

MENU-WRITING PRACTICE WORKSHEETS

(A4 Page 1 — Foundations & Structure)

1. Transforming Basic Dishes into Premium Menu Language

Rewrite each standard dish into refined, corporate-jet-appropriate wording. Use sensory words, origin, preparation, and key ingredients.

Example:

“Sausage and mashed potatoes” →

“Locally sourced herb sausage with truffled Yukon Gold mash and seasonal garden vegetables.”

Exercise A — Rewrite These Dishes (Space for learner writing)

1. Chicken salad

→ _____

2. Grilled salmon

→ _____

3. Vegetable soup

→ _____

4. Pasta with tomato sauce

→ _____

5. Fruit salad

→ _____

2. Structure of a Premium Menu Item

A strong menu line normally includes:

- **Primary ingredient**
- **Origin or quality descriptor**
- **Preparation method**
- **Supporting elements**
- **Finishing detail**

Template:

Preparation + ingredient + origin + supporting flavours + elevated detail

Exercise B — Build a Menu Line Using the Template

Ingredient: “beef fillet”

Origin: “New Zealand grass-fed”

Preparation: “chargrilled”

Supporting flavours: “rosemary jus, charred shallots”

Finishing detail: “micro thyme”

Write your final line:

MENU-WRITING PRACTICE WORKSHEETS

(A4 Page 2 — Vocabulary Builders & Style Tools)

3. Premium Menu Vocabulary Bank

Learners use this list to practise writing elevated descriptions.

Preparation Words

Charred · Slow-roasted · Seared · Poached · Infused · Pressed · Confit · Whipped · Folded · Aged · Caramelised · Hand-cut · Foraged

Quality Descriptors

Line-caught · Organic · Cold-pressed · House-made · Heritage · Hand-picked · Dry-aged · Stone-ground · Single-origin

Sensory Words

Velvety · Bright · Silky · Crisp · Aromatic · Zesty · Earthy · Warm-spiced · Delicate · Rich

Finishing Words

Micro herbs · Citrus zest · Balsamic reduction · Herb oil · Flaked sea salt · Toasted seeds

Exercise C — Match & Create

Pick **one word from each category** and build your own premium dish description.

Preparation word: _____

Quality word: _____

Sensory word: _____

Finishing detail: _____

Now combine them into one menu line:

4. Rewrite Casual Descriptions Into Premium Lines

Transform these phrases into refined, inflight-appropriate menu descriptions.

a) “A big bowl of creamy pasta with mushrooms”

→ _____

b) “Fresh orange juice”

→ _____

c) “Chocolate cake with cream”

→ _____

MENU-WRITING PRACTICE WORKSHEETS

(A4 Page 3 — Full Menu Practice Pages)

5. Full Menu Writing Practice — Starters

Write three refined starter descriptions using the techniques above.

1. _____

 2. _____

 3. _____

-

6. Full Menu Writing Practice — Main Courses

Rewrite the following:

Basic dish: grilled chicken with vegetables

Refined version:

Create your own original main course:

7. Full Menu Writing Practice — Desserts

Choose a simple dessert (e.g., brownie, cheesecake, fruit bowl) and elevate it.

Basic: _____

Premium: _____

8. Build a Full Sample Menu (Final Exercise — For Upload Download PDF)

Create a 3-course inflight menu using everything you've learned.

Starter

Main

Dessert
