




executive gourmet

by  Sategourmet

a gategroup member 

going the extra mile for you.

HANEDA
Gate Gourmet Haneda
6-10, Higashi Ohgishima
Kawasaki-ku, Kawasaki-City
Kanagawa, Japan
210-0869
Tel: +81 44 280 2298
Fax: +81 44 280 2232
Email: viphnd@gategourmet.com
Website: www.executivegourmet.com

Contents

Breakfast & Sandwiches	2
Starters & Salads	3
Main Courses	4
Starches & Soup	5
Desserts	6
Beverages	7

This menu list is only indicative. Please ask your local Executive Gourmet representative for choice and availability.

Breakfast & Sandwiches



Hot breakfast

- 1 Traditional breakfast
Fresh egg omelette or scrambled eggs with grilled gammon ham, sausage, smoked bacon, roasted herb potatoes, sautéed mixed mushrooms and grilled ripen tomatoes
- 2 Eggs Benedict
Poached eggs on toasted English muffin buttery hollandaise sauce, grilled back bacon and fresh asparagus

Cold breakfast

- 1 Continental breakfast
Sliced ham with assorted cheeses, fresh seasonal fruits and assortment of freshly baked pastries
- 2 Healthy breakfast
Granola with raisin, apples and grapes, choice of yogurt

Bread

- 1 Bagels
- 2 Butter rolls
- 3 Focaccia
- 4 Soft rolls
- 5 Croissant
- 6 Multigrain rolls
- 7 Pretzel rolls

Sandwiches

- 1 BLT sandwich
- 2 Club house sandwich
- 3 Croque monsieur (hot)
- 4 King crab sandwich

Starters & Salads



Plate appetizer

- 1 Classic shrimp cocktail
Poached shrimps with traditional cocktail sauce
- 2 Crab salad
Japan's northern sea King crab salad with mayonnaise and crispy cracker

Platters

- 1 Premium cheese platter
Assortment of soft, medium, hard and blue cheeses served with honey, grape bundles, dried fruits and Carr's water cracker
- 2 Norwegian smoked salmon platter
Norwegian cold smoked salmon with sour cream and chopped chives
- 3 Fisherman's platter
Slow poached tiger prawns, Norwegian smoked salmon, king crab legs and Atlantic lobster with homemade cocktail sauce, tartar sauce and lemon wedges
- 4 Crudités platter
Assortment of freshly prepared raw vegetables with dipping sauce of choice
- 5 Fresh fruit platter
Seasonal fresh fruit platter
- 6 Assorted berries platter
Selection of fresh berries
- 7 Petite fours platter
Assortment of cocktail chocolates

Canapés and snacks

- 1 Standard canapés tray
- 2 Caviar service tray
- 3 Yakitori (Japanese chicken skewers)
- 4 Vegetarian spring roll
- 5 Yakigyoza (Japanese Dumpling)

Salads

- 1 Green salad
Organic mesclun salad with dressing of choice
- 2 Steakhouse cobb salad
Traditional steakhouse cobb salad with avocado, bacon, grilled chicken breast, fresh medium boiled eggs and homemade shallot vinaigrette
- 3 Caprese salad
Ripe Tomatoes with buffalo mozzarella, Mediterranean sea salt and basil pesto
- 4 Spinach and arugula salad
Organic baby spinach and arugula leaves with aged balsamic vinaigrette, oranges, dried cranberry and candied walnuts

Main Courses



Meat

- 1 Grilled beef tenderloin with red wine sauce and seasonal vegetables
Grilled 150 grams grain fed Australian beef tenderloin
- 2 Pan-fried Wagyu beef tenderloin with grated radish and ponzu sauce
Panfried top grade beer fed Japanese beef
- 3 Roasted chicken with Yuzu pepper
Slowly roasted Japanese free range chicken breast with bitter orange pepper
- 4 Chicken Teriyaki
Grilled free range chicken thighs with homemade teriyaki sauce
- 5 Lamb chop
Savory pan-fried lamb cutlet
- 6 Japanese fried chicken

Curry

- 1 Curry and rice Japanese style
Zesty Japanese style curry with fresh vegetable and chicken
- 2 Green Thai curry
Shrimp, white meat fish, scallop and vegetables in hot spicy green Thai curry
- 3 Red Thai curry
Chicken and vegetables in hot and spicy red Thai curry

Fish

- 1 Pan fried sea bass
Pan-fried premium sea bass in white wine butter sauce
- 2 Traditional Saikyo-yaki Alaskan black cod
Grilled buttery black cod marinated in miso and sake
- 3 Teriyaki salmon
Tender cooked salmon with Teriyaki sauce
- 4 Creamy seafood vol-au-vent
Fresh scallops, cod, and prawns cooked in a creamy pernod sauce encased with flakey puff pastry shell
- 5 Assorted tempura
Assortment of tempura, prawns and vegetables

Vegetables

- 1 Grilled/steamed bell peppers
- 2 Grilled/steamed zucchini
- 3 Grilled/steamed eggplant
- 4 Grilled/steamed asparagus
- 5 Grilled/steamed carrot
- 6 Grilled pumpkin
- 7 Steamed broccoli
- 8 Steamed bok choy...etc
- 9 Chinese stir fried vegetable (Chao Qing Cai)
Stir fried mix vegetable (peas, bamboo, carrot, corn, mushroom shiitake...) with thick sauce

Starches & Soup



Noodles

- 1 Seafood Yakisoba
Stir fried noodles seasoned with Worcestershire sauce or salt
- 2 Chef's ramen
- 3 Cold Soba/Udon
- 4 Tempura Soba/Udon
- 5 Spaghetti/penne
With bolognese sauce, mushroom sauce, tomato herb sauce
- 6 Homemade mushroom ravioli
- 7 Homemade vegetarian lasagna

Potato

- 1 Herb roasted potatoes
- 2 Mashed potatoes
- 3 Potato Lyonnaise
- 4 Fried potato
- 5 Baked potato

Rice

- 1 Steamed Japanese rice
- 2 Steamed Jasmine rice
- 3 Fried rice
- 4 Regular risotto
- 5 Saffron risotto
- 6 Gyudon
Deliciously simmered beef served on top of steamed rice
- 7 Oyakodon
Traditional Japanese rice bowl topped with sweetly simmered chicken and egg
- 8 Unagi Kabayaki Don
Fresh water Japanese eel grilled in kabayaki style

Soup

- 1 Japanese miso soup
Red miso soup with fresh tofu and seaweed
- 2 Tomato soup
- 3 Lobster bisque with Armagnac
Creamy Atlantic lobster bisque flamed with Armagnac
- 4 Corn cream soup

Desserts



Dessert

- 1 Soufflé cake
- 2 Chocolate de Paris
- 3 Seasonal tart
- 4 Lemon tart
- 5 Tiramisu
- 6 Strawberry short cake
- 7 Seasonal Wagashi
- 8 Haagen Dazs (vanilla/strawberry/chocolate brownie/green tea)

Beverages



Soft drink

- 1 Coca Cola Zero
- 2 Coca Cola
- 3 Pepsi Zero (King of Zero)
- 4 Pepsi Zero
- 5 Sprite
- 6 Seven-up
- 7 Fanta-Orange
- 8 Fanta-Grape
- 9 Water Evian
- 10 Water Hidden Spring

Juice

- 1 Carrot juice
- 2 Grapefruit juice
- 3 Orange juice
- 4 Watermelon juice
- 5 Strawberry smoothie
- 6 Mango smoothie

Alcohol

- 1 Asahi/Sapporo/Kirin beer 300ml
- 2 Asahi/Sapporo/Kirin beer 500ml

Others

- 1 Blend coffee
- 2 Milk

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