



QANTAS 787 DREAMLINER MENU

PERTH – LONDON

Neil Perry AM Qantas Creative Director Food, Beverage and Service has worked with the University of Sydney's Charles Perkins Centre to design a menu using scientific information that will help reduce the impact of jet lag on long haul flights

Below is a sample of new food and beverages available on Qantas Dreamliner flights between Perth and London.

Beverages

Remedy lemon and ginger kombucha
Coconut water
served in Business and Premium Economy

Botanica cold pressed green juice
served in Business

Botanica cold pressed probiotic infused watermelon
served in Business and Premium Economy as a wake-up shot

Botanica cold pressed probiotic infused lemonade
served in Economy as a wake-up shot

Qantas sleep tisane
served in Business and Premium Economy

Hot chocolate
served in all cabins

Main

Tuna poke salad with sesame soy dressing
served in Business

Marinated beef, citrus, cumin and zucchini salad
served in Premium Economy and Economy

Seared Cone Bay Barramundi with herb garlic potatoes, broccolini, lemon, olive and almond salsa
served in Business

Poached egg, kale, quinoa, grilled haloumi, pistachio and green tahini dressing
served in Business for breakfast

Roast chicken with red rice, Mediterranean vegetables, soy beans and thyme jus
served in Premium Economy and Economy

Smoked salmon, soba and raw zucchini noodles with ponzu dressing
Served in Business

Roast English beef with Yorkshire pudding, peas and onion gravy
served in Business

Refreshments

Dip and crudité platters
served in Business, Premium Economy and Economy

Tomato and mushroom puff pastry tart with corn salsa
mid-flight refreshment in Premium Economy

Dessert

Seasonal fruit plate
served in all cabins

Baked vanilla custard with rhubarb, honeyed pear and almonds
served in Business