham, assorted salamis,
honey roast ham, rare roast beef, turkey, smoked chicken breast, bresaola
Breakfast cheese selection, served with grapes and dried apricots ✓
Freshly squeezed juices including apple, orange, mango, tomato, pineapple,
watermelon, lychee, mixed berry, strawberry, grapefruit, carrot, lemon, lime and kiwi ✓
Fresh milk including full cream, semi skimmed, skimmed or soya ✓

Morning Coffee

A selection of freshly brewed coffee and teas including Arabic,
decaffeinated, fruit and herbal teas ✓
Freshly baked pastries, cakes, cookies,
scones with clotted cream and jam ✓



We offer a delicious range of hot and cold canapés for you to choose from, here are a few ideas to get you started.

Cold Selection

Smoked salmon and crème fraîche blini
Shredded duck and hoisin pancake
Asparagus rolled in Parma ham
Pear, stilton and rocket topped crostini
Thai vegetables in a herb pancake ✓
Foie gras pâté with a red onion marmalade
Asparagus wrapped in prosciutto with balsamic glaze
Mozzarella and pesto on pumpernickel ✓
Crayfish, dill and lime tartlet
Crostini topped with goat's cheese and truffle ✓
Prawn cocktail in filo pastry shells
Hummus and black olive cup ✓

Hot Selection (2 per portion)

Beef satay skewers
Chicken satay skewers
Homemade mini quiche
Lamb kofta kebabs
Marinated salmon and lime skewers
Mini chicken samosas
Mini lamb samosas
Mini vegetable samosas ✓
Szechuan prawns
Dimsum selection
Goat's cheese and red onion tartlet ✓
Thai fishcakes

All of the above canapés are served in portions of two with a selection of dips, including hummus, guacamole, salsa, yoghurt and mint, sweet Thai chilli or spicy mango chutney

Sushi

Your choice of Sushi and Sashimi can be collected from three top London Japanese restaurants. Please ask for reference to online menus.



Sandwiches on white, multigrain or wholemeal bread
Baguettes including white and multigrain
Wraps – plain, wholemeal or tomato flavoured

Fillings

- Bacon, lettuce and tomato
- Brie and tapenade ✓
- Buffalo mozzarella, pesto and tomato ✓
- Chargrilled vegetables ✓
- Smoked salmon and cream cheese
- Prawn with lemon and dill mayonnaise
- Tuna and cucumber mayonnaise
- Chargrilled chicken with mixed salad
- Cheese and spring onion mayonnaise with red onion marmalade ✓
- Honey roast ham, tomato and Dijon mustard
- Rare roast beef with horseradish
- Egg mayonnaise with rocket ✓
- Turkey breast with cranberry jelly
- Roasted vegetables with hummus ✓

Open sandwiches

- Bacon, lettuce and tomato
- Trio of cheese with dried apricots and grapes ✓
- Smoked Salmon with Thai asparagus and dill
- Roasted vegetables with goat's cheese and pine nuts ✓
- Rare roast beef with vine tomatoes and horseradish
- King prawn with rocket and avocado
- Prosciutto ham with roasted figs
- Selection of charcuterie with sun blushed tomatoes

Bagels

- Smoked salmon, cream cheese and chives
- Pastrami with cherry tomatoes and rocket salad
- Honey roast ham with tomatoes and Dijon mustard
- Prawn with mayonnaise and rocket salad



Soups

All of our soups are served with appropriate garnishes

- Lobster bisque
- Cream of asparagus ✓
- Leek and potato ✓
- Vegetable and lentil ✓
- Roasted vine tomatoes and basil ✓
- Butternut squash ✓
- Chicken and vegetable broth
- Spicy three bean ✓
- Minestrone ✓
- Cream of wild mushroom with thyme ✓
- Beetroot with chopped dill ✓
- Chicken and sweetcorn
- Broccoli and stilton ✓
- Chicken noodle
- French onion ✓
- Minted pea and ham
- Miso
- Wonton

Hot

- Roasted pepper and goat’s cheese tart served with mixed salad leaves and a pesto dressing ✓
- Chargrilled gamba prawns with sweet chilli sauce
- Sautéed chicken livers pan-fried with pancetta and served on an olive oil bruschetta
- Thai fishcakes
- Pan fried scallops with a minted pea puree
- Grilled goat’s cheese and salsa crostinis ✓
- Ricotta and spinach ravioli with sage butter ✓

Cold

- Carpaccio of Aberdeen Angus beef served on a herb salad with parmesan and a balsamic reduction
- Traditional English prawn cocktail
- Caprese salad consisting of sliced plum tomatoes layered with buffalo mozzarella and drizzled with a pesto dressing ✓
- Caesar salad with your choice of chargrilled chicken breast, grilled shrimp or plain, accompanied by Crisp cos lettuce, shaved parmesan, fresh anchovies, bacon lardons, served with a creamy Caesar dressing and croutons
- Oak smoked salmon served with diced capers and shallots with a lime horseradish dressing
- Melon and prosciutto ham consisting of sliced cantaloupe melon served with prosciutto and baked figs
- Foie gras pâté served with a red onion marmalade, orange salsa and melba toast



All of our main courses are served with the chef's choice of sauce or jus.

Beef

- Aberdeen Angus fillet steak
- Sirloin steak
- Rib eye steak
- Beef and wild mushroom stroganoff
- Traditional roast sirloin of beef
- Beef bourguignon
- Thai beef curry

Lamb

- Garlic and rosemary lamb chops
- Roasted rump of lamb
- Rack of lamb with parsley crust
- Noisettes of lamb
- Canon of lamb

Pork

- Finest cut of sliced fillet pork
- Roast loin of pork with crackling
- Pork medallions

Chicken

- Pan-fried chicken breast with a whisky and mushroom sauce
- Thai chicken curry with fragrant rice served with prawn crackers
- Chargrilled chicken breast
- Stuffed chicken accompanied by sundried tomatoes and brie
- Stir-fried chicken accompanied by Oriental vegetables and black bean sauce
- Traditional roast chicken

Fish

- Pan-fried salmon fillet
- Grilled sea bass fillet
- Halibut supreme
- Loin of cod wrapped in prosciutto
- Lobster medallions
- Dover sole
- Grilled Swordfish
- Fillet of red snapper

Curries

We offer a wide variety of authentic Indian and Thai curries to accommodate diverse tastes and preferences. All curries come with accompaniments of your choice, such as rice, naan bread and poppadoms. Please ask for more details.

Pasta

- Beef lasagne
- Vegetable lasagne ✓
- Tagliatelle carbonara ✓
- Roasted vine cherry tomatoes spaghetti ✓
- Penne pasta arrabiata ✓
- Wild mushroom ravioli ✓
- Smoked ham and cheese tortellini

Risotto

- Butternut squash and thyme ✓
- Chicken and wild mushroom
- Chorizo and wild mushroom
- Asparagus pancetta ✓

Selection of Platters

- Assorted cold meats including sliced rare roast beef, turkey, chicken breast, Parma ham, bresaola and assorted salamis
- Crudités and dips ✓
- Smoked salmon served with a horseradish mayonnaise, capers and artichokes with multigrain bread
- Continental cheese platter accompanied by grapes, dried fruit, assorted nuts, quince jelly, crackers and butter portions ✓
- Seafood platter consisting of lobster, scallops, langoustines, dressed crab, king prawns and smoked salmon, served with a seafood sauce
- Seville platter consisting of a selection of continental meats and sausages
- Lebanese mezze platter



Salads

Caesar salad as plain or with chicken or shrimp
Greek salad ✓
Tuna nicoise
Waldorf salad ✓
Spinach and Roquefort salad ✓
Pasta salad ✓
Coleslaw ✓
Potato and spring onion salad ✓
Lemon and herb couscous ✓
Three bean salad ✓
Thai beef salad
Cobb salad
Lobster and crevettes
Rocket and cherry tomatoes ✓

Salad dressings

Olive oil and lemon
Caesar
Italian
Seafood
Dijon
Honey and mustard
French
Ranch
Herb
Balsamic

Vegetables

Chargrilled Mediterranean vegetables ✓
Roasted butternut squash ✓
Assorted steamed vegetables ✓
Buttered carrots ✓
Chargrilled asparagus ✓
Steamed asparagus ✓
Steamed broccoli ✓
Fine beans ✓
Fine beans wrapped in smoked bacon

Potatoes

Homemade chips ✓
Dauphinoise potatoes ✓
Roasted garlic new potatoes ✓
Minted new potatoes ✓
Fondant potatoes ✓
Creamed potatoes ✓
Roast potatoes ✓
Sautéed potatoes ✓

Rice

Steamed basmati rice ✓
Saffron rice ✓
Wild rice ✓
Brown rice ✓
Stir-fried rice ✓
Jasmine rice ✓
Coconut rice ✓
Lemon rice ✓
Pilau rice ✓

Salads and Side Dishes

All of our desserts are served with a selection of berries and coulis.

Marbled chocolate torte ✓
Maple and pecan torte ✓
Crème brulee ✓
Caramelised lemon torte ✓
Sticky toffee pudding ✓
Exotic fruit torte ✓
Peach and almond torte ✓
Baked berry cheesecake ✓
Profiteroles ✓
Apple pie with vanilla sauce ✓
Chocolate mousse ✓
Strawberry fool ✓
Chocolate cheesecake ✓

Petit Fours

A selection of homemade petit fours and macaroons ✓
Chocolate dipped strawberries ✓

Ice Cream

A selection of individual Haagen Daz ice creams ✓
Fruit sorbets ✓

We also provide Poly boxes, Dry ice and Wet ice.





Boxed Meals

All of our boxed meals are provided with cutlery, coffee cup and accompaniments.

Sandwich boxed meal consisting of 2 rounds of assorted sandwiches
Sliced fruit
Cheeses
Teacake

Cold continental breakfast with sliced fruit
Assorted salamis
Continental cheese
Danish pastry
Bread roll and butter

Hot boxed breakfast with sliced fruit
Sausage, bacon, scrambled egg, tomatoes and potato rosti
Danish pastry
Sliced cheeses
Bread roll and butter

Cold boxed lunch/dinner starter
Cold main course
Cheeses
Bread roll
Teacake

Hot boxed lunch/dinner starter
Hot main course
Dessert
Cheeses
Bread roll and butter

Miscellaneous

We would happily cater for your other requirements such as:
Flower arrangements
Laundry
Wash-up service
Storage of food

Boxed Meals and Miscellaneous

We are able to print and deliver all of your required international newspapers on the day of publication



Newspapers



Place an Order

Tel: +44 (0) 1582 879990
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Online: www.highflyingfood.com

Delivery Airports

We are based at Luton airport and are able to deliver to all UK airports upon request, 24 hours a day, 7 days a week. Please ask for more details.

Cancellation Policy

Please note that cancellation charges will be incurred on orders cancelled with less than 8 hours notice. Cancellation charges may not apply to items that can be returned to stock.

Ordering Details



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