

*SoCal Air*   
*Menu*  
*Vegan*

*First day*

*Breakfast*

Seasonal fruit, coffee, soy yogurt, natural orange juice, and bread.  
Avocado toast.

*Lunch/ Snack*

Baja Sur-style soy ceviche and zucchini sashimi.

*Dinner*

Portobello toasts with soy chorizo in menier sauce with almonds.



*Second day*

*Breakfast*

Seasonal fruit, coffee, natural juice, soy yogurt, and bread. Almond flour omelette filled with sautéed spinach, mushrooms, and vegan Manchego cheese.

*Lunch/ Snack*

Eggplant ceviche and Serrano-style Zucchini Carlitos.

*Dinner*

Corn fajitas with sautéed vegetables and white rice as a side dish.



*SoCal Air*   
*Menu*  
*Vegan*

*Third day*

*Breakfast*

Seasonal fruit, coffee, red fruit juice, flaxseed bread. Vegan panela cheese tapas with wheat germ and sautéed pineapple.

*Lunch/ Snack*

Jicama aguachile with cucumber and carrot salad.

*Dinner*

Eggplant stuffed a la cordon bleu with hearts of palm and sautéed artichokes as a side dish.



*Desserts suggested by the chef*

Vegan buttered banana, Cornbread, Flan with vegetable milk, Vegetable chocolate brownies.

*Snacks*

*Various fruits*

Potato, carrot, sweet potato, and beetroot.

*Organic*

Pineapple, jicama, cucumber, watermelon.

