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Prepare for Landing – An Airport Restaurant Review

August 22, 2018 - by Melody Wren

Best



airport restaurants used to be something of an oxymoron but with health and wellness at the front and center of most minds, airports and airlines are stepping up to the plate , literally. It is getting more common to be able to pick up fresh fruit, salads and freshly made meals to eat in or take on board to enjoy while flying.

Recently waiting for my flight to leave Victoria, British Columbia, I wandered into Spinnakers On the Fly. Owned by the Compass Group, Spinnakers on the Fly is all about farm to table eating. I have never encountered such diversity in such a tiny airport restaurant. Locally roasted coffee, fabulously filling breakfasts, healthy salads and sandwiches to eat in or take onboard. I was swooning at the gluten free options including gluten free oatmeal raisin cookies, brownies and teacakes. There isn't an airline to my knowledge that serves fresh salads onboard without ordering ahead, so a rare treat thanks to Spinnakers was a fresh salad with goat cheese, berries, nuts and dressing to take on the fly. A wonderful model that other airports can learn from.

If you are flying and have a scheduled layover, check out the restaurant options ahead of time. Simply google the airport; the restaurant choices are listed, so you can plan ahead.

For more, visit: www.spinnakers.com



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