

# LIBERO

Exceptional free-from Special Meals for the modern traveller



## SPECIAL MEALS

Solutions and new thinking  
pandemic and new normal

## KETO

Post lock-down diet?  
Our diabetic meals are Ketogenic too

AIRLINE ISSUE

AUG 2020 | Issue No. 2





# DELICIOUS MEALS

Since our last update the world is a changed place. Those with special dietary needs more-than-ever are looking to have those needs met so they can stay healthy. Those with special dietary needs are frequently more susceptible to illness, so eating right and allergen-appropriate is one of the single most important parts of staying well at this time.

Libero is exclusively a world of free-from dining, we are dietary meals specialists, catering for the travel, airline and hotel sectors. Travellers of today especially now 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, nut and sesame-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; our DBML or diabetic meal is also Ketogenic (KETO) – perfect if you have put on a pound or two over lockdown? Our BLML aka bland meal is also Low Fodmap a much sought after dietary requirement, seldom delivered. Special dietary meals are an area to take seriously which is why we 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. Perhaps now more than ever before.

## DO NOT BREAK THE SEAL

Customers with food allergies, food intolerance's and special dietary needs are greater in number than ever before. To cater well for those special dietary needs in a way that is modern, delicious and truly mitigates risk of cross contamination (no unbroken chain) in the arduous journey that is airline catering. Giving your customers what is a really special meal, catering for their needs and tastes delicious.

# BOXED UP SOLUTIONS

Our vegan burger with dirty fries is simple 'on trend' and meets multiple special meal codes: It is a gluten-free bun with kimchi Korean slaw, beet, sweet potato and chickpea burger, relish and vegan cheese. Couple that with the roasted root fries with toppings like guacamole, salsa and vegan cheese and you can get really down and dirty. We have a full carnivore version too with 100% beef burger, baconaise slaw, onion relish and smoked applewood cheese.

We have full offers for economy, premium, business and first with just one part that is sealed separately to be heated up. Also completely cold solutions including delicious salads, free-from sandwiches that remain moist and are delicious as well as other snacks to satisfy all special meal appetites, featuring;

- Ras al Hanout lamb with jewelled cauliflower cous cous
- Char-grilled marinated cauliflower with chermoula, sweet chilli and tomato relish, roasted Mediterranean veg and sweet potato wedges
- Butterless chicken curry with pilaf rice and onion bhaji
- Filet steak, wild mushroom jus, chargrilled sprouts, butternut squash and roasted root fries
- Free-range roasted chicken with tarragon jus, potato gratin, baby courgette, baby leaks and cauliflower florets
- Onion bhaji and rhiatha (coconut yoghurt, cucumber, mint, coriander, spring onion, lemon juice) on a sweet potato gluten-free bread (ve)
- Turmeric, pepper, and ginger cheesecake with blueberry compote (v)
- Raspberry, white chocolate and vanilla cheesecake (v)
- Wrapped treats courtesy of our partners Skinny Genie and Dr Schar





# MEET SOME SPECIAL MEAL PASSENGERS - NO REALLY MEET THEM...

## **Miriam - 41 - first and business class passenger**

I am lucky and get to travel the world on business. after a few months off recently! i am looking forward to travelling again, but its looking like I will need to bring my own food as the airlines just don't get the coeliac/gluten-free thing! "may contain" means it might contain which is just no good to me. I also don't want my food plated by crew or it breaks the chain and may contaminate my meal. The slightest bit of gluten is poison to me. For years although I am fortunate enough to sit in first and business class I have brought my own food on board. I am frequently hungry. Libero offers a ray of hope that airlines can entrust their special meals program to specialists who understand allergies, where I as the free-from passenger open my own delicious looking meal.

## **Kim- 30 - Economy class passenger**

I fly a lot for work as its part of my job. I am allergic to nuts, sesame and gluten, I'm also vegan and follow a strict plant based diet. I am not alone and loads of my friends eat gluten-free and plant based diets. I just don't eat the food onboard airlines as for me its too risky and there just aren't any suitable options, Generally the plant based options are pretty old school and very basic, if you have allergy too you are buggered. I accept it must be hard for airlines to cater for people but you guys (Libero) do all of the work for them!

## **James- 37 - Business class passenger**

I am one of those annoying ones that have to let the crew know that I am on board as I suffer with anaphylaxis due to a Peanut allergy. I never eat the food provided on board, I bring my own. If they gave me a sealed meal from a nut-free supplier it would be happy days!

## **Jimmy 28 and Jamie 28 - Low Cost**

Nada, now't nothing to see here...

We are both coeliac and Jimmy is vegan. We love city breaks and beach holidays so take about 10 low cost getaways a year or so. On a low cost flight its a packet of crisps if you are lucky, I can have the brownie which is nice but Jimmy won't as it has egg in it! Some options here would be good, there are things which tick the gluten-free and vegan box that everyone would like! We do a packed lunch but if there was something we would definitely buy it, there just isn't...



# BESPOKE EATING

**Price points, expectations and food tastes are so varied, we have choices for all budgets and all tastes.**

## 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.

The widely used IATA codes were devised some 30 years ago, we have worked hard to interpret them to meet the dietary needs of today. Our meals are sealed on purpose meaning the passenger opens the seal of the meal themselves.

**No need for the widely frowned upon "may contain" stickers or caveats...**



# 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 kedgeree



Gluten and dairy free Belgian waffles

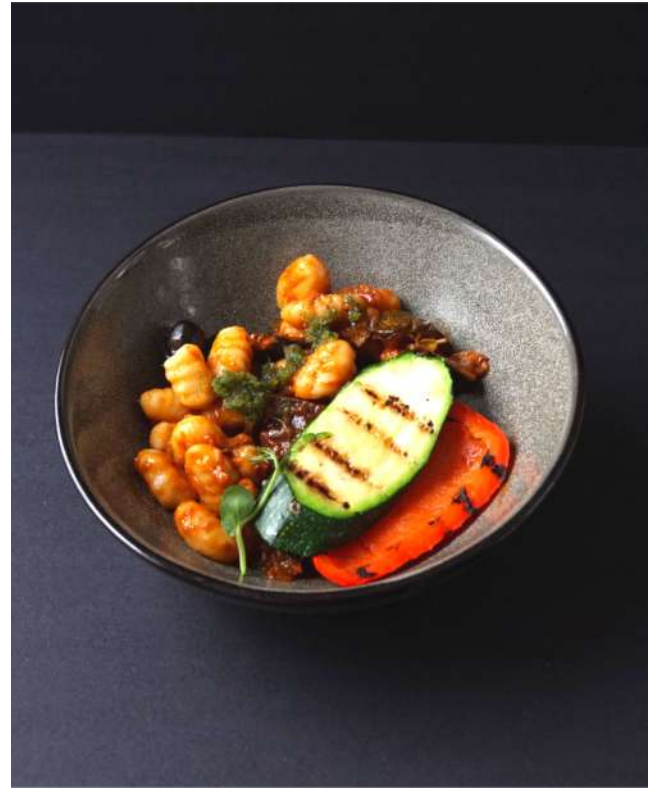


Gluten-free croissants and pain au chocolat

# 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 pomegranate 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



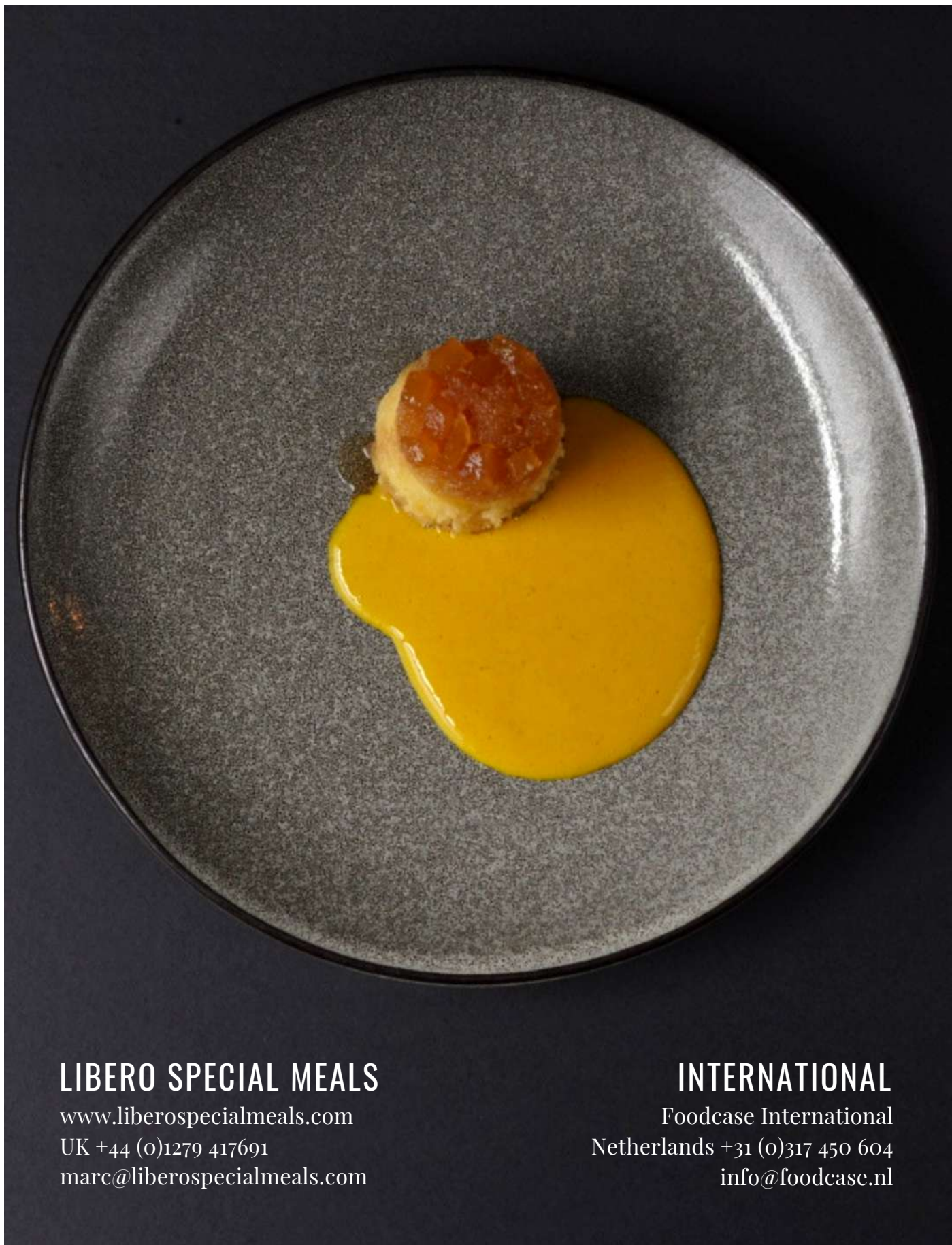
Just a small selection of our vegan and gluten-free cakes. Clockwise from 12; elderflower and vanilla cake, ginger and carrot cake, victoria sandwich, chocolate fudge cake, strawberry and rose cake



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**