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
Protabello 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 hollandaise.

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/Starters
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/Starters
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.