



THE LITTLE BOOK OF  
**DINING**  
IN THE  
**SKY**

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**G**ood food is one of life's greatest pleasures. How we enjoy it also define us: as individuals, families, nations and cultures.

Done well, it nourishes heart and soul, body and mind. Why, then, is it so often the forgotten factor in the air – a necessity rather than a pleasure?

We have been on a long journey to transform the private dining experience in air – to make it something to savor.

We know that it is nearly impossible to recreate our favorite restaurant at high altitude, and nor should we try – there are obvious limitations in terms of space and cooking facilities, in addition to how things taste, smell, look and feel. But this is no reason to compromise.

Simple things, big flavors and the best ingredients cooked and prepared to perfection will always travel well.

This little book aims to explore the art and science behind dining well with VistaJet. I hope you will enjoy this taster of inspiration on how to eat when on board your jet, whatever the occasion.

Buon appetito!



*THOMAS FLOHR, FOUNDER & CHAIRMAN*

*“When once you have tasted flight, you will forever walk the earth  
with your eyes turned skyward, for there you have been, and there  
you will always long to return.”*

**Leonardo da Vinci**

# INTRO

**F**ood is just one small part of life, but such an important one. It keeps our body ready for the next venture, and it nourishes the emotional side of the brain, affecting how we feel both within and with each other.

Nowhere is this more true than in the air. The higher atmosphere, with lower pressure and lower humidity than on the ground, impacts many of the senses and greatly changes our perceptions. Of course, flying private over a commercial airliner helps: at 45,000 feet, a VistaJet Global 7500 has an equivalent air pressure of only 4,500 feet and a controlled humidity level. But still, we do notice the difference.

This is why we have carefully reinvented our air dining experience – to deliver tastes and sensations that work in the sky.

This is also why we are so focused on seasonality and health and wellbeing, constantly evolving our menus in order to better reflect the way we live today.

And this is why we have created this little book of suggestions and expert advice, all aimed at helping you explore the pleasures of the table, especially at altitude.



*“To eat is a necessity, but to eat intelligently is an art.”*

**François de La Rochefoucauld**

# TASTING NOTES

————— *Chapter 1* —————

## *It's Different in the Air*

**E**ven the greatest gourmand has to reset her or his senses when flying as the effects of altitude, lower humidity and increased noise and movement will affect everything, from metabolism and digestion to how we perceive different tastes. In particular, recirculated cabin air reduces the aroma that, together with taste, makes flavor – up to 80% of what people think is taste is, in fact, smell.

The traditional shortcut to combat a reduction in taste sensations has been to overload dishes with extra salt and sugar. Unfortunately, as well as being calorific and increasing water retention and bloating, this ends up altering how food feels in the mouth.

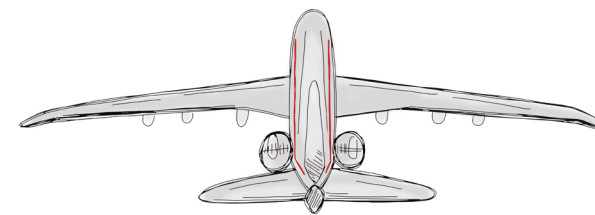
The only positive solution is to rely on fresh, high quality ingredients that are naturally high in flavor and will retain texture even when reheated.

When taste drops, texture is all-important and simple dishes, designed with this in mind, will shine. Recipes celebrating an element of crunch, like salads or grain-based options, can provide higher satisfaction.

Bitter and sour tastes remain relatively stable at altitude, whilst umami, the fifth sense, is actually boosted. This is why Bloody and Virgin Mary's always seem to taste better on a plane.

Umami, literally meaning “deliciousness”, was only identified in Japan in 1907, but its flavor-enhancing effects have been known for millennia. Ingredients high in umami include tomatoes, mushrooms, parmesan cheese, soy-based foods and condiments, anchovies, seafood, cured meats and aged cheeses.

- *At 35,000 feet, the perception of salt reduces by 30%*
- *Humidity in the home is typically around 45%; in an aircraft it can be 20% or less, desensitizing taste buds*
- *Sweetness decreases by around 30% in a plane*
- *At 30,000 feet, metabolism works at only 30% of its rate compared to sea level*



*“Only the pure in heart can make a good soup.”*

**Ludwig van Beethoven**

# JET CHEF SECRETS

————— *Chapter 2* —————

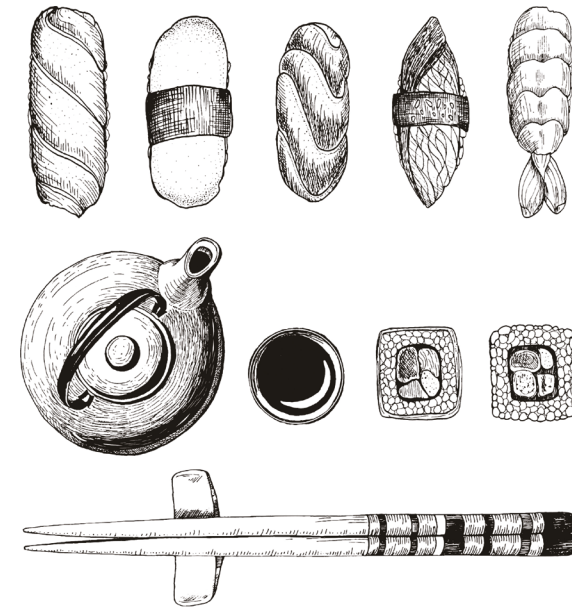


**E**ven top chefs need to change the way they think about food that will be served on board a flight. Many of our award-winning partners have reformulated their iconic dishes and created exclusive meals to taste perfect in a VistaJet cabin.

You may want to explore new flavors and recipes on your next flight. Choose local, seasonal, and special jet menus, considering the location and food culture of your departure airport – you will be guaranteed greater quality ingredients and dishes created with flying in mind.

*At high altitude your sense of taste isn't at its strongest. This is why many in-flight meals are altered to have enhanced flavors. I believe that it shouldn't be this way and that courses should be created with the same flavor standards as a normal meal eaten on the ground, so that extra salt, sugar and fat aren't a necessity to maintain the integrity of the dish.*

**Nobu Matsuhisa**



*Sushi and Sashimi Selection*

**On the ground:** Oysters on ice

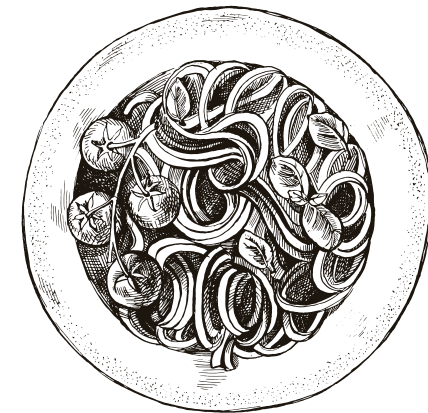
**In the air:** Sushi and sashimi selection

Oysters are a true taste of the sea, but for health and safety reasons we do not serve them on board as the correct temperature cannot be guaranteed from kitchen to serving. Instead, consider a light, healthy sushi or sashimi selection. The earthy and punchy condiments will work beautifully at altitude.



*“I love classic cuisine, but I also like to create ‘taste illusions’ by inserting elements of various textures in the dishes – crunchy or liquid, velvety or foamy. Choose classic recipes with a strong and comfortable taste, and insert unexpected elements that can whet the palate.”*

**Daide Egardi**



*Spaghetti with Tomato Sauce and Basil*

**On the ground:** Stone-baked pizza

**In the air:** Spaghetti with tomato sauce, basil and mozzarella foam

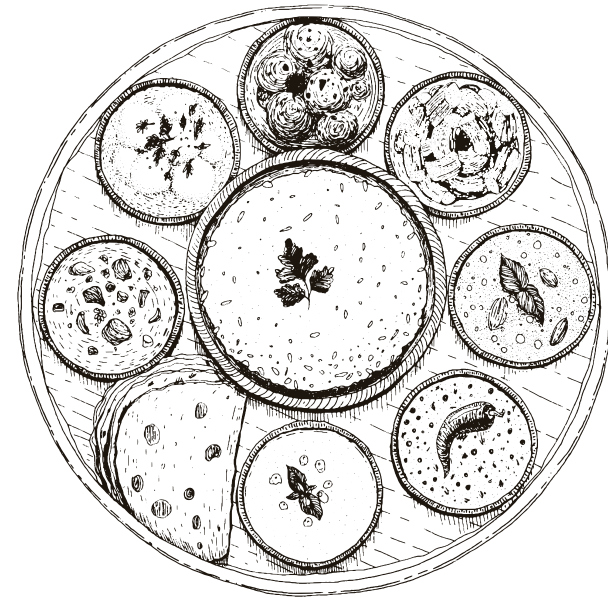
Umami-packed Italian food is an obvious choice for in-flight fare. However, it is impossible to replicate the authentic taste of an 800-degree pizza oven in the air and reheating would spoil texture. A better choice would be a simple pasta dish with tomato, mozzarella foam and herbs.



*“I personally prefer eating less while in the air,  
but I must admit that I’m drawn to eating spicy foods...*

*Maybe it helps my ears to pop!”*

**Nimisha Sarah Verghese**



*Thali with Chicken Tikka Masala*

**On the ground:** Duck breast with plum sauce

**In the air:** Thali with chicken tikka masala

Duck breast with plum sauce is a classic, but in the air it struggles to deliver on mouthfeel and flavor. At altitude, the breast becomes dry, skin loses elasticity and can taste stale. A good alternative is a slow-cooked curry, naturally packed with spice, texture and tang.



*“The world was my oyster, but I used the wrong fork.”*

**Oscar Wilde**

# ETIQUETTE

————— *Chapter 3* —————

## *Global Etiquette*

**E**tiquette generally dictates that diners should not start eating before everyone has been served, but in the air it is often wise to think differently. Most private flights will be serviced by one Cabin Host, who will expertly cook, prepare and serve the meals to every passenger on board from a small galley kitchen. If you have a large party, consider inviting people to start as they are served, so food can be enjoyed at its best.

Also consider how cultural differences influence etiquette, service and eating styles:

**The American style** is often referred to as *zigzag* because the fork is constantly changing hands. Here, a diner uses his or her dominant hand for both cutting with the knife and eating with the fork.

**Continental style** dining dictates that the fork is held in the left hand, tines down, for eating while the knife is in the right for cutting.

**In the Middle East, India and parts of Africa** only the right hand is used for serving or eating food. The left hand is considered “unclean” and any actions performed with it are considered offensive.

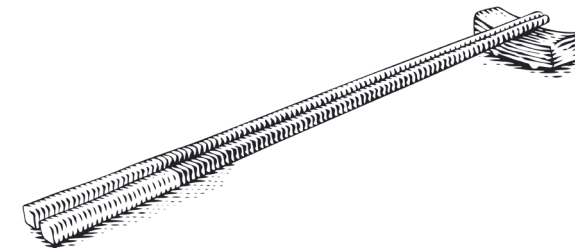
**Indian** etiquette requires that any half-empty glass must be refilled.

**In the Asian style** it is considered rude to wave chopsticks over the food, to spear or poke the food with the tips or to use them to pull or push a dish forward.

**For Chinese service**, chopsticks should be placed with the bench on a diner’s right-hand side. The orientation of the chopsticks should always be vertical.

**In Japan**, chopsticks are instead placed in a right-left direction, with the tips to the left. They should never be placed diagonally, vertically or crossing each other.

When in doubt, remember the Debrett's golden rule of table manners: think of the person sitting opposite.



*The power of the table.*

# BUSINESS BANQUET

————— *Chapter 4* —————



# MENU

— PARIS TO LOS ANGELES —

## *Breakfast*

Freshly Made Eggs  
*Omelet or Scrambled Eggs*

Breakfast Sides  
*Grilled Tomatoes, Sautéed Mushrooms, Potato Rosti and Bacon*

Cold Cuts  
*Continental Selection of Cold Meat Cuts and Cheeses*

Bakery Basket  
*Croissants, Danish Pastries and Muffins*

American Pancakes  
*with Maple Syrup and Fresh Cream*

Yogurt  
*Plain and Fruit Flavor*

Fresh Sliced Fruit  
*Seasonal Selection*

## *Beverages*

Freshly Squeezed Juice  
*Orange Juice, Green Juice*  
*(Celery, Spinach, Apple and Fresh Ginger with Honey)*

Fruit Smoothie  
*Mixed Berries, Banana and Almond Milk*



*A Rise and Shine smoothie is offered to all passengers on departures before 10am. They are always made fresh with local, seasonal and organic ingredients.*



# MENU

— PARIS TO LOS ANGELES —

## *Platters to Share*

Artisan Cheeses

*Mature Cheddar, Parmesan, Muenster, Swiss, Goat Cheese and Brie,  
with Crackers, Dried Apricots and Fresh Grapes*

Raw Vegetable Crudités

*with Guacamole, Sour Cream and Fresh Salsa Dip*

Finger Sandwiches

*Prosciutto with Arugula and Shaved Parmesan, Hot Smoked Salmon  
with Baby Spinach and Wholegrain Mustard, Grilled Vegetables with  
Balsamic Reduction*

## *Starter*

Watercress Salad

*Watercress, Herbs, Mesclun, Cucumber, Fresh Artichoke, Green Beans  
with Shallot and Olive Oil Vinaigrette*

Octopus Carpaccio

*Honey Harissa Dressing and Crunchy Vegetables*

Gazpacho

*Sicilian Red Prawn Brochette*

## *Main*

Lamb Noisette

*Wild Garlic Gnocchi, Rosemary Jus and Purple Sprouting Broccoli*

Seaweed Poached Chilean Seabass

*Courgettes with a Lemon Yogurt and Bottarga*

Chicken Ballotine

*Lettuce, Peas and Broad Beans with Summer Truffle Jus*

Tomato and Mozzarella Agnolotti

*with White Truffles*

## *Dessert*

Lemon Meringue Pie

*with Cream and Seasonal Fruit*

Panna Cotta

*with Raspberry Coulis and Fresh Raspberries*

Dark Chocolate Mousse

*with Coconut Milk and Almond Flakes*



# BUSINESS EFFICIENCY

Chapter 5

*Time well spent.*

One of the biggest benefits of flying private is not just saving time, but making better use of it. A survey for the National Business Aviation Association found that executives were more productive working on board a private aircraft than in the office, while significantly less productive when flying commercially.

As well as productivity, passengers want to arrive refreshed and recharged, particularly if business is on the agenda after landing.

Although it is tempting to work through breakfast or lunch, it is better for both body and mind to take a break. Experts from the University of Bristol talk of *meal memory*, meaning that both during and after eating while distracted you feel less full and more inclined to eat more calories. This is even more true in the air, as altitude already affects digestion and metabolism.

*Consider asking your Cabin Host to set up your meal on a different table, so that you can enjoy your food without distractions.*



*If dining alone, why not wear a pair of noise-cancelling headphones? Flavor is also affected by sound, with food appearing less salty and less sweet when background noise is present.*

# MENU

— NEW YORK TO LONDON —

## *Platters to Share*

Sushi and Maki

*Sweet Egg Sushi Rolls, Crispy Tempura Prawn Rolls  
and Dragon Rolls*

Sashimi

*Tuna, Salmon, Eel and Octopus*

## *Starter*

Seasonal Superfood Salad

*Broccoli, Cabbage, Curly Kale, Fine Green Beans,  
Broad Beans, Courgette, Baby Spinach, Baby Watercress,  
Wild Rocket Leaves and Grain Mustard Dressing*

Langoustines

*with a Zucchini Velouté, Squash Ribbon  
and Garlic Crostini*

Smoked Salmon Carpaccio

*Yuzu Mustard Glaze*

## *Main*

Beef Tenderloin

*Black Pepper Sauce, Steamed Broccoli and Rice*

Paccheri al Pomodoro

*Paccheri Pasta with Fresh Tomato Sauce and Basil*

Fillet of Sole

*White Wine Caper Sauce, Venus Rice,  
with a Sautéed Vegetable Medley of Zucchini, Yellow Squash  
and Julienne Carrots*

## *Desserts*

Key Lime Pie

*with Chantilly Cream and Lime Zest*

Matcha Green Tea Mousse

*Topped with Bitter Dark Chocolate*

Fresh Sliced Fruits

*Local Seasonal Selection*

## *Afternoon Tea*

Selection of Tea Sandwiches and Scones

*with Clotted Cream and Jam*

Petit Fours

*Mini Cakes and Desserts*

*“Let food be thy medicine and medicine be thy food.”*

**Hippocrates**

# TRAVEL WELLNESS

————— *Chapter 6* —————

**A**ttention to wellness is a macro trend that is not slowing down. According to the Global Wellness Institute, the industry is expected to be valued at \$7 trillion in 2025.

 **80%**

With around **80%** of private fliers now asking to be served a healthy, lighter meal, wellness is taking the top spot of VistaJet passengers' priorities.

 **10%**

Requests for vegan and vegetarian dishes are increasing around **10%** year on year.

 **8%**

Gluten-free dining is also up, with around **8%** more requests each year from passengers around the world.

## *Overcoming Jet Lag*

**E**ven in the best pressurized business jet, eating healthily is a key wellness factor, particularly when jet lag is involved. Although the main symptoms of jet lag are sleep-related, its negative effects can also include indigestion, constipation and bloating.

One of the most important factors in lessening jet lag is keeping hydrated. Opt for water-rich foods such as fruit, vegetables and salad.

Foods rich in melatonin, such as tart cherries, help regulate the natural sleep cycle and ease jet lag. Melatonin is also naturally found in tomatoes, olives, grains, nuts and seeds.

Consider setting your meal times to coincide with your destination, rather than departure point, in order to better prepare mind and body. This could mean switching breakfast to dinner, or sleeping earlier than you normally would.

If your trip is less than two days, it may be advisable to regulate your body clock to stay on home time.

*“I suppose I ought to eat or drink something or other;  
but the great question is, what?”*

*Alice’s Adventures in Wonderland, Lewis Carroll*

# FAMILY

———— Chapter 7 ————

**F**or business or pleasure, a private jet is your home away from home, and the benefits of private aviation are clear for families from embarkation to departure. Increasingly, high net worth individuals are choosing to travel privately for leisure as well as for business. One in four VistaJet flights has at least one child on board.

When it comes to the menu, there is almost limitless choice and while it might be tempting to indulge in the little ones' passion for pizza or fries, these are amongst the worst foods to eat in the air.

We have created a special menu designed to appeal to children from anywhere in the world, and all the dishes provide the healthy requirements parents expect.

In air etiquette usually dictates that the lead passenger is served first. When traveling with children, particularly younger ones, consider requesting that they are served first.

Just make sure there is always something for everyone and ask your Norland College-trained Cabin Host to set up for a casual dining service if preferred.

Alternatively, make your family journey extra special by hosting a party in the sky.



*For an extraordinary family flight why not consider an on-board  
Mad Hatter's Tea Party?*



# MENU

— ROME TO THE MALDIVES —

## *Platter to Share*

Baked Camembert  
*Crudités and Artisan Bread*

Endive Boats  
*with Candied Walnuts, Blue Cheese, Diced Pears  
and Honey Dressing*

## *Starter*

Lobster Croquette  
*Panko Lobster Thermidor with Mango Salsa  
and Pepper Reduction*

Pickled Beetroot Salad  
*Spiced Lentils and Yogurt*

Warm Duck Salad  
*Crispy and Smoked Duck on Fennel and Orange Segments*

## *Main*

Rosemary Crust Lamb Chops  
*with Green Beans and Mashed Celeriac*

Summer Truffle Risotto  
*with Shaved Summer Truffle and Champagne Sauce*

Livornese-Style Seabass  
*with New Potatoes, Sweet Cherry Tomatoes  
and Broccoli*

## *Dessert*

Chocolate Fondant  
*with Coconut Ice Cream*

Mille-Feuille  
*with Custard and Raspberries*

Fresh Sliced Fruits  
*Local Seasonal Selection*



# MENU

— ROME TO THE MALDIVES —

## FOR YOUNGER GUESTS

### *Main*

Black Cod Fish Fingers  
*with Grilled Vegetables and Mashed Sweet Potatoes*

Roasted Chicken Fillets  
*with Mashed Potatoes, Steamed Carrots,  
Peas and Chicken Gravy*

### *Dessert*

Crepe Pancakes  
*Filled with Caramelized Bananas and Whipped Cream*

Freshly Baked Cookies  
*Served Warm*



*“Come quickly, I am tasting the stars!”*

**Dom Pierre Pérignon**

# CELEBRATION

————— *Chapter 8* —————

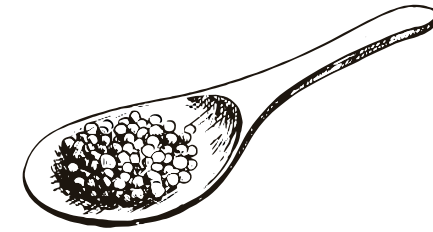
Champagne and caviar is the most iconic combination to evoke indulgence. For a special celebration or a once-in-a-lifetime trip, nothing could be more timeless.

Yet the beginnings of both are rather more humble. Champagne is thought to be the accidental discovery of the English, when flat wine turned foamy after improper storage (though Monsieur Pérignon is most likely the founder of champagne as we know it today).

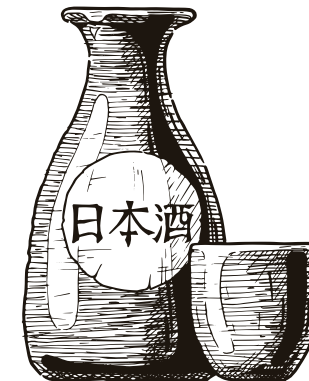
Caviar, meanwhile, was a necessity for all Russians who were forbidden by religion from eating meat for 200 days a year, as well as being a favorite of the Tsars, Romans and ancient Greeks.

The exclusive caviar we serve is sustainably and ecologically produced from an Oscietra (Russian Sturgeon) variety known as Flawless. It has a salty richness and taste of the sea.

Caviar makes a light and delicious alternative to sandwiches and snacks – perfect, in fact, at altitude. Little wonder why VistaJet's signature Caviar Service is one of the most requested options when entertaining on board.



*Caviar should only ever be served with Mother of Pearl spoons, as metal will contaminate the taste.*



*Champagne and vodka are classic choices to accompany caviar. For something less traditional that blends wonderfully in the palate, why not try sake instead?*

# MENU

— PARIS TO DUBAI —

## *Caviar Service*

VistaJet Oscietra Caviar  
*with Chopped Egg White, Egg Yolk, Red Onion, Chives, Blinis,  
Sour Cream and Melba Toast*

Seafood Platter  
*Half Lobster, Poached Salmon, King Prawns, Scallops, Crab,  
Langoustine, with Marie Rose Sauce, Lemon and Capers*

Tartines  
*French Style Savory Open Sandwiches with Smoked Salmon  
Dill Cream Cheese and Pickled Beetroot, Chive Ricotta with  
Prosciutto and Thinly Sliced Radish, Rare Roast Beef with  
Sauerkraut and Mustard Mayo, Ripe Sliced Tomatoes with  
Buffalo Mozzarella and Pesto*



## *Starters and Salads*

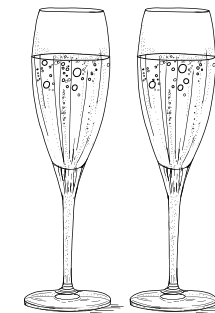
King Crab Salad  
*with Celery, Avocado, Lemon, Sriracha and Wasabi*

Pan-Seared Crayfish Quinoa Salad  
*with Fresh Greens and Tossed Nuts*

Kaiso Salad  
*Wakame Edamame with Miso Vinaigrette*

## *Dessert*

Fruit Kebabs  
*Fresh Rainbow Skewers*



# THE JET KITCHEN

*A taste of dedication.*

————— *Chapter 9* —————

**D**o you really know how your food gets from farm to fork at 45,000 feet? The story behind it is one of attention to detail across the entire supply chain. It is impossible to recreate the environments of a world-class kitchen in the sky, but you can aim to come as close as possible.

VistaJet works with more than 7,000 suppliers across the world: the finest producers and purveyors, the most sought after private chefs, caterers and Michelin-starred restaurants, to source the freshest and highest quality ingredients and meals.

- 1.** As soon as your flight is booked, our Private Dining team will propose bespoke menus for you to choose from. Menus account for passenger preferences, flight time, departure point and seasonality.
- 2.** Sourcing specific ingredients can take a full day, while up to six hours might be needed to take food from the kitchen to the aircraft. Menus are finalized at least 24 hours before departure to ensure sourcing and preparation standards.
- 3.** The private chef starts creating your meal. At this point any allergies, intolerances or other dietary needs will have been checked several times. Sometimes return legs must be considered in advance – for instance, kosher food is unavailable in Saudi Arabia. Particular brands of ingredients might only be available in your country of origin, so such requests are not always possible at a late notice.

**4.** Hot dishes are freshly prepared by hand and par-cooked. Ingredients are packed into oven-ready containers, and then blast-chilled in order to lock in taste, texture and freshness. To ensure passengers can request their steaks anything from rare to well-done, beef will be cooked to 35%, with fish to 50% and chicken to 70% maximum.

**5.** The meals are couriered to the departure airport in refrigerated vehicles and loaded onto the jet around 90 minutes before departure. VistaJet flies from 1,900 airports in 187 countries – about 96% of the world.

**6.** In the air your Cabin Host will finish cooking the food before it is expertly presented and served to passengers. All of VistaJet Cabin Hosts are trained by the British Butler Institute, certified up to Level 2 in wines and spirits training and are food safety qualified. They have also received expert plating tutorials from chefs specializing in different cuisines.

**W**hen space is at a premium, every little detail matters. How do you equip a galley kitchen that is designed to deliver both the everyday and the extraordinary? Here is what you will find on board every VistaJet Global 7500.

***Tableware***

Bread plate	14
Ceramic bowl	7
Dessert plate	14
Dinner plate	14
Espresso cup	14
Espresso saucer	14
Mug	6
Porcelain milk jug	4
Rimmed soup bowl	7
Salad bowl	14
Sauce bowl	14
Small silver bowl	3
Tea/coffee cup	14
Tea/coffee saucer	14
Teapot	2

***Barware***

Bottle opener	1
Champagne bucket	1
Champagne flute	12
Champagne seal	2
Cocktail stirrer	8
Drop stop	2
Foil cutter for bottles	1
Highball	12
Ice tongs	1
Red wine glass	8
Shot glass	7
Tumbler	12
White wine glass	12
Wine decanter	1
Wine seal	2



Red Wine Glass



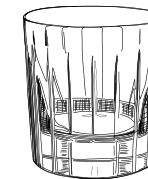
White Wine Glass



Champagne Flute



Highball



Tumbler



Shot Glass

*Christofle Glassware Set on a VistaJet Global 7500*



## *Flatware*

Bread knife	1
Cake server	1
Cheese knife	1
Coffee spoon	17
Dessert fork	14
Dessert knife	24
Dessert spoon	14
Espresso spoon	17
Fish fork	14
Fish knife	14
Menu fork	14
Menu knife	14
Menu spoon	14
Mother of Pearl caviar spoon	7
Serving spoon	3
Steak knife	14

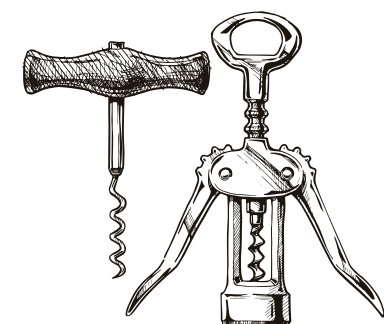
## *Asian Dinnerware*

Chinese soup bowl	14
Chinese spoon	1
Chopsticks	14
Chopstick rest	14



## *Service Equipment*

Chopping board	1
Crepe towel	25
Crumber	1
Foil container (oven)	20
Kettle	1
Lemon net	20
Meal tray	8
Metal basket	3
Milk frother	1
Napkin	40
Olive oil & balsamic glass server	6
Oven glove	1
Paper napkin	40
Pepper grinder	5
Plastic container (microwave)	20
Rind peeler	1
Salt grinder	5
Table cloth	25
Thermometer	1
Vegetable knife	1
Waiters knife	2



# THE VISTAJET DIFFERENCE

———— Chapter 10 ————

*“Small things make perfection, but perfection is no small thing.”*

**Sir Frederick Henry Royce**

**W**e believe that private aviation should be as seamless as possible and we are fanatical about ensuring our guests enjoy their experience, and helping them make the most of their time. And that most certainly includes the food we serve.

We care, more than most, and want to get it right. We know how much food matters to our guests, and believe that this should be no different in the air – from what you eat, how, why and when. Our team are constantly sourcing new partners and exploring changing tastes and trends.

The VistaJet Private Dining team is based between London, New York, Miami, Dubai and Hong Kong and all of them have a background at leading food establishments.

All of VistaJet Cabin Hosts are trained by the British Butler Institute, are certified up to Level 2 in wines and spirits, and have extensive experience in food preparation and service.

We hope you enjoy the tips, anecdotes and insights contained within the pages of this little book, and hope to hear your thoughts. And do not hesitate to call us for more practical advice for dining in the sky.



# CREDITS

*With thanks to*

## **Leonardo da Vinci**

*Italian polymath and symbol of the Renaissance: artist, sculptor, architect, designer, theorist, engineer and scientist.*

## **Dom Pierre Pérignon**

*17th Century French Benedictine monk who created new techniques for the production of high quality champagne.*

## **Jean Anthelme Brillat-Savarin**

*Lawyer and politician, famed epicure and author of 1825's *The Physiology of Taste*.*

## **François de La Rochefoucauld**

*French classical author and one of the most active rebels of the Fronde, famous for his maxims and memoirs.*

## **Ludwig van Beethoven**

*18th Century German composer and pianist, a crucial figure in the transition between the Classical and Romantic eras.*

## **Hippocrates**

*The father of medicine, Greek physician and teacher who lived during Greece's Classical period.*

## **Oscar Wilde**

*19th Century Irish poet, playwright, novelist and critic.*

## **Sir Frederick Henry Royce**

*English industrialist and engineer, co-founder of the luxury car marque Rolls-Royce.*

## **Charles Lutwidge Dodgson**

*Writer of children's fiction including *Alice's Adventures in Wonderland*, better known by his pen name Lewis Carroll.*

## **Nobu Matsuhisa**

*Chef Nobu is one of the world's most celebrated chefs and restaurateurs with over 40 establishments across five continents.*

## **Dino Ricci**

*Chef Patron of Ristorante La Scaletta, a culinary landmark in Pisa since 1850.*

## **Nimisha Sarah Verghese**

*Head of Indian Kitchen at The Oberoi, Bengaluru, Bangalore.*

## **Paul Lau Ping Lui**

*Michelin-starred Chef Lau is Chef de Cuisine at Tin Lung Heen, Ritz-Carlton's Cantonese restaurant in Hong Kong.*

## **Davide Egardi**

*The head of the cosmopolitan brigade at HangarQ Catering in Milan.*

## **Jean Pierre Giron**

*Executive Chef of the Las Vegas-based Art of Cooking team.*

## **Alan Bell**

*Executive Chef at Bon Soirée, a fine dining company based in Herfordshire, UK.*

## **Kenneth West**

*Chef at Level 8 Private Dining in New York.*

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