



ECONOMY
CLASS



beverages

Alcoholic

Red Wine

White Wine

Singapore Sling and Other Cocktails

Whisky

Cognac

Gin

Vodka

Liqueurs

Beer

Non-alcoholic

Soft Drinks

Fruit Juices

Coffee, and a selection of Teas


lunch

international selection

Appetiser

Tuna with Coleslaw Salad

Main Course

 Herb Roasted Chicken Breast

Served with braised Beluga lentils and tomato jam

320 . 22 . 29 . 8 . 395

Key: Calories . Carb(g) . Protein(g) . Fat(g) . Sodium(mg)
(tr-trace)

Braised Fish Fillet in Black Bean Sauce

With seasonal vegetables and steamed rice

Dessert

Mango Mousse Cake

From The Bakery

Bread Roll and Spread

Hot Beverage

Coffee and Tea



A simple and joyful wellness selection created by Canyon Ranch®, an industry-leading proponent of the wellness lifestyle living for nearly 40 years. Please accept our apologies if your choice of meal is not available

lunch

indian selection

Appetiser

Makkai Kala Channa Sundal

Marinated chickpea salad

Main Course

☞ Lauki Dal, Teen Subzi, Saada Pulao

Marrow vegetable with lentil, vegetable curry and basmati rice

Dessert

Mango Mousse Cake

From The Bakery

Bread Roll and Spread

Hot Beverage

Coffee and Tea



Specially prepared vegetarian choice

Please accept our apologies if your choice of meal is not available

SINGAPORE TO
SAN FRANCISCO

*Should you fancy a snack or something more substantial in between
your meals, simply make your selection known to us anytime.*

delectables

Sandwiches

Garlic Focaccia with Egg Frittata and Vegetables

Beef Pastrami and Hot Dog Relish Mayonnaise

In a soft roll

Croissant with Chicken Tikka and Cucumber Raita

Snacks

Peas and Crackers

Muffins

Chips

Trail Mix

Fresh Fruits

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breakfast.

Fruit

Main Course

Seasonal Fresh Fruit

Scrambled Egg

With chicken sausage, ratatouille and roasted potato

Mee Goreng Ayam

Malay style fried noodles with egg, chicken, vegetables and beancurd

Kal Dosai, Pattani Korma, Wadai and Tomato Chutney

Thick rice flour pancake, spicy vegetables stew, dal dumpling and tomato chutney

Bread Roll and Spread

Coffee and Tea

From The Bakery

Hot Beverage

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lunch

international selection

Appetiser

Smoked Salmon
With Coleslaw Salad

Main Course



Rosemary Braised leg of Lamb

Sweet potato-spinach hash, sauteed mushrooms and parsley

Marcona gremolata

385 . 18 . 24 . 24 . 454

Key: Calories . Carb(g) . Protein(g) . Fat(g) . Sodium(mg)
(tr-trace)

Stir Fried Kung Pao Chicken

With sautéed vegetables and fried rice

Dessert


Apricot Cake

From The Bakery

Bread Roll and Spread

Hot Beverage

Coffee and Tea

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lunch

indian selection

<i>Appetiser</i>	•	Mixed Salad with Dressing
<i>Main Course</i>	• <i>P</i>	Palak Paneer, Channa Masala, Sabzi Pulao Melange of cottage cheese with spinach, chick peas with masala spice served with vegetables with rice
<i>Dessert</i>	•	Apricot Cake
<i>From The Bakery</i>	•	Bread Roll and Spread
<i>Hot Beverage</i>	•	Coffee and Tea

P Specially prepared vegetarian choice

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delectables

Sandwiches

- P* Vegetarian Tortilla Wrap
with roasted vegetable and Greek cucumber yogurt spread
- Multigrain Bread
With jerk chicken, tomato, honey mustard mayonnaise and lettuce
- Ciabatta with Tuna Mayonnaise

Snacks

- Peas and Crackers
- Hershey's Cookies and Cream Bar
- Original Sun Chips
- Milano Cookies
- Fresh Fruits

P *Specially prepared vegetarian choice*
Please accept our apologies if your choice of meal is not available

dinner

international selection

- | | |
|-------------------------------|---|
| <i>Appetiser</i> | Shrimps with Tomato, Corn and Cucumber Salad, Ranch Dressing |
| <i>Main Course</i> | Sauteed Pasta with Chicken and Vegetables in Creamy Tomato Basil Sauce
Deep-fried Five Spice Pork
With barbeque sauce, carrots, broccoli and cabbage fried rice |
| <i>Dessert</i> | Caramelized Banana Mousse Cake |
| <i>From The Bakery</i> | Bread Roll and Spread |
| <i>Hot Beverage</i> | Coffee and Tea |

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dinner

indian selection

Appetiser

Fresh Fruit Salad

Main Course



Sabzi Dal, Kadai Aloo Gobi, Jeera Pulao

Vegetables and lentil stew, fried cauliflower and potato served with cumin flavoured rice

Dessert

Caramelized Banana Mousse Cake

From The Bakery

Bread Roll and Spread

Hot Beverage

Coffee and Tea



Specially prepared vegetarian choice

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