



早餐 / breakfast

在休息之前请在表格中标注您的早餐选项并交给乘务员。谢谢！
Please mark your choice for breakfast and hand over this form to one of our flight attendants before relaxing. Thank you!

姓名 / name _____ 座位 / seat _____

请选择 / Please choose from our selection

- ☐ 鲜橙汁 / freshly squeezed orange juice
- ☐ 鲜柚子汁 / freshly squeezed grapefruit juice
- ☐ 草莓冰沙 / strawberry smoothie
- ☐ 番茄汁 / tomato juice
- ☐ 咖啡 / coffee
 - ☐ 纯 / plain
 - ☐ 加奶 / with milk
 - ☐ 脱除咖啡因的咖啡 / decaffeinated coffee
- ☐ 热巧克力 / hot chocolate
- ☐ 红茶 (土耳其品牌) / black tea (Turkish blend)
 - ☐ 纯 / plain
 - ☐ 加奶 / with milk
 - ☐ 加柠檬 / with lemon
- ☐ 各种草本茶 / herbal tea selection
请向乘务组询问草本茶的种类。
please ask for the tea selections to cabin crew.
- ☐ 牛奶 / milk
- ☐ 酸奶 / plain yoghurt
- ☐ 酸奶燕麦片 / muesli with yoghurt
- ☐ 芝麻油鸡和荞麦面沙拉
chicken with sesame seed paste and soba salad
- ☐ 草莓酱 / stawberry jam
- ☐ 蜂蜜 / honey

请选择 / Please choose from our selection

- ☐ 鳄梨番茄煎蛋 / avocado tomato omelette
炒蘑菇和辣椒 / sautéed mushrooms and mixed peppers

或 / or

当地选项 / local option

- ☐ 干贝米饭 / plain congee with dried scallops
鱼片和虾 / fish fillet and prawns
油条 / Chinese fried dough sticks
卷心菜泡菜 / pickled cabbage

Menu

assorted canapés ¹

local option

MARINATED ROAST BEEF AND BUCKWHEAT SALAD ²

or

SELECTION OF TURKISH MEZZE ³

hummus / grilled chicken breasts / white eggplant salad
Tabbouleh / sautéed red pepper / white cheese

and / or

GINGER PUMPKIN SOUP ⁴

roasted pumpkin seeds

please choose from our selection:

POTPOURRI OF SEAFOOD ⁵

prawn / butterfish / salmon
sautéed leaf spinach / herbed potatoes

or

local option

KUNG PAO CHICKEN ⁶

broccoli / rice

or

PENNE ⁷

light cream sauce / sautéed mushrooms

assorted cheese, fresh fruit and dessert from our trolley

TURKISH DESSERTS ⁸

CHOCOLATE WALNUT BROWNIE ⁹

chocolate sauce

STRAWBERRY & CREAM ¹⁰

GREEN TEA ICE CREAM ¹¹



菜谱

什锦开胃小菜 ¹

当地选项

腌制烤牛肉和荞麦沙拉 ²

或

土耳其风味各式开胃菜 ³
鹰嘴豆泥 / 烤鸡胸 / 茄子沙拉
塔布勒沙拉 / 炒红椒 / 白奶酪

和 / 或

生姜南瓜汤 ⁴

炒南瓜子

请选择：

各种海鲜 ⁵
虾 / 鲷鱼 / 三文鱼
炒菠菜 / 香草土豆

或

当地选项

宫爆鸡 ⁶
西兰花 / 米饭

或

通心粉 ⁷
奶油酱 / 炒蘑菇

活动餐车上还提供各种奶酪，新鲜水果和甜品

土耳其甜品 ⁸

巧克力核桃布朗尼 ⁹
巧克力酱

奶油草莓 ¹⁰

绿茶冰激凌 ¹¹