




UPLIFT

AVIATION SERVICES

FINE CUISINE CATALOGUE



CAUTION: HOT DISH INSIDE!

The UPLIFT Catering Services Family just got bigger. Besides the long-time established **Blue Gourmet Bistro** products, from now on, we added our own hot-dish preparation facility, extending this way our capabilities and potential.

Prepared daily, from the freshest and tastiest ingredients, our hot meals are here to satisfy all cravings, in any moment of the day, from healthy and nutritious breakfasts, to consistent and savory lunch & dinner courses. This way we make sure that only the best menus are served to our customers, in the shortest time possible.

Please enjoy in the following pages a selection of the courses that we are already preparing, and keep in mind that our Portfolio is extending rapidly with new and delicious fine cuisine recipes!



OF FOOD AND MEN

How do you like your food? Slightly salty, sweeter, slightly bitter, or even a little sour? Maybe all in one meal.

Guided by the unquestionable passion and experience of perfect tastes, Chef Jakob Hausmann, master in culinary art, created exclusively for UPLIFT a variety of menus, made after famous international recipes, but with emphasis on the quality and freshness of Romanian seasonal ingredients, to satisfy any taste and delight your senses.

The menus offered on board are fresh, cooked daily and they are suitable for every moment of the day: breakfast and main course for lunch and dinner.

Care and respect are our main values, and not just for our customers, but for the environment too. A responsible approach to the environment is our duty to society and the health of the planet. Thus, all packaging, cutlery and pots used on board are made of recyclable materials.

When we experience the freedom of flight to the infinite sky, let's do it with great taste!



BREAKFAST

The way we start our day is essential. What we call Breakfast, actually, is the key that provides our bodies and brains with fuel for the rest of the day.

In other words, a “good” breakfast would be something you enjoy eating that keeps you full and gives you energy, as well as supplies you with daily nutrients. Look up for our selection, and pick your favorite!

ZUCCHINI & BACON FRITTATA

220g / serving

Frittata is great for those looking for a healthier breakfast. With zucchini and bacon, this dish will be great to keep you satisfied till lunch.



INGREDIENTS: eggs, zucchini, bacon, onions, sunflower oil, sparkling water, milk, salt, white pepper, condiments.

VEGETABLES & HAM OMELETTE

220g / serving

Soft in the middle and flipped over, to enclose chopped ham and veggies, is the perfect way to start your day, fresh and healthy!



INGREDIENTS: eggs, vegetable mix, ham, butter, milk, sunflower oil, mineral water, salt, black pepper, condiments.

ENGLISH BREAKFAST

220g / serving

At the heart of English breakfast are the tasty bacon stripes, but let's not forget about the omelette and sauteed mushrooms, all of them making a complete and appetizing dish.



INGREDIENTS: bacon, butter, champignon mushrooms, eggs, milk, sunflower oil, mineral water, salt, white pepper, condiments.

COLD PLATE



220g / serving

Tasty balance between eggs, cheese and meat specialties, freshened with tomatoes, pickles and olives. A copious dish that will satisfy your cravings for the breakfast.



INGREDIENTS: Sibiu salami, Carpathian ham, emmental cheese, feta, eggs, olives, cherry tomatoes, pickled cucumbers.

CHICKEN BREAST & CHEESE FILLED CRÊPES

220g / serving

This mouth-watering and savory recipe, creamy, assorted with baby carrots, will surely show you that Crêpes are not meant to be just sweet.



INGREDIENTS: flour, eggs, milk, salt, white pepper, Philadelphia cream cheese, chicken breast, meat and salad spices, mozzarella, sunflower oil, baby carrots, butter.

MUSHROOMS, MOZZARELLA AND SAUSAGES OMELETTE

220g / serving

Loaded with mozzarella, sausages, fresh mushrooms and tomatoes, this omelette brings you a full and healthy breakfast.



INGREDIENTS: eggs, sparkling water, milk, spices, salt, white pepper, butter, mushrooms, mozzarella, cherry tomatoes, sausages.

VEGETABLES, FETA, & POLISH SAUSAGES OMELETTE

220g / serving

This cheesy omelette with vegetables, Polish sausages and cherry tomatoes is a perfect match for every taste.



INGREDIENTS: eggs, salt, vegetables mix, feta, Polish sausages, cherry tomatoes, white pepper, salt, sunflower oil.

CHEESE BALLS, POACHED EGGS, HAM & ROASTED BELL PEPPERS



220g / serving

A cheesy and crusty appetizer, a delicate poached egg with a moist texture combined with the delicious pork loin and baked peppers it is clearly a breakfast you cannot miss.



INGREDIENTS: ham, eggs, salt, vinegar, red bell pepper, green bell pepper, yellow bell pepper, cheese, white pepper, nutmeg, flour, palm oil, baking soda.

VEGETABLES QUICHE WITH CHICKEN BREAST & ROASTED BELL PEPPERS

220g / serving

This healthy and savory dish, full of veggies and mixed with chicken and baked peppers, makes a great breakfast for those who want a light and fresh meal.



INGREDIENTS: puff pastry, onions, carrots, red, green and yellow bell peppers, mushrooms, celery, eggs, mozzarella, sour cream, chicken breast, spices, sunflower oil, sweet chili sauce, olive oil, white pepper, cherry tomatoes.



LUNCH & DINNER

Our varied menu contains plenty of main courses that re-energizes your body and can help your focus and concentration. These healthy recipes shake up your comfort food favorites by swapping out cooking methods.

Whether you like chicken, pasta, or vegetarian food, we are sure that we can cover all the tastes and requests with our freshly cooked dishes.



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MUSHROOM CREAM SOUP

This flavorful and creamy soup made only with fresh ingredients, brings you a healthy and delicious meal, perfectly combined with crispy croutons. Serve it for lunch or as a starter and enjoy the taste of fresh vegetables.



300ml / serving



INGREDIENTS: mushrooms, vegetable stock, cream, salt, white pepper, onions, potatoes, celery, olive oil.

VEGETABLES CREAM SOUP

300ml / serving

This creamy vegetable soup is a comforting delicious recipe, loaded with celery, potatoes, onion, carrots and green bell peppers and served with croutons.



INGREDIENTS: celery, potatoes, vegetable stock, onions, carrots, green bell peppers, olive oil, vegetable cream, salt, white pepper, croutons.

TOMATO CREAM SOUP

300ml / serving

You're going to love this classic tomato soup recipe! It's super creamy, yet light and topped with fresh basil and croutons for a balance of tastes.



INGREDIENTS: peeled tomatoes, tomato paste, onion, olive oil, vegetable stock, tarragon, potatoes, salt, white pepper, sugar, basil, croutons.

CARROT & GINGER CREAM SOUP



300ml / serving

This healthy carrot ginger soup is made with fresh carrots, a hint of fresh ginger and a touch of sour cream blended until it gets creamy. Served with crispy croutons, this meal is perfect for your lunch!



INGREDIENTS: carrots, celery, potatoes, vegetable stock, olive oil, vegetable cream, salt, ginger, white pepper, croutons.

CHICKEN NOODLES SOUP

300ml / serving

Our chicken noodle soup is healthy, satisfying and tastes just like home. Loaded with fresh vegetables like celery, carrots, onion, red bell peppers and fresh parsley, brings you a flavorful meal.



INGREDIENTS: parsley, chicken stock, celery, carrots, red bell pepper, onion, noodles, salt, white pepper, chicken.

BEEF SOUP



250ml soup & 60g meat / serving

With melt-in-your-mouth chunks of beef, vegetables, and potato in a thickened and herb infused savory broth, this vegetable beef soup is a wonderful choice for your lunch, or even for your dinner.



INGREDIENTS: beef round, onion, carrot, red bell pepper, celery, green beans, potatoes, tomato paste, sunflower oil, salt, white pepper, lovage, borscht.W



MEAT LOVERS

ASIAN CHICKEN WITH RICE

220g / serving

This super flavorful, nutrient-packed dish brings you the Asian taste from the first bite!



INGREDIENTS: chicken breast, carrots, celery, red & green beel pepper, mushrooms, sunflower oil, ginger, soy sauce, sweet&sour sauce, coriander, chili pepper, ketchup, basmati rice, salt, condiments.

LASAGNA



220g / serving

Lasagna is one of the most beloved dishes in the world, and our recipe is absolutely delicious. Layered with meat, sauce and mozzarella, this lasagna tastes as good as it looks!



INGREDIENTS: lasagna pasta, butter, milk, flour, minced meat, carrots, celery, onion, sunflower oil, red wine, beef concentrate, salt, white pepper, oregano, bay leaves, peeled tomatoes, tomato paste, garlic, mozzarella.

CHICKEN BREAST ROLLS WITH BAKED POTATOES AND BABY CARROTS

220g / serving

With layers of ham and mozzarella tucked inside Panko-crusted chicken, this tasty and balanced dish comes with a healthy garnish with baked potatoes and baby carrots.



INGREDIENTS: chicken breast, salt, mozzarella, condiments, sunflower oil, white pepper, flour, eggs, Carpathian ham, potatoes, paprika, baby carrots, butter.

SPAGHETTI CARBONARA



220g / serving

Authentic Spaghetti Carbonara, topped with delicious bacon, and smothered in a cheesy egg sauce that will make you crave for more.



INGREDIENTS: spaghetti, salt, sunflower oil, bacon, garlic, eggs, sour cream, parmesan, cherry tomatoes, white pepper.

CREAM SAUCE CHICKEN, MUSHROOMS AND POLENTA

220g / serving

Delicious chicken breast bites, in a thick and creamy mushroom sauce with garlic, served with polenta. Enjoy your meal!



INGREDIENTS: chicken breast, sunflower oil, mushrooms, sour cream, salt, white pepper, garlic, condiments, cornmeal.

PORK JULIENNE WITH RICE AND GREEN BEANS



220g / serving

Pork strips and mushrooms blended with brown sauce, combined with fresh green beans and put on a bed of white rice. Sounds delicious, doesn't it?



INGREDIENTS: pork loin, mushrooms, onion, white wine, cognac, brown sauce, basmati rice, green beans, sunflower oil, salt, white pepper, condiments.

GRATIN TRICOLOR PENNE WITH CHICKEN

220g / serving

Serve our Gratin Tricolor Penne and enjoy the perfect blend of pasta, mozzarella and chicken breast.



INGREDIENTS: tricolor penne, chicken breast, sunflower oil, sour cream, parmesan, condiments, salt, white pepper, mozzarella.

PORK CHOPS WITH SAUCE, RICE AND BROCCOLI

220g / serving

The strong taste of pork chop and broccoli, dipping in veggies sauce and served with rice. A complete and healthy meal!



INGREDIENTS: pork chops, condiments, sunflower oil, salt, white pepper, onion, carrots, celery, red bell pepper, leek, white wine, mustard, broccoli, butter, basmati rice.

SPAGHETTI MILANESE



220g / serving

Bring the Mediterranean flavours to your meal with our Spaghetti Milanese, a delicious dish with ham, mushrooms and tomato sauce, slowly cooked and mixed.



INGREDIENTS: spaghetti, ham, mushrooms, garlic, sunflower oil, salt, white pepper, peeled tomatoes, parmesan.

GRILLED CHICKEN WITH TOMATO SAUCE, BAKED POTATOES & BROCCOLI

220g / serving

A natural and tasty dish, with chicken breast on a bed of tomato sauce, mixed with baked potatoes and broccoli. Bon appetit!



INGREDIENTS: chicken breast, sunflower oil, condiments, peeled tomatoes, garlic, salt, black pepper, onion, oregano, dried basil, tomato paste, sugar, potatoes, butter, broccoli.

CHICKEN IN CURRY SAUCE WITH BASMATI RICE

Mild spiced Curry Chicken cooked with patience, with basmati rice. This dish comes with the promise of a savory and perfect balanced meal!



220g / serving

INGREDIENTS: chicken breast, mushrooms, red bell pepper, coconut milk, curry, salt, white pepper, sour cream, cognac, condiments, basmati rice.

MEAT BALLS IN RED SAUCE, MASHED POTATOES AND GREEN BEANS

220g / serving

These roasted meatballs with red sauce and mashed potatoes served with green beans are a classic and a true comfort food, with fresh and quality ingredients.



INGREDIENTS: minced meat, onion, garlic, carrots, potatoes, sunflower oil, salt, eggs, parsley, dill, flour, peeled tomatoes, tomato paste, oregano, dried basil, thyme, white pepper, sugar, green beans, butter, milk.

SPICY CHICKEN BREAST WITH CHEESE PASTA PUDDING AND BABY CARROTS

220g / serving

Tender and spicy sweet grilled chicken, sided with pasta pudding and baby carrots, for a special flavored and nourishing dish.



INGREDIENTS: macaroni, feta, eggs, sour cream, salt, sunflower oil, chicken breast, condiments, sweet chilli sauce, baby carrots, white pepper, butter.

CHEESE SAUCE CHICKEN, BAKED POTATOES AND SAUTÉED GREEN BEAN

220g / serving

Tender and spicy sweet grilled chicken, sided with pasta puding and baby carrots, for a special flavored and nourishing dish.



INGREDIENTS: boneless chicken pulp, salt, white pepper, condiments, sour cream, cheese, sunflower oil, butter, mozzarella, green beans, potatoes, black pepper, paprika.



VEGETABLE DELIGHTS

RATATOUILLE WITH BASMATI RICE



220g / serving

Eggplant, zucchini, peppers, mushrooms, onion and tomato sauce, all combined with basmati rice. A healthy meal with natural ingredients, perfect for a light lunch.



INGREDIENTS: eggplant, zucchini, red & green bell pepper, mushrooms, onion, peeled tomatoes, tomato paste, olive oil, condiments, oregano, dried basil, salt, white pepper, sugar, basmati rice.

VEGETABLES SPAGHETTI



220g / serving

Looking for a fresh meal? Our vegetables spaghetti is a simple mix of celery, carrots, peppers, cherry tomatoes and zucchini, completed with grated parmesan.



INGREDIENTS: spaghetti, olive oil, carrots, celery, red bell pepper, mushrooms, sunflower oil, salt, white pepper, condiments, cherry tomatoes, zucchini, parmesan.

VEGGIE BURGER & SALAD

200g / serving

In a delicious combination of fresh vegetables, oatmeal, cheese and parsley, seasoned with green salad and tomatoes, our vegetarian burger is a perfect healthy and tasty meal.



INGREDIENTS: oatmeal, vegetable stock, white cabbage, zucchini, carrot, red bell pepper, eggs, salt, white pepper, parsley, cheese, sunflower oil, lettuce, salad dressing, tomatoes.

TOFU & RICE ZUCCHINI

250g / serving

This vegan stuffed zucchini is a hearty vegetables-based recipe, with red and green bell peppers, mushrooms, mixed with rice and tofu.



INGREDIENTS: zucchini, tofu, rice, red and green bell peppers, olive oil, salt, white pepper, soy sauce, spices, mushrooms.

TEMPURA VEGETABLES WITH SOY SAUCE

250g / serving

Tempura veggies are just delightful. Zucchini, eggplant, red bell peppers, mushrooms, cauliflower and broccoli, all coated in batter and fried until they become incredibly succulent and tender. Enjoy your meal!



INGREDIENTS: zucchini, eggplant, red bell pepper, mushrooms, cauliflower, broccoli, flour, baking powder, eggs, salt, white pepper, water, soy sauce, starch.

BLACK TRUFFLES SPAGETTI WITH PARMESAN

200g / serving

Amazing simple, yet delightful pasta dish, with tartufata and freshly grated parmesan. Bon appetit!



INGREDIENTS: spaghetti, vegetable stock, spices, tartufata, butter, sunflower oil, sea salt, parmesan.

WARM SUMMER SALAD

250g / serving

With stir-fried vegetables, baby spinach, arugula and baked tomatoes, this hot summer salad is a great starter or main course for those who want a fresh and a light meal.



INGREDIENTS: red and green bell peppers, carrots, zucchini, cherry tomatoes, olive oil, balsamic vinegar, salt, spices, white pepper, baby spinach, cucumbers, arugula.

ONION & MOZZARELLA TART



200g / serving

This main dish features flaky puff pastry with onion and lots of shredded mozzarella cheese, and topped with roasted tomatoes. It's such a delicious meal!



INGREDIENTS: puff pastry, onion, mozzarella, cherry tomatoes, sunflower oil, salt, white pepper, eggs, sour cream.



FRESH & GREEN

FETA FRESHETA

200g / serving

A delicious salad & vegetables mix, completed by yogurt dressing, cherry tomatoes, crutons, and... feta cheese!



INGREDIENTS: salad mix (endive, frisee, radicchio, rucola and leek), yoghurt dressing, egg yolk, salt, spices, onion, spicy sauce, Tamarind, Anchovies, garlic, mix for sauces, cherry tomatoes, feta cheese, croutons.

PARMIGIANATA

The best parmesan cheese taste, together with the crispy fresh salad mix, cherry tomatoes and croutons, are best together with the delicious Caesar dressing.



180g / serving

INGREDIENTS: endive mix salad, Caesar dressing (canola oil, water, vinegar, mustard), parmesan, egg yolk, salt, sugar, spices, herbs, cheese flavor, cherry tomatoes, croutons.

MOZZARELLATA

180g / serving

Fresh mozzarella buds served with mixed salads, olives, cherry tomatoes and a tasty balsamic vinegar dressing.



INGREDIENTS: endive, frisee and lollo rosso salad, balsamico dressing, red wine vinegar, mustard, spices, mix for sauces, cherry tomatoes, mozzarella cheese, salt.



SWEET TOOTH

CRUMB APRICOT CHEESECAKE

125g / serving

You will fall in love with this crumb apricot cheesecake. Creamy cheesecake with apricot jam, topped with a delicious crumb of crumbly dough.



INGREDIENTS: low-fat fresh cheese, sugar, wheat flour, vegetable margarine, vegetable oil, water, apricots, eggs, starch, glucose-fructose syrup, milk, natural flavor, salt.

FRENCH APPLE TART

90g / serving

This classic French apple tart gives you a double dose of apples. With a sweet pastry crust which has a wonderfully crisp texture and a buttery flavor, it comes with a layer of lightly sweetened apple sauce, topped with apples slices.



INGREDIENTS: apples, wheat flour, sugar, vegetable margarine, vegetable oil, water, powdered sugar, eggs, starch, glucose-fructose syrup, natural flavor, milk, caramelized sugar syrup, salt.

SOUR CHERRY CRÈME BRULÉE TART



107g / serving

Sweet, creamy custard tart topped with sour cherries, it comes with the promise of a wonderful dessert.



INGREDIENTS: milk, sour cherries, wheat flour, sweet cream, sugar, eggs, vegetable margarine, vegetable oil, water, powdered sugar, natural flavor, glucose-fructose syrup, salt.

CHEESECAKE

With a creamy filling and buttery biscuit base, this classic cheesecake makes a perfect choice for your desert.



100g / serving



INGREDIENTS: fresh low-fat cheese, wheat flour, sugar, eggs, milk, cream, butter, vegetable fat, vegetable oil, starch, natural flavor, salt.

SOUR CHERRY & YOGURT CREAM VANILLA CRUMBLE CAKE

A combination of sour cherries and fresh yogurt cream, all placed on a fluffy sponge cake and topped with crumbles.



112g / serving

INGREDIENTS: wheat flour, sugar, water, yogurt, eggs, butter, sour cherries, palm oil, milk, glucose syrup, sunflower oil.

CUMBLE CAKE WITH SOUR CHERRY & COCOA

100g / serving

A real treat, with a fruity reprieve from fresh sour cherries, moist cocoa cake and crispy crumbles. Delicious!



INGREDIENTS: sour cherries, sugar, wheat flour, vegetable oil, eggs, water, vegetable margarine, cocoa, glucose-fructose syrup, milk, natural flavor, salt.

CUMBLE CAKE WITH PLUMS & VANILLA CREAM

This cake is the ideal comfort food. Savory plumps with sweet and fine vanilla cream and topped with a buttery crumble... sounds amazing, right?



100g / serving



INGREDIENTS: plums, wheat flour, sugar, vegetable oil, eggs, starch, vegetable margarine, water, milk, natural flavor, salt.

CHOCOLATE & COFFE MOUSSE CAKE

Soft, moist and full of flavor, this cake has an excellent texture which you have to try.



100g / serving



INGREDIENTS: wheat flour, eggs, sunflower oil, milk, sugar, low-fat cocoa powder, water, baking powder, cream, dark chocolate, white chocolate, gelatin, coffee filling, coffee extract, burnt sugar syrup, salt.

BLUE GOURMET BISTRO

Our passion for gourmet begun several years ago with the “**Blue Gourmet Bistro**” line of products, where, inside a “retail friendly” type of packaging, we got together various delights tailored for our portfolio by famous chefs, awarded producers and well known and appreciated culinary artisans.

Under the “**Blue Gourmet Bistro**” umbrella, we successfully developed three product lines:

- **Foods** - Chef Jakob Hausmann's signature sandwiches, salads, vegan friendly mashed vegetables, and award-winning smoked trout salads;

- **Sweets & Snacks** - delicious cookies, raw-vegan truffles, salty & caramelized peanuts, and an exquisite chocolate pralines and tablets assortment of the highest quality;

- **Drinks** - some the finest Romanian wines from LacertA winery, with a red / rose / white range developed for Blue Gourmet Bistro.



FOODS • SWEETS • DRINKS

Our retail portfolio is under continuous development, scouting day by day for new products and trustful partners, looking forward to always completing our product range with only the best delights meant to keep up with our clients' evolving tastes.

Thus, our own hot dish state-of-the-art production facility was the crowning of a long-term journey in search of the finest products, most delicious tastes, and the best quality to offer.



CLIENT SATISFACTION

Our primary goal is to provide, through all our services, complete satisfaction to our Customers.

The same thing is happening towards our catering division. Therefore, besides our base products, we can also create and deliver, upon request, a full range of customized dishes and products. Our Commercial Representatives will gladly give you any further information on this matter.

Please contact us, by e-mail, at:
office@upliftaviation.ro.

Thank You!



FOODS • SWEETS • DRINKS

UPLIFT

AVIATION SERVICES

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