

Prohias

INFLIGHT CATERING

Fly with **every** bite

About Us

Prohías Inflight Catering is a 24/7, full-service, one-stop provider of catering and concierge services for all types of industrial, corporate, and individual clients.

We have 15 years' experience in serving distinguished local and international businesses and private, cargo, and charter airplanes.

Our company complies with all state and federal regulations on food management and sanitation. Prohías Inflight Catering has full and direct access to the Luis Muñoz Marín International Airport (TJSJ) in San Juan, Puerto Rico.

AIRPORTS SERVICED

TJSJ

Luis Muñoz Marín
International
Airport

TJIG

Fernando Luís
Ribas Domínguez
Airport

TJBQ

Rafael Hernández
Airport

TJPS

Mercedita
Airport

TJRV

José Aponte de
la Torre Airport

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Fly with
every
BITE 



Breakfast

Cold



Classic Continental Breakfast Box/Tray

your choice of -bagel- or -croissant-, fresh sliced fruit salad, yogurt, and a breakfast pastry with butter, assorted jams, and cream cheese OTS

Fit Breakfast Box/Tray

fresh sliced fruit salad, greek yogurt, cold cereal, low fat milk, and granola bar

Local Pastry Tray

assorted cheese, guava, and cuban-style ground beef pastries with a variety of jams, butter, and cream cheese OTS

Bagel Tray

a variety of freshly baked bagels with assorted jams, cream cheese, and butter OTS

Smoked Salmon* & Bagel Tray

thin slices of Norwegian smoked salmon* served with julienned red onions, capers, lemon wedges, chopped hard-boiled eggs, and cream cheese with a bagel basket OTS

Freshly Baked Banana Nut Bread

sliced and served with a citrus butter OTS

Homemade Muffin Tray

assorted -blueberry-, -dates & brie-, and -mango- muffins served with butter OTS

Elena Ruth Tray

guava paste, cream cheese, and bacon mini rolls

Breakfast Breads

"mallorca", brioche, "cubano", and "medianoche" mini breads with assorted jams, cream cheese, and butter OTS

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

Prohiasx

Breakfast

Hot

Three Egg Omelette

your choice of: -ham and cheese-or -vegetarian- omelette (*Egg substitution available upon request*)

Frittata

Italian-style open-faced omelette filled with your choice of: -chorizo and manchego- or -sundried tomatoes and spinach-

Pancakes

traditional or blueberry pancakes
served with maple syrup OTS

Prohías Burrito

cilantro scrambled eggs, sweet plantains, and chorizo with roasted breakfast potatoes
OTS

“Pan Sobao” French Toast

our signature french toast with local sweet bread served with applewood bacon and maple syrup OTS

Classic Spanish Tortilla

tomato relish OTS

Boricua Breakfast Sandwich

egg*, ham, and cheddar in
a buttered sweet local bread

Yoly’s Creamy Oatmeal

our house oatmeal recipe served
with raisins, brown sugar, and honey OTS

Prohías Quiche

triple cream brie cheese, crispy bacon,
and caramelized onions

Snack Trays



Fresh Sliced Fruit Tray

assorted seasonal sliced fruits with your choice of adding our homemade yogurt dipping sauce OTS

Veggie Crudités Tray

a variety of freshly cut vegetables including: cherry tomatoes, broccoli florets, carrots, celery, cucumber, sliced radishes, and mini bell peppers served with homemade hummus and ranch dipping sauce

Gourmet Cheese Tray

local and imported soft and hard cheeses with a gourmet cracker basket OTS

Charcuterie Plate

assortment of cured Italian and Spanish cold cuts and marinated olives and pickles with toasted baguette slices and mustard OTS

Mini Gourmet Wraps

to include chicken & sweet plantain salad, tuna salad, turkey & cheese, and ham & cheese

Gourmet Finger Sandwiches Tray

variety of deli meats, cheeses, spreads, and breads

Chicken Tenders Display

your choice of -grilled- or -breaded- chicken tenders with our homemade honey mustard, guava barbecue, and ranch dipping sauces

Caribbean Platter

local cured ham, sliced roast pork, local white country cheese, and sliced pineapple served with a guava-port wine dipping sauce and sliced toasted local bread

Deluxe Seafood Platter*

grilled jumbo shrimp, lobster tail medallions, scallops, and lump crab salad with cocktail sauce, lemon wedges, and Spanish olives

Jumbo Shrimp Cocktail Tray*

grilled jumbo shrimp served with cocktail sauce, lemon wedges, and Spanish olives

Italian Platter

prosciutto, salami, soppressata, sliced mozzarella di bufala, provolone cheese, and marinated olives served with sliced crusty bread

Mediterranean Platter

marinated olives and artichokes, sliced hearts of palm, feta cheese, tabbouleh, and hummus served with grilled pita bread

Ole Platter

serrano ham, sliced "cantimpalo", port wine braised chorizo, sliced manchego cheese, and Spanish olives served with sliced toasted Spanish bread

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Deli

Sandwiches

Classic VIP Club

sliced roast turkey, crispy applewood bacon, swiss cheese, roma tomatoes, romaine lettuce, and house aioli on your choice of wheat or white bread

Traditional Turkey

sliced roast turkey with swiss cheese on your choice of white or wheat baguette

Classic Ham & Cheese

black forest ham and cheddar cheese on your choice of white or wheat baguette

The Vegetarian Wrap

roasted vegetables and mixed greens drizzled with our creamy balsamic vinaigrette

Your choice of a deli tray or The Prohías Boxed Lunch.

**All sandwiches may be crafted as wraps*

Prohías

The Italian

prosciutto, mozzarella, thinly sliced pickled red onions, and house pesto mayo on a ciabatta roll

The Spaniard

serrano ham, manchego cheese, arugula, and a drizzle of extra virgin olive oil on a baguette

The Cuban

sweet local ham, roast pork, swiss cheese, sliced dill pickles, and yellow mustard on a toasted Cuban bread

The Caribbean

tender sliced steak*, grilled onions, swiss cheese, and shoestring potatoes on a baguette

“El Pechugón”

grilled herbed chicken breast and mixed greens on a multigrain baguette with creamy cilantro mayo OTS

The Boricua

sliced turkey seasoned like a roast pig with sweet plantains and white cheese on a sweet roll

“Medianoche”

sweet local ham, roast pork*, swiss cheese, sliced dill pickles, and yellow mustard on a sweet local medianoche bread

Classic Reuben

pastrami, swiss cheese, and our house cole slaw on toasted rye bread

The Prohías Boxed Lunch includes: savory salad, fresh sliced fruit cup, mini gouda, olive skewer, bag of chips, chocolate, cookie or brownie, mayo and mustard packet, lettuce and tomato slices, mint, and cutlery pack.

Salads



Cobb Salad

chopped greens, tomatoes, crispy bacon, hard boiled egg, grilled herbed chicken breast, sliced avocado, blue cheese, red onions, and cucumber with our house ranch dressing OTS

Chef Salad

variety of meats, tomatoes, cucumbers, hard-boiled egg, and cheese all placed upon a bed of tossed lettuce with our house ranch dressing OTS

Classic Caesar

crisp romaine lettuce, shaved parmesan Reggiano, and homemade croutons with a creamy ceasar dressing OTS - add grilled chicken, shrimp*, salmon*, or sliced beef *

Greek Salad

tomatoes, cucumbers, artichoke hearts, onions, feta cheese, and olives with our homemade balsamic vinaigrette OTS

Tropical Chicken Salad

sliced grilled herbed chicken breast on a bed of arugula and fresh mandarin supremes with a cilantro vinaigrette OTS

Garden Salad

fresh seasonal vegetables on a bed of crisp romaine lettuce with our house vinaigrette OTS

Mixed Green Salad

with crumbled goat cheese, toasted walnuts, pickled red onions, dry cranberries, and our house balsamic vinaigrette OTS

Southwestern Salad

our very own delicious and refreshing bean salad and southwest seasoned chicken breast on a bed of fresh lettuce

Prohías Caprese

cherry tomatoes, creamy fresh mozzarella, chopped basil, parmesan cheese, and our creamy balsamic vinaigrette

Pasta Salad

pasta of the day, artichokes, pickled red onions, greek olives, hearts of palm, cherry tomatoes, carrots, and cucumbers dressed with our house honey mustard dressing (Add parmesan cheese)

Sweet Plantain

Escabeche

sweet plantains, bell pepper mix, red onions, Spanish olives, and cilantro dressed with our house vinaigrette

Prohías✶

Soups

Prohías Minestrone

Cream of Pumpkin

Cream of Broccoli

Creamy Plantain Soup

Cuban Black Bean Soup
with our onion "mojo" OTS

Vegetarian Lentil Soup

Chicken Corn Tortilla
Soup

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Hors D'oeuvres Cold



Gourmet Brie Dates

dates stuffed with brie cheese
and wrapped in bacon

Prohías Palmiers

manchego, prosciutto, and asiago cheese

Gorgonzola Tarts

mini tarts filled with gorgonzola and toasted
walnuts cream and topped with caramelized
pears and red onions

Beef Tenderloin Crostinis*

sliced beef tenderloin* with a tarragon
and caper mayo and on top of a sliced
crusty bread

Cucumber Cups

filled with your choice of: -smoked salmon*
tartar-, -spicy crab salad*-, or -goat cheese
cream and red caviar*-

Prosciutto and Pesto Mini Rolls

prosciutto, pesto, and cream cheese
wrapped in a flour tortilla

Ceviche*

your choice of: -shrimp and mango-
or -grouper and papaya-

Prohías Stuffed Strawberries

our signature strawberries stuffed with
a truffle honey and goat cheese cream

Mini Tea Sandwiches

your choice of: -asparagus cream spread-
or - ham and roasted pepper spread-

Oven Baked Salmon* Mini Rolls

with capers, dill, onions, and honey mustard

Chicken Escabeche Mini Tarts

mini tarts filled with local pickled-style chicken

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Prohías✶

Hors

D'oeuvres Hot

Mini Bacon-Wrapped Chicken Skewers

with our house guava-port
wine dipping sauce

Mini Skirt Steak* Skewers

with our house chimichurri
dipping sauce

Mini Baked Turnovers

your choice of: -cuban beef hash*, -creamy
chistorras-, -pull pork* with apricot glaze-, or
-ricotta and spinach cream-

Beef Meatballs*

in a manchego and white wine cream sauce

Mediterranean Lamb Meatballs*

herbed and spiced lamb meatballs
in a curry mango sauce

Mini Longaniza Piononos

a Puerto Rican classic our way: sweet
plantains stuffed with local chicken sausage

Chistorras

Basque chorizo in a manchego cheese
and port wine sauce with crostini OTS

Mini Lamb Sliders*

with goat cheese and arugula on
a toasted mini artisanal brioche bun

Chistorras on a blanket

Basque chorizo wrapped in puff pastry
and served with a mango chutney OTS

Prohías Creamy Croquettes

your choice of -ham-, -cod-, -blue cheese &
mushrooms-, -ham, roasted peppers & cream
cheese-, or -serrano & manchego-

Pastas & Rice Dishes



Béchamel Lasagna with Sweet Plantain OTS

your choice of: -skirt steak* and goat cheese-, -bolognese*-, -veggie-, or -chicken-

Fettuccini Alfredo

fettuccine pasta topped with a traditional Italian Alfredo sauce and parmesan cheese with your choice of: -chicken-, -grilled shrimp*-, or -sliced beef*-

Vodka Rigatoni with Crispy Prosciutto

rigatoni pasta in a creamy tomato and vodka sauce topped with crispy prosciutto and your choice of chicken, grilled shrimp*, or sliced beef*

Prohías Mac & Cheese

macaroni pasta with our famous creamy manchego cheese sauce

Shrimp Scampi Linguine*

jumbo shrimp bathed in a delicious blend of fresh garlic, white wine, and butter served over a generous portion of linguine

Penne Carbonara

short cut pasta cooked with pancetta, egg yolk, cream, and cheese

Arroz con Pollo

Cuban-style rice with chicken steamed with local beer

Seafood Paella*

traditional Spanish saffron-flavored rice cooked with assorted seafood

Risotto

Italian-style rice cooked in a broth to a creamy consistency with your choice of: -mushrooms and gruyere-, -prosciutto and asiago-, or -beef filet tips*-

Prohías Tropical Fried Rice

our signature stir-fried rice with pineapple

Arroz Jibaro

creole style rice with assorted meats (to include pork*, veal*, chicken, and sausages) and steamed with local beer

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*Prohías**

Chicken & Pork



Pork Tenderloin*

with cilantro sauce served
with "mamposteo" rice

Creole-Style Pork Chunks*

with an onion and oregano
sauce served with white rice

Roast Pork*

served with pigeon pea rice
(Puerto Rican "arroz con gandules")

Grilled Pork Chops*

with a tamarind glaze
served with zucchini noodles

Caribbean Roasted Chicken Breast

marinated in tomato, garlic,
and cilantro and served
with rice and beans

Grilled Herbed Chicken Breast

served with creamy manchego
cheese mashed potatoes

Stuffed Chicken Breast

chicken breast stuffed with guava
and local white country cheese,
wrapped in prosciutto, and served
with cuban-style congri rice OTS

House Pesto Chicken Breast

chicken breast stuffed with our house
pesto served with a light white wine
sauce and creamy pasta alfredo

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shellfish or eggs may increase your risk of foodborne illness*

Beef & Seafood



Filet Mignon*

with dijon tarragon sauce
served with roasted potatoes

Cuban Picadillo*

traditional cuban-style beef
hash served with white rice and beans

N.Y. Steak*

topped with a brandy and mushroom sauce
and served with steamed vegetables

Grilled Chard Skirt Steak*

with our house pineapple chimichurri OTS
and served with wedged roasted sweet
potatoes

Filet Roulade*

filet stuffed with prosciutto,
pesto, and provolone cheese
and served with onion rice OTS



Puerto Rican

Salted Cod Salad*

Baked herbed cod filet
with boiled local roots,
potatoes, sweet potatoes,
carrots, pickled red
onions, and Spanish
olives served with
roasted vegetables

Shrimp Creole*

shrimp cooked in a
mixture of diced
tomatoes, onions, celery,
and bell peppers, spiced
with cayenne-based
seasoning, and served
with white rice and sweet
plantains

Baked Lobster Tail*

with roasted herbed
potatoes

Oven Baked Salmon Filet*

with caper and
lemon sauce served
with basmati rice

Catch of the Day*

with mango cilantro
sauce served with
"yuca al mojo"

Blackened Tuna*

with wasabi mayo and
stir-fry vegetables

Prohías

Vegetarian

& Kids Menu

Roasted Seasonal Vegetables

served with herbed
onion quinoa

Curry Vegetable Stew

with jasmine
coconut rice

Garbanzo and Vegetable Stew

served with
basmati rice

Cauliflower Rice Vegetable Stir-Fry

with roasted candied
pumpkin

Cereal

with 2% milk, yogurt,
and juice box

Prohías Chicken Tenders

with assorted dipping sauces on the side

Creamy Cheddar

Mac & Cheese

served with veggies sticks and
freshly baked brownie or cookie

Classic PB&J Box

with sliced fruit cup,
chips, and freshly
baked brownie or cookie

Grilled Cheese

Sandwich Box

with sliced fruit cup,
chips, and freshly baked brownie or cookie

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Desserts



Flan

your choice of: -our signature cheese-, -coconut-, -nutella-, or -vanilla- custard

Natilla

spanish-style creamy custard

Besitos de Coco

Puerto Rican coconut macaroons

Assorted Freshly Baked Cookie Tray

chocolate chip, sugar, and maple oatmeal cranraisins

Tres Leche

Puerto Rican sponge cake soaked in three kinds of milk topped with merengue

Assorted Chocolate Truffles

Tiramisú

coffee-flavored creamy Italian dessert

Assorted Fresh Fruit Tarts

Chocolate Covered Strawberries Tray

your choice of -milk-, -dark-, or -white- chocolate

Mini Lemon Squares

Homemade Walnut Brownie Tray

Deconstructed Cheesecake Cups

your choice of -plain-, -guava-, -mango-, or -lime-



MENU IS A
suggestion,
NOT A
LIMITATION



*Some items are only available where
not prohibited by applicable regulations*



*Please notify of any allergies
or dietary restrictions*



*Customized menus available
upon request.*

ADDITIONAL INFLIGHT SUPPORT

Linen service
Fresh flowers
and arrangements
International Food
Printed and
customized menus
Birthday cakes
Glassware and china
Beverage selection
Newspapers and magazines
Customized gift basket
Personal shopping and
concierge services

LOCAL SERVICES

On-site personal chef service
Corporate and private events
Daily meal delivery
Diet chef
Remote site catering services
Waiters and bartenders
On-site food stations
Holiday menus
Personal shopping
and concierge services
Edible gifts
Island-wide delivery





Chef Roberto

Prohías

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