

In-Flight Breakfast

Boxed

Continental

Fresh Pastry or Bagel, Muffin, Fruit Cup, O.J. and yogurt

Bagel and Lox

Fresh Bagel, Lox, Cream cheese, Sliced Tomato and Red Onion, O.J. and Fruit Cup

Yogurt Parfait

Vanilla or Plain Greek Yogurt, Fresh Berries, Granola and O.J. and Muffin

Cereal and Milk

Your choice of Cereal, Milk. Fruit Cup, O.J. and muffin

European Continental

Smoked Ham and Swiss Cheese Croissant, Fruit Cup, Yogurt and O.J.

Hot Cereal

Freshly Made Oats, Raisins, Brown Sugar, Fruit Cup, Yogurt, O.J.

Vegan Breakfast

Avocado Toast, Roasted Almonds, Fruit Cup, Dairy Free Yogurt and O.J.

Protein Packed

Cliff Bar, Vanilla or Chocolate Protein Shake, 2 Hard Boiled Eggs, Sliced Avocado and Low-Fat Cottage Cheese

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

Ala Carte

Pastries

Muffins, Cinnamon Rolls, Scones, Cherry or Apple Turnovers, Bagels or Danish

Breakfast Sandwiches

Sausage, Bacon, Country or City Ham

Choice of: Biscuit, Croissant, English Muffin or Toast

Add Eggs and cheese

Breakfast Burritos with Peppers, Cheese and Choice of Sausage, Ham or Bacon

Cold or Hot Cereal

Assorted Cereals or Freshly Made Oats

Hot Breakfast

Freshly made Omelets with Choice of Toppings

French Toast, Buttermilk Pancakes or Waffles

Farm Fresh Eggs

Smoked Bacon, Country or City Ham, Turkey or Pork Sausage Links

Buttermilk Biscuits and Sausage Gravy

Music City Quiche

Corned Beef Hash and Farm Fresh Eggs

Country Breakfast Casserole with Red Potatoes, Country Ham, Kale, Smoked Cheddar and Monterey Jack Cheese