





executive gourmet

by  Gategourmet

a gategroup member 

going the extra mile for you.

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Do not hesitate to inform us about your needs and our team will be pleased to fulfill your expectations.

Please order 48hours from your departure time.

Order request email : ExecutiveGourmet-JPN@gategroup.com

Executive Gourmet Japan at HANEDA / NARITA are HALAL certified.

Please note that order in 24 hours will be charged 30,000JPY per flight.

Order cancellation within 24 hour before departure will be fully charged.



Hot Breakfast

BF01	Traditional Breakfast Fresh egg omelette with grilled ham, sausage, smoked bacon, roasted herb potatoes, sautéed mixed mushrooms and grilled ripen tomatoes		
	- Select following omelette fillings cheese / mushroom / spinach / tomato / paprika		
BT08	Japanese Traditional Breakfast Grilled Salmon, egg roll, seaweed, pickles, steamed rice and miso soup		
CO03	Shrimp Congee	CO02	Chicken Congee
CO01	Plain Congee		
BF09	Fried Eggs / 2 eggs	BF10	Poached Eggs / 2 Eggs
BF11	Scrambled Eggs / 3 eggs		
BF12	Pork Bacon / 2 slices	BF13	Pork Sausage / 2 pieces
BF14	Chicken Sausage / 2 pieces		
BF15	Grilled Tomato / half cut 2 pieces	BF17	Mushroom Mix Sautee / 35grm
BF18	Hash Brown Potato / 1 piece		

Cold Breakfast

BF03	Continental Breakfast Sliced ham with assorted cheese, fresh seasonal fruits and croissant
BF04	Healthy Breakfast Granola with raisin, seasonal berries, plain yoghurt



Breads

BR10	Soft Roll	BR12	Pretzel Roll
BR14	Hard Roll	BR08	Plain Bagel
BR15	Mini Baguette	BR11	Multigrain Roll

Pastries

BR13	Croissant
BR18	Pain Au Chocolat
BR19	Apple Danish
BR28	Assorted Danish Pastries – 6 pieces

Yoghurt

DR09	Greek Yoghurt Plain / 100g
DR08	Low Fat Yoghurt / 100g



Sandwiches

SW06	Finger Sandwich	SW13	Pork Cutlet Sandwich
SW02	Club House Sandwich	SW12	Smoked Salmon and Cream Cheese Bagel
SW04	King Crab Open Sandwich		
SW05	Prosciutto and Sun Dried Tomato Sandwich		

Tortillas

SW09	Chicken Tortilla
SW10	Tuna Tortilla
SW11	Vegetable Tortilla

Cookies

DS18	Rich Chocolate
DS19	Macadamia Chocolate
DS20	Coconut Chip
DS21	Almond Toffee



Bento Boxes

- BT05 Wagyu Beef Fillet Steak Bento Box
- BT01 Lobster Tempura Bento Box
- BT02 Pork Ginger Sautee Bento Box
- BT04 Silver Cod Saikyo-yaki Bento Box
- BT06 Vegetable Tempura Bento Box
- BT07 Chef's Seasonal Choice Bento Box

Authentic Rice Bowl

- ST36 **Beef Bowl / Gyu-Don**
Deliciously simmered beef served on top of steam rice
- ST39 **Pork Cutlet Rice Bowl / Katsu-Don**
Bowl of rice topped with a deep-fried pork cutlet, eggs, vegetables and condiments
- ST38 **Grilled Eel Rice Bowl / Unagi Kabayaki-Don**
Fresh water Japanese eel grilled in kayabayki style
- ST37 **Chicken and Egg Rice Bowl / Oyako-Don**
Traditional Japanese rice bowl topped with sweetly simmered chicken and eggs

Sushi, Tempura and Japanese Noodles

- SH01 Assorted Sushi – 10 pieces per portion
- SH02 Assorted Sashimi - 5 kinds per portion
- MC16 Tempura – 2 prawns and 4 kinds of seasonal vegetables
- ST02 Chef's Ramen
- ST06 Tempura Udon Noodles



Cold Appetizers

- PU02 **Traditional Smoked Salmon Plate**
Cold smoked salmon with sour cream and chopped chives
- PU03 **Fisherman's Plate**
Slow poached tiger prawn, Norwegian smoked salmon, king crab legs and Atlantic lobster with homemade cocktail sauce, tartar sauce and lemon wedges
- AP01 **Classic Shrimp Cocktail**
Poached shrimps with traditional cocktail sauce
- PU04 **Crudités**
Assortment of freshly prepared raw vegetables with hummus dipping sauce
- SN06 **Edamame – recommend for 2 persons**
- SN01 **Assorted Canapes Plate – 6 pieces**
- PU05 **Charcuterie Plate**
Selection of premium deli meats with assorted olives, pickles and mustard

Hot Appetizers

- SN08 **Grilled Beef Skewers / 2 skewers per portion**
- SN03 **Chicken Yakitori Skewers / 2 skewers per portion**
- choose with salt or a light soy sauce
- SN09 **Grilled Vegetables Skewers / 2 skewers per portion**
- CC13 **Assorted Dim Sum / recommend for 1 person per portion**
- SN05 **Japanese Pork Gyoza Dumplings / 5 pieces per portion**
- SN04 **Fried Vegetable Spring Rolls / 6 pieces per portion**



Salads

- SLO5 **Green Salad**
Organic mesclun salad
- SLO8 **Greek Salad**
Tossed salad made typically with tomatoes, cucumbers, onions, black olives, feta cheese and dressed with olive oil, vinegar, lemon juice and oregano
- SLO6 **Caesar Salad**
Romaine lettuce and croutons dressed with parmesan cheese
- SLO1 **Cobb's Salad**
Traditional steakhouse cobb's salad with avocado, bacon, grilled chicken breast, hard boiled eggs and homemade shallot vinaigrette
- SLO3 **Arugula Salad**
Arugula with aged balsamic vinaigrette, oranges, dried cranberry and candied walnuts
- SLO4 **Salad Niçoise**
Seared rare tuna slices with fresh green beans, new potatoes, quail eggs, kalamata olives and anchovies

Soups

- SP03 **Lobster Bisque**
Creamy Atlantic lobster bisque
- SP04 **Cream of Mushroom Soup**
Mixed wild mushroom essence finished with white truffle oil
- SP06 **Cream of Asparagus Soup**
- SP02 **Country Vegetable Soup**
Chunky vegetables and legumes in aromatic broth
- SP01 **Japanese Miso Soup**
Red miso soup with fresh tofu and seaweed
- CC05 **Ginseng Chicken Soup** – recommended for 3 persons per portion



Meats

- MC02 Pan-Fried Wagyu Beef Tenderloin / 200grm
- Choose with Red Wine Sauce, Mushroom Cream Sauce or Grated Radish Ponzu Sauce
- MC01 Grilled Grain Fed Australian Beef Tenderloin / 170grm
- Choose with Red Wine Sauce, Mushroom Cream Sauce or Tomato Herb Sauce
- MC05 Pan-Fried Lamb Chop / 140grm
- MC03 Roasted Free Range Chicken / 170grm
- Choose with Yuzu Papper Sauce, Mushroom Cream Sauce or Tomato Herb Sauce
- MC04 Free Range Chicken thighs Teriyaki / 250grm

Fish

- MC11 Pan-Fried Premium Sea Bass in White Butter Sauce/ 180grm
- MC14 Salmon Teriyaki / 150grm
- MC17 Grilled Salmon / 80grm x 2pieces
- MC12 Traditional Saikyo-yaki Alaskan Black Cod / 180grm
Grilled buttery black cod marinated in miso and sake

Chinese

- CC36 Shrimp in Chili Sauce – recommended for 2 persons per portion
- CC23 Kung Pao Chicken – recommended for 2 persons per portion
- CC33 Sautéed Shredded Beef with Green Pepper – recommended for 2 persons per portion
- CC22 Stir Fried Vegetable – recommended for 2 persons per portion
- CC27 Stir Fried Seafood Noodles – for 2 persons per portion

Sides

- VG20 Steamed Bok Choy / 100grm
- VG22 Assorted Steamed Seasonal Vegetables / 300grm
- VG21 Assorted Grilled Seasonal Vegetables / 300grm
- ST21 Herb Roasted Potato / 200grm
- ST22 Mashed Potatoes / 200grm

In additions to above vegetables, your favorites are available.
Please ask our Executive Gourmet representative for your choice and availability.



Curry

- ST41 Japanese Style Curry with Chicken and Fresh Vegetable
- ST43 Thai Chicken Red Curry
- ST42 Thai Seafood Green Curry

Rice

- ST31 Japanese Rice / 150grm
- ST32 Jasmine Rice / 150grm
- CC29 Egg Fried Rice – recommended for 2 persons per portion

Pasta

- ST09 Penne / 200grm
- ST07 Spaghetti / 200grm
- ST12 Tomato Herb Sauce
- ST10 Bolognese Sauce
- ST14 Homemade Vegetarian Lasagna



Sweet Delight Cakes

- DS02 Chocolate Gateau
- DS04 Fruit Tart
- DS05 Classic Tiramisu
- DS06 Strawberry Sponge Cake
- DS01 Cheese Cake
- DS10 Petit Fours Mixed Selection / 6 pieces

Cheese and Fruits

- PU01 Premium Cheese Platter
Assortment of soft, medium, hard and blue cheeses served with honey, grape bundles, dried fruits and crackers
- PU06 Fresh Sliced Seasonal Fruit
- PU07 Fresh Selection Berries
- SN10 Fruit Skewers / 2 skewers per portion

Ice Cream

- DS08 Haagen Dazs / 120ml
- Vanilla | Green Tea | Chocolate | Cookie & Cream | Macadamia | Strawberry



Freshly Squeezed Juices

BV23	Orange / 1 liter	BV24	Apple / 1 liter
BV27	Kiwi / 1 liter	BV26	Strawberry / 1 liter
BV31	Pineapple / 1 liter	BV28	Watermelon / 1 liter
BV30	Mixed Berries / 1 liter	BV24	Grapefruit / 1 liter

Smoothies

BV21	Strawberry / 1 liter
BV22	Mango / 1 liter

Soft Drinks, Water and Coffee

BV01	Coca Cola / 350ml	BV03/04/05	Fiji Water / 330ml / 500ml / 1.5liter
BV02	Coca Cola Zero / 350ml (Diet Coke)	BV06/07/08	Evian / 330ml / 500ml / 1.5liter
BV12	Perrier / 330ml	BV09/10/11	Japanese Local Water / 340ml / 555ml / 1.5liter
BV13	San Pellegrino / 750ml	BV14	Distilled Water / 2.0liter
BV57	Blend Coffee / 1.0liter		
BV58	Decaf Coffee / 1.0liter		
BV59	Oolong Tea / 2.0liter		
BV60	Green Tea / 2.0liter		

Alcohol

BV41	Asahi Beer Super Dry / 350ml
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Please ask our Executive Gourmet representative for any other choice and availability for local beer



Crew Meal Boxes

- CM03 / CM02 Light Snack Box – included sliced fruit, salad and snacks
 - Select from assorted finger sandwiches or tortilla
- CM01 Lunch / Dinner Box – included appetizer, salad, main dish, dessert, snacks
 - Select from meat, fish or vegetarian

To make your life easier

- | | | | |
|-------------|---|-------------|-----------------------------|
| DR01 / DR02 | Lemon Slice / Wedge | BV51 / BV52 | Fresh Milk 1,0liter / 500ml |
| DR04 / DR05 | Lime Slice / Wedge | BV53 | Low Fat Milk / 500ml |
| DR03 / DR06 | Whole Lemon / Lime | BV54 | Skim Milk / 500ml |
| DR10 | Orange Slice | BV55 | Soya Milk / 1,0liter |
| DR52 | Herb Kit – Chervil, Flat Leaf Parsley, Chive, Basil | BV56 | Coffee Cream / 500ml |
| DR53 | Mint / 20grm | DR51 | Dry Ice |
| DR55 | Bamboo Leaf | DR50 | Wet Ice |

Toiletries and Equipment

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|------|---------------------|-------------|------------------------------|
| DR17 | Toilet Rolls | DR20 | Paper Towel |
| DR18 | Tissue Box | DR11 | Chopsticks |
| DR15 | Gloves / 100 pieces | DR13 / DR14 | Trash bag 90liter / 150liter |
| DR16 | Wet Towel | | |

Newspapers

- DR21 New York Times
- DR23 Wall Street Journal
- DR24 Financial Times