

LIBERO

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SPECIAL MEALS

New light on free from foods

CRAVINGS

Whatever your diet, there is something delicious for you

TRAVEL ISSUE

No. 1



DELICIOUS MEALS

Libero is exclusively a world of free-from dining, catering for the travel, airline and hotel sectors. Travellers of today are actively seeking their dietary, food allergy and intolerance needs to be not only met, but exceeded, without fear of cross-contamination or compromise. Our food must taste delicious, not just simply cater for a dietary requirement. Bland, compromising food, with fruit salad for every special meal no longer cuts the mustard. Getting special meals right takes imagination, creativity, thought and a little bit of science.

We are exclusively a gluten-free and nut-free business. We also have a huge selection of dairy-free, vegan and vegetarian meals in addition to the most commonly requested meals, In addition, some of the more modern diets followed today; Paleo, sports nutrition, low Fodmap, high or low carbohydrate. Special dietary meals are an area to take seriously which is why we have set up this business. Customers may select an airline on price/destination in the most part, however there is research which suggests that customers with special dietary needs or allergies will select an airline based on their dietary needs are being met and taken seriously.

INNOVATIVE SPECIAL MEALS

Customers with food allergies, food intolerance's and special dietary needs are greater in number than ever before. Catering for those customers is now a non-optional essential for every airline.

To cater well for those special dietary needs in a way that is modern, delicious and truly mitigates risk of cross contamination in the arduous journey that is airline catering. Giving your customers what is a really special meal, catering for their needs and tastes delicious.

BESPOKE EATING

Price points and expectations are varied, we have the following choices with airline-by-airline variants:

PRIVATE JET/JET TAXI

A completely bespoke service for meal options, contact us directly. Many free-from deluxe hampers available and cold tray options for flights without crew or cooking facilities.

FIRST

A fully allergen sealed approved special meal with a choice of either full meal kit for crew to plate on board with full hygiene pack. Alternatively the meals can be provided to airline kitchens to be plated prior to loading. Individual Service Items - canapés, finger food, bar snacks, petit fours, wide range of cheeses, free- from cheese and delicious free-from chocolates.

BUSINESS

A fully allergen sealed approved special meal in simple tipping style meal kit form, for crew to plate on board with full hygiene pack. Alternatively the meals can be provided to airline kitchens to be plated prior to loading. This can also be used with bespoke customers crockery.



"SPECIAL DIETS AND ALLERGIES DON'T MEAN COMPROMISE"



PREMIUM

A variant of either the economy meal or business box as budget per airline

ECONOMY

We offer individual meal elements as well as fully sealed meal trays in two sizes. A fully allergen sealed and approved special meal, Second Service (a variety of approved delicious second service snacks and hot hold items),

We also offer a wide range of drinks, waters, smoothies and juices in cuplet form, shots for breakfast revival and to aid well-being in flight. Individual Service Items FREE FROM - breads, pastries, croissants, canapés, finger food, bar snacks, petit fours and chocolate.

ALL KINDS OF DIETS

Asian Vegetarian Meal - AVML

A vegetarian meal usually incorporating flavours from the Indian sub-continent. The meal will contain fruit, veggies and milk products but no eggs, fish or meat.

Baby Meal - BBML

A pureed organic meal and dessert

Bland Meal - BLML

This meal is designed for passengers who may have ulcers, heartburn, nausea, vomiting, diarrhoea or have undergone stomach or intestinal surgery. Includes foods that are soft, not very spicy, and low in fibre.

CAKE – Birthday/Celebration Cake

We do gluten-free and vegan cakes only, which are by nature, dairy free.

Children Meal - CHML

Children's meal predominantly contain soft and easy to chew foods which are usually both easily identifiable and healthy. We have Cub food for Kids.

Celebration Cake Meal - CLML

Just as our Birthday cakes, all of ours are gluten-free and vegan.

Diabetic Meal - DBML

A modern take on the diabetic meal, low carbohydrate and low glycaemic index.

Gluten Free Meal – GFML

Meals that don't contain wheat, barley or rye.

This meal is suitable for coeliacs.

All our food is gluten-free.

High Fibre Meal - HFML

Meals that are higher in fibre which break down slower in the body and thus aid digestion and gut health.

Junior Meal - JNML

As children's meals for slightly older children. Recognisable children's foods that are easy to eat.

Low Calorie Meal - LCML

Meal is lower in carbohydrate and fats.

Low Fat Meal – LFML

Meal is lower in fats.

Low Protein Meal - LPML

Less protein, mostly vegetarian meal.

Low Salt Meal - LSML

Intended for persons with high blood pressure. Ingredients are chosen for their low sodium content and no salt is added during the cooking process.

Lactose free meal - NLML

It excludes milk and dairy products (yoghurt, cheese, butter, ice cream, water ice and etc). Otherwise known as a dairy free meal.

Peanut Free Meal - PFML

All our meals are nut-free.

Low Purine Meal – PRML

A meal with a low quantity of purine, typically for people with gout.

Seafood Meal – SFML

Contains only seafood items.

Vegetarian Vegan Meal - VGML

Excludes any ingredients of animal origin.

Otherwise known as VVML

Vegetarian Lacto - Ovo Meal

It contains vegetables, fresh fruit, eggs, dairy products, and pulses. It may contain eggs and dairy products. It does not contain any type of fish or meat.

Vegetarian Oriental Meal - VOML

This is a vegetarian meal that is prepared Chinese or Oriental-style.

Vegetarian Vegan Meal - VVML

see VGML

Other Meals

Low Fodmap meal.

Low carb/keto meal.

Paleo meal.

Sports meal.

FIRST & BUSINESS BREAKFAST



Smashed avocado on toasted sourdough, chargrilled asparagus, balsamic roasted mushrooms, salsa and free-range scrambled eggs



Free-range poached egg, sweet potato hash, roasted beef tomato, smoked turkey bacon, chicken sausages, and chestnut mushrooms



Continental breakfast selection. coconut bircher, museli, cornflakes, granola, smoothie, selection of gluten-free pastries, sourdough toast



Veg Keg. Smoked tofu kedgerree



Gluten and dairy free Belgian waffles

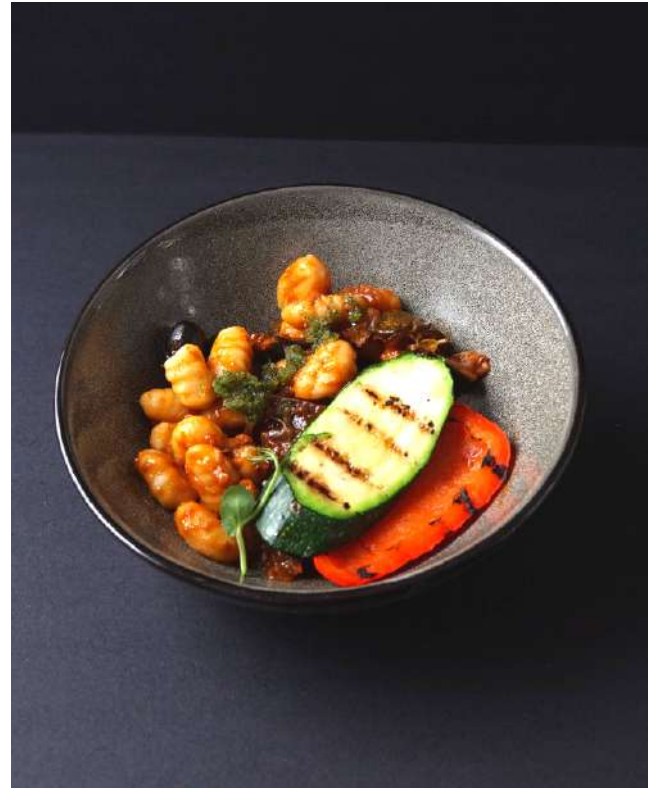


Gluten-free croissants and pain au chocolat

FIRST & BUSINESS MEALS



Duck breast with port and redcurrant reduction, vegetable stack and pea pesto



Vegan and gluten-free gnocchi caponata with chargrilled veggies



Grilled Hake and gnocchi Caponata



Selection of mezze/antipasti all vegan and gluten-free. Selection of gluten-free flatbreads

BUSINESS AND PREMIUM MEALS



Chicken Katsu Curry- can also be vegetable katsu curry with Jasmine rice and asian greens



Teriyaki salmon with veggie noodles



Thai green chicken curry with Jasmine Rice



Aubergine curry with potato pakora and saag aloo



Butternut and sugarsnap curry with lime and coconut rice and onion bhaji



Chickpea tikka massala with goan vegetable bites, coconut rice and grilled peppers

FIRST & BUSINESS DESSERTS AND CHEESE



Chocolate orange brownie with salted caramel and chocolate sauce



Ginger and maple pudding with turmeric and lemon custard



Vegan strawberry and maple crumble and vanilla custard



Cheese board gluten-free crackers, chutney, vegan available



Vegan tiramisu



Vegan salted caramel and chocolate pot

ECONOMY



Butterless chicken curry (chicken masala) with pilau rice



Guacamole on gluten free sourdough with baked egg and chilli salsa



Gluten-free ricotta tortellini with San Marzano rich tomato sauce



Pea and mint risotto with chargrilled halloumi and tomato compote



Lemon chicken with chargrilled vegetables and sweet potato mash

ECONOMY



Gluten-free spinach and ricotta ravioli with pesto and San Marzano tomato sauce



Pea and mint risotto with chargrilled vegetable stack and gremolata



Five bean chilli with pommegrantie jewelled jasmine rice



Smoked turkey bacon, chicken sausage, roasted mushroom, tomato and cauliflower hash brown



Five bean chilli with roasted mushrooms and cauliflower hash brown

FIRST & BUSINESS AFTERNOON TEA



Just a small selection of our vegan and gluten-free cakes. Clockwise from 12; elderflower and vanilla cake, ginger and carrot cake, victoria sandwich, chocolate fudge cake, strawberry and rose cake



Gluten-free and vegan sultana scones



Gluten-free and vegan farmhouse fruit cake



LIBERO SPECIAL MEALS

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MAKE YOUR SPECIAL MEALS TRULY SPECIAL