

FROM THE ABLTY KITCHEN

FROM THE PASS.

What we cooked, **who we fueled**, and what's coming off the line this month — the monthly dispatch from the people behind your performance meals.

MAY
2026

ON THE ROAD

WHO WE FUELED

[01 - FIELD REPORT]

- 01 **NBA** Off-season meal program
- 02 **WNBA** Team flight meals
- 03 **NHL** Women's Advancement committee catering
- 04 **MLB** Clubhouse fueling
- 05 **MLS** Matchday & recovery meals

05 On-Site
LEAGUES SERVED · FLIGHTS · CLUBHOUSES · BOARDROOMS

OFF THE FARM

LATE SPRING ON THE PLATE

[02 - SEASONAL TRENDS]

The market is finally turning. Late spring brings the first burst of green and sweetness of the year, and it's reshaping how we build plates across every program.

Spring garlic is going into everything — milder and greener than cured cloves, perfect for raw dressings and quick confits. **Sweet peas** are at their peak, and **strawberries** are coming in for both sweet and savory builds.

- SPRING GARLIC
- SWEET PEAS
- STRAWBERRIES



OFF THE MARKET · FIRST STRAWBERRIES OF THE SEASON

INGREDIENT SPOTLIGHT

WESTER ROSS SALMON

[03 - SPOTLIGHT]



IN THE KITCHEN · BREAKING DOWN A WHOLE SIDE, BY HAND

This month's hero protein is **Wester Ross salmon** — one of the few remaining independent, owner-run salmon farms in Scotland, raised slowly in cold Highland sea lochs for a firmer texture and cleaner flavor.

What sets this apart isn't just the sourcing — it's that we're **breaking down whole fish ourselves**. Taking the salmon from whole to portion in-house gives us **full control over the entire process and the final result**, instead of relying on outside butchers and their cuts.

Just as importantly, it gives us a **platform to train our staff on technique** — knife work, yield, and respect for the whole animal that carries straight back to every plate we send.

WHOLE FISH IN. TOTAL CONTROL OUT. EVERY CUT IS A LESSON FOR THE LINE.

FROM THE LINE · RECIPE

ABLTY A2 YOGURT PARFAITS

[04 - RECIPE]



SINGLE SERVE · YOGURT, GRANOLA & STRAWBERRIES

A clean, gut-friendly recovery build — A2 honey yogurt layered with our house granola and fresh strawberries. Assembled as a single serving; the yogurt and granola scale up for batch prep.

A2 HONEY YOGURT				1 ct
A2 Yogurt	1800 g	Honey	200 g	
Salt	10 g			

ABLTY HOMEMADE GRANOLA				1 oz / serve	
Rolled Oats	2500 g	Maple Syrup	2200 g	Raisins	1800 g
Pumpkin Seeds	1000 g	Hemp Seeds	700 g	Chia Seeds	400 g
Salt	70 g	Ground Cinnamon	20 g		

TO FINISH		per serve
Fresh Strawberries	2 oz	

- 01 Whisk **honey & salt** into the A2 yogurt until fully dissolved and smooth.
- 02 Layer **1 oz granola** with the honey yogurt, building two alternating rounds.
- 03 Top with **2 oz strawberries** and a final dusting of granola. Serve cold.

FEED THE GRIND

ABLTY

PERFORMANCE NUTRITION PROVIDER
MICHELIN-TRAINED KITCHEN
FUEL YOUR TEAM →
COOK WITH US →