



パリを拠点に活躍する食プロデューサー、狐野扶実子さん監修による献立です。

## フミコの和食

### 台の物

黒毛和牛のしぐれ煮  
玉子と実山椒  
フルーツトマトのピクルス  
青菜\*

\*ボン酢を掛けてお召し上がりください。  
ボン酢ドレッシングにはアルコールが含まれています。



### お椀

味噌汁(葱)

ご飯 大根、胡瓜、柴漬け

## フミコの洋食

SDGs ～未来の食材50のリストからの一皿～

FUTURE  
50  
FOODS

人口増加などで食糧や水の問題が深刻になるとされており、水の消費量や栄養などの観点で将来的に有望と言われる食材を使用したメニューです。太字の食材が未来を支える50の食材となります。

### メインディッシュ

プレーンオムレツ **海藻**ビネグレット  
レンズ豆とえのき茸の**タンダーリ**風味  
**ほうれん草**といぶりがっこ **カッター**チーズの温サラダ  
キヌアとオリーブ、**オレンジ**トマト  
さつま芋のムースリーヌ



### サイドディッシュ

#### スモークサーモン

ASC-C-02732 メニューで使われているアトランティックサーモンは、すべてASC(水産養殖管理協議会)認証を取得した責任ある養殖場で育てられた水産物です。  
[www.asc-aqua.org](http://www.asc-aqua.org)

### ブレッド

#### テーブルロール

抹茶のエクメック ～メゾンカイザー特製ブレッド～

バターでお楽しみいただけます。



いちごコンフィチュールもご用意しておりますのでご希望のお客様は乗務員にお申し付けください。

日本航空では特別食「アレルギー対応食」を事前予約でお申し込みいただけます。  
機内食の製造には十分な注意を払っておりますが、超微量のアレルゲンの除去についての確約はできません。機内食に関するアレルギー情報で不明な点がございましたら、客室乗務員にお問い合わせください。なお、機内でご提供できる情報には限りがございますので、ご飲食に関しましてはお客様ご自身に判断をお願いする場合がございます。また、機内食のお米に関する情報は、弊社webサイトでご覧いただけます。

## JAPANESE MENU



神楽  
石川  
か  
わ

The menu is created by chef-owner ISHIKAWA Hideki of "KAGURAZAKA ISHIKAWA" and chef-owner KOIZUMI Koji of "KOHAKU" Kagurazaka, Tokyo.

### Seasonal five colorful delicacies

Steamed Abalone  
with its Liver Sauce  
<KOHAKU>

Sea Urchin &  
Beachwort with  
Soy Sauce &  
Rice Vinegar  
<KOHAKU>

Hard Clam &  
Udo Mountain  
Vegetable  
with a hint of  
Yuzu Citrus  
<ISHIKAWA>

Cherry Salmon &  
Green Asparagus  
with  
"Sansho" Pepper  
Sauce  
<ISHIKAWA>

Greenling with  
Truffle Sauce  
<KOHAKU>

### Soup

Horsehead Snapper & White Sesame Tofu Topped with "Sansho" Buds  
<ISHIKAWA>

### Sashimi

Seasonal Crab Covered with Vinegar Broth Jelly \* <ISHIKAWA>  
\*This jelly contains alcohol.

Caviar, Cream Cheese, Turnip & Radish with Yuzu <KOHAKU>

### Simmered

Wagyu Confit & Bamboo Shoot  
with Japanese Starchy Sauce  
<ISHIKAWA>

### Rice

Steamed Rice with  
Butterbur Stem & Burdock <ISHIKAWA>  
or  
Steamed Rice  
We are pleased to offer Hitomebore rice.



### Miso Soup

Miso Soup with Wakame Seaweed, Deep-fried Tofu & Leek <ISHIKAWA>

### Pickles

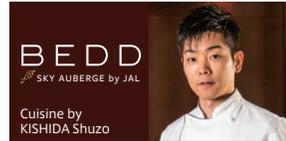
Simmered Kelp, Yam & Turnip <ISHIKAWA>

### Dessert

Matcha Mousse, Sweet Soy Bean Sauce,  
Sherbet Flavored with Salted Cherry Leaves & Rice Chips <KOHAKU>

Green Tea

# WESTERN MENU



The menu is created by Chef KISHIDA Shuzo of "Quintessence" Kitashinagawa, Tokyo.

## Amuse Bouche

### Goat Milk Bavaois



## Hors-d'œuvre

### Hair Crab Crepe

## Quail & Japanese Parsley Soup

## Main Dish

### Fat Greenling

Vin Jaune Sauce \*

\*This sauce contains alcohol.



### Red Wine Braised Beef Short Ribs

## Assorted Gourmet Breads

Petit Pain au Levain Bio  
Ciabatta



Table Bread  
Focaccia

## Dessert

### Chocolate Mousse with Sansho Pepper Granité

Coffee    Tea

Passengers can reserve special inflight allergy-friendly meals in advance. JAL takes utmost care when preparing meals for passengers with food allergies, however, there may be cases where minute amount of allergens are detected in the meal.

Please ask our cabin attendants if you have any concerns about our allergy information for our inflight meals. There is a limited amount of information that we can provide during the flight. Please choose your meals at your own discretion.

## A LA CARTE

### Snack

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#### A. Lightly Boiled Scallops with Soy Sauce

#### B. Assorted Japanese Brochettes

Grilled Chicken Thigh with Miso & "Tare" Sauce on Skewer  
Pork Loin Roll with Pickled Plum & Perilla on Skewer  
Rolled Omelette with Sakura Shrimp

### Light Meal

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#### Soy Ham Salad

Beet Sauce

~Recommendation for light vegetarian~ 

### Sandwich

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#### A. Smoked Salmon Tortilla Roll Ups

#### B. "Sangenton" Pork Cutlet Sandwich

### Cheese Selection

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#### Assorted Cheese

### Refreshment

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#### Assorted Seasonal Fresh Fruits

Chocolate  
**JEAN-PAUL HÉVIN**  
exclusive for JAL





The menu is created by food producer and chef, Ms. KONO Fumiko, known for her success in Paris.

## "FUMIKO's Japanese Set Plate"

### Dainomono

#### Simmered "Kuroge Wagyu" Beef Ginger Flavor

Boiled Egg with Japanese Peppercorn  
Pickled Fruit Tomato  
Green Vegetables \*

\*Please enjoy with Citrus Soy Dressing.  
This dressing contains alcohol.



### Soup

#### Miso Soup

White Leeks

Steamed Rice    Japanese Pickles

## "FUMIKO's Western Set Plate"

SDGs ~A dish with The Future 50 Foods~



Food and water shortages due to population growth and other factors have become serious problems. We created a menu using ingredients which enable sustainable use of water resources while enhancing nutritional value. Bolded ingredients are from the Future 50 foods.

### Main Dish

Plain Omelette with **Seaweed** Vinaigrette

**Lentil** & **Enoki Mushroom**, Tandoori Flavor

Warm Salad of **Spinach**, Smoked Pickled **White Radish** & Cottage Cheese

**Quinoa**, Olive & **Orange Tomato**

**Sweet Potato** Mouseline



### Side Dish

#### Smoked Salmon

ASC-C-02732 All our Atlantic Salmon comes from an ASC certified responsible farm.  
[www.asc-aqua.org](http://www.asc-aqua.org)

### Assorted Gourmet Breads

Small Round Bread

Matcha Green Tea Ekmek ~Special Bread from MAISON KAYSER~

You can enjoy your bread with butter.

We are pleased to offer you strawberry jam. Please ask your cabin attendtant.



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