

seeks to provide a conducive environment for passengers to get a good night's rest once on board and be energized upon arrival at their destination.

In Executive Class, customers will be provided with amenity kits containing eye masks, ear plugs etc. before take-off and cabin lights will be dimmed from then for an early slumber. Nightcaps and light meals are also available for passengers to aid a better sleep. Customers can then wake up to a hearty breakfast made with ingredients from various regions in Japan. Served with rice freshly-cooked in the cabin, or with bread, Executive Class passengers can decide when they would like to have their breakfast anytime from the standard meal service to before landing.

In the Economy cabin, passengers can rest early when lights are dimmed from take-off. Amenity kits with eye masks and ear plugs are offered in Premium Economy and also available on request to standard Economy Class customers. Passengers may also choose to have a hot cup of JAL Original consommé soup or a light meal to help them sleep better.

**On the flight from Haneda to Paris, JAL collaborated with Soup Stock Tokyo to create a special menu for Premium Economy and Economy Class passengers based on the theme of 'regional flavours' from Japan and France.** Passengers can choose between a home-cooked style Japanese meal which utilizes fresh seasonal ingredients from Japan, or a western meal of French croissant sandwich with corn soup - created by Soup Stock Tokyo especially for JAL's in-flight service. Meals are available six hours after departing from Haneda, after which Executive Class passengers on this route can also choose from an à la carte menu of ten types of simple, delectable meals prior to arrival. #891.CAT11

**Alaska Airlines has released a Hawaiian-themed menu that is available on flights to Hawaii. Customers will be offered a new 'Hula Blend' coffee, designed especially for Alaska Airlines by Seattle's Best Coffee, as well as Hawaiian-themed meals for purchase in the main cabin for USD 6 or 7.** The new menu offers a Hawaiian skillet with scrambled eggs and Portuguese sausage served over pineapple-fried rice for breakfast. For lunch, customers can enjoy a grilled teriyaki chicken rice bowl with stir-fried vegetables. Passengers in the First Class cabin have their own special choice a few exotic meals. #891.CAT12

**Fairoaks/Surrey-based private aircraft charter company Synergy Aviation, will be warming up passengers this autumn with the addition of gourmet porridge to its breakfast menu.** Synergy will be the first business aviation company to offer passengers organic porridge sourced from the innovative Grasshopper food company. The award-winning porridge, which is currently available in four flavours - plain, cinnamon & raisin, coconut & date and perennial favourite chocolate - is served in a heat-resistant, recyclable one-portion pot. All that's required for preparation is hot water and a spoon, making this ideal for Synergy's fleet consisting predominantly of Cessna Citation jets and Beechcraft King Air turboprops. Clients can make their selection when they board, and once take off is complete the porridge is served. "Clients travelling on chilly winter mornings can now enjoy a filling and warming breakfast to stave off the hunger pangs until lunchtime," says Synergy Managing Director Captain Glen Heavens. "We selected the Grasshopper brand as it provides a tasty and convenient way of serving hot breakfasts on our aircraft. It's quick and easy to prepare and as the packaging is compact, we can easily store it on board," Glen continued. The porridge will be available on all flights enabling passengers to enjoy a warm snack at any time of day. **This is the first of a number of planned changes to the catering on Synergy** and is part of Synergy's continuous catering enhancement scheme. It follows the introduction of Synergy's unique VIP in-flight catering boxes. -- Grasshopper is an original, young brand focused on providing porridge in a pot. It has become instantly popular with water-sports enthusiasts, festival goers and increasingly with business travellers. In March 2010, Grasshopper won a Mercury Award from ITCA for best onboard food within the travel industry. Contact via: [www.synergyaviation.com](http://www.synergyaviation.com) #891.CAT13

**Southwest Airlines is bringing back its favourite flavoured coffee creamer on board all its 3200 flights.** With Coffee-Mate® Hazelnut coffee creamer, customers can linger over a warm cup of Lift™ coffee blended with nutty sweetness of hazelnut while they relax onboard. The individually packaged liquid creamer is a seasonal offering that will remain on board through the beginning of the New Year. Southwest Airlines offered the hazelnut coffee creamer during last holiday season, and due to the popularity and customer feedback, is offering it again. -- **Southwest Airlines serves its own brand of coffee on board.** LIFT is a rich, dark-roasted, 100% Arabica blend of South and Central American coffees. The coffee is served in cups that are made from 12% post-consumer recycled materials with built-in sleeves made of 99% post-consumer recycled material. For each cup of coffee customers consume, Southwest makes a donation to the