

# A Sample Menu by Chef Robert Thomson

Selection of day menus intended for a seven night sailing charter in the British Virgin Islands

## Day One

### *Breakfast*

Team New Zealand Omlette  
Fresh fruit juice, toast, tea, coffee

### *Lunch*

Protobello Feta Salad with freshly baked herb bread

### *Hors d'oeuvre/Starter*

Thai vegetable spring rolls with dipping sauce

### *Dinner/Main course*

Fillet of Salmon with Goat Cheese and Olives  
Served on bed of Jasmine rice, with broccoli and orange sauce

### *Dessert*

Pavalova

## Day Two

### *Breakfast*

French Toast with cream cheese and apple  
Fresh fruit juice, tea, coffee

### *Lunch*

Swiss chicken wraps with  
fresh salad and passion fruit holladaise.

### *Hors d'oeuvre/Starter*

Portugese chilled summer soup with garlic bread

### *Dinner/Main course*

Japanese Gingered Pork Tenderloin  
Served with crushed potato and steamed fresh vegetables

### *Dessert*

Cheese board

(brie, Emmentaler (semi-soft Swiss), Cabrales (soft blue goat cheese), Greek feta, hard cheddar) with  
crackers, apples, grapes.

## **Day Three**

### *Breakfast*

Cheese and bacon  
croissants.

Fresh juice, tea, coffee.

### *Lunch*

Greek salad with sundried  
tomato and feta pizza buns.

### *Hors d'oeuvre/Starter*

Stuffed jalapeno  
peppers with crispy olive oil bread.

### *Dinner/Main course*

Shrimped chicken with  
coconut curry sauce, served on fluffy short grain rice, with steamed vegetables.

### *Dessert*

Teramisu.

## **Day Four**

### *Breakfast*

Continental breakfast with  
croissants.

Fresh juice, tea, coffee.

### *Lunch*

Pizza Selection (Basil and Italian  
tomato, Mixed, Seafood).

### *Hors d'oeuvre/Starter*

Black bean soup with marsala, served with french bread with brie and roasted garlic.

### *Dinner/Main course*

Stuffed shitake mushrooms  
with Tequila Carrots and Cauliflower mash.

### *Dessert*

New Zealand style Ambrosia with mixed  
berry sauce.

## **Day Five**

### *Breakfast*

Birds Nests on tender bacon strips, served with toasted bagels.  
Fresh juice, tea, coffee.

### *Lunch*

Authentic Japanese Sushi

### *Hors d'oeuvre/Starter*

Crab muffins.

### *Dinner/Main course*

Peppered steak served with  
crisp baked potatoes and creamy cheese spinach.

### *Dessert*

Cheese cake drizzled with black forest sauce.

## **Day Six**

### *Breakfast*

English muffins with

selection of toppings (cream cheese, conserves, fresh whipped cream, maple syrup, honey).  
Fresh juice, tea, coffee.

### *Lunch*

Grilled Greek paninis with  
fresh coleslaw.

### *Hors d'oeuvre/Starter*

Italian bread board with

dips (Lago d' Garda tuna paste, roasted garlic olive oil, black/green/stuffed olives, basil pesto, tomato salsa).

### *Dinner/Main course*

Teriyaki tuna with wasabi  
cream garnish served with light couscous.

### *Dessert*

Tropical fruit with kiwi  
sauce.

## **Day Seven**

*Breakfast*

Frittata with toast.  
Fresh juice, tea, coffee.

*Lunch*

Spanish Paella.

*Hors d'oeuvre/Starter*

Pea and mint soup.

*Dinner/Main course*

Beef strips with blackbean  
sauce served with crushed potato and stir-fried vegetables.

*Dessert*

Icecream with mango  
sauce.