



Your menu



EASTBOUND

Welcome on board

You're very welcome on board.
Sit back, relax and we'll look after you.

In your hands is our seasonal menu,
with every dish tailor-made to make
your time in the skies extra special.

Whether you want a lighter, healthier
meal or to indulge in comfort food,
we've got great options for you. Each
dish is designed with your needs in
mind, including melatonin-rich foods
to help you get a good night's rest.
You'll see delicious vegetarian meals
packed full of flavour, plus lots more
tasty snacks.

As part of our goal to reach net-zero
carbon emissions by 2050, we've
carefully considered where all the
food you'll enjoy today has been
grown and raised.

And of course Irish flavours remain
at the heart of our menu. We hope
you enjoy it.

Wines

RED WINES

**Assobio Tinto, 2021, DOC Douro,
Quinta Dos Murças by Esporão, Portugal ⁽¹⁴⁾**
Ruby-coloured blend of three indigenous Portuguese grapes.
Start off with scents of red berry fruit, aromatic spices and
creamy vanilla. Savour a fresh, yet elegant, balance of fruits
and silky tannins with a perfectly balanced acidity on the finish.

**Finca Bancales, 2019, Bodega Care,
Cariñena DOP, Northern Spain ⁽¹⁴⁾**
Smooth, full-bodied 100% grenache red. Breathe in dark
blackcurrant and plum fruits, with a warm toastiness and
a mocha complexity. Relish a rounded texture, balanced
with smooth tannins and spiced flavours.

WHITE WINES

**Amsela d'Oro Chardonnay, 2023, Trentino DOC,
Cantina di Trento, Northern Italy ⁽¹⁴⁾**
This complex chardonnay's grapes are grown on the very
best vineyards on the hillsides around Trento. An intense,
fruity aroma with hints of banana and apple. Then on the
palate, enjoy a lovely, rounded creaminess.

**Nuit Blanche, 2022, Domaine La Cendrillon,
AOP of Corbières, Languedoc, France ⁽¹⁴⁾**
Breathe in an intense fragrance of orchard fruit, citrus
and white peach, alongside subtle, floral notes. With
a very smooth and mouth-filling texture, taste delicate
hints of pastries that harmonise with mineral undertones.

CHAMPAGNE

Jean Pernet Tradition Brut NV Champagne, France ⁽¹⁴⁾
This fine champagne has a lightly toasted nose with
exceptional freshness and floral notes. Its delightfully
crunchy palate is followed by a long-lasting finish. A blend
of 50% pinot noir, 40% chardonnay and 10% pinot meunier,
this cuvée tradition is truly elegant.

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Main meal

EXPRESS TRAY

Prefer to settle down to sleep sooner?
We recommend our express tray:

Hearty root vegetable soup and a drizzle
of fragrant celery leaf pistou (1, 7)

Salad of mixed leaves, tomatoes, cucumber, sunflower
seeds and goat's cheese with a balsamic reduction (7, 14)

Vanilla custard and cinnamon apple tart finished
with a crunchy vanilla butter crumble (2A, 2C, 4, 7)

STARTER

Saffron-poached prawns and mizuna lettuce on a
carrot ginger purée, garnished with vibrant pickled
red onions (1, 3, 7, 14)

Or

Hearty root vegetable soup and a drizzle
of fragrant celery leaf pistou (1, 7)

Ask about our tasty bread options and choose your favourite

ENTRÉES

Herb-infused roasted pork tenderloin, creamy polenta,
blanched tenderstem broccoli, diced caramelised butternut
squash and a thyme jus (1, 7, 13, 14)

Citrus-marinated centre-cut salmon alongside ginger
and orange black rice, sautéed oyster-glazed Chinese kale
and a delicate lemon saffron sauce (2A, 5, 7, 8, 9, 13, 14)

Golden tofu in a lightly-spiced massaman vegetable
curry with blanched pak choi and jasmine rice (13, 14)

DESSERT

Vanilla custard and cinnamon apple tart finished
with a crunchy vanilla butter crumble (2A, 2C, 4, 7)

Or

European-inspired cheese board with manchego
and gouda cheeses, crackers and a sharp quince
chutney (2A, 2C, 2D, 7, 13)

Allergens

1 Celery, 2 Gluten (2A Wheat, 2B Rye, 2C Barley, 2D Oats), 3 Crustaceans,
4 Eggs, 5 Fish, 6 Lupin, 7 Milk, 8 Molluscs, 9 Mustard, 10 Nuts, 11 Peanuts,
12 Sesame, 13 Soybeans, 14 Sulphur Dioxide and Sulphites

Breakfast

Energising forest fruit, mint and açai yogurt smoothie (7)

Bircher muesli packed with dried fruit and topped with
a compressed apple slice and toasted coconut shavings (2D, 14)

Our famously tasty bacon roll (2A, 2C, 7, 12, 13)

Tea or coffee

Flying from San Francisco, Los Angeles or Seattle? You can also enjoy...

Fluffy American-style waffles with maple brown
sugar candied bacon and peach compote (2A, 4, 7, 13)

Or

Sweet potato frittata with a paprika butter dressing,
scorched corn black bean salsa and wilted spinach (4, 7, 13, 14)

FEELING PECKISH?

There's a lovely selection of snacks
and treats waiting for you in the galley.
Simply help yourself.

