

Work Sheet



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

Chicken salad

→ _____

Grilled salmon

→ _____

Vegetable soup

→ _____

Pasta with tomato sauce

→ _____

Fruit salad

→ _____

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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

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:

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MENU-WRITING PRACTICE WORKSHEETS

Vocabulary Builders & Style Tools

3. Premium Menu Vocabulary Bank

Use this list to practice 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:

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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"

→ _____

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5. Full Menu Writing Practice – Starters

Write three refined starter descriptions using the techniques above.

1. _____

1. _____

1. _____

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: _____

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8. Build a Full Sample Menu

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

Starter

Main

Dessert