



SAMPLE MENU

Breakfast (Daily)

• Selection of coffees and teas • Freshly squeezed fruit juices • Milk (whole & lactose-free) • Greek yogurt • Assorted cereals • Freshly baked breads and cakes • Honey and homemade jams & marmalades • Pancakes and viennoiseries • Eggs prepared to order • Cheese and cold cuts platter

Day 1

LUNCH

• Greek salad with feta cheese • Grilled shrimps with lemon sauce • Roasted cod fillet with fresh vegetables and aromatic rice • Mascarpone cream with fresh strawberries

DINNER

• Green salad with crab • Selection of Greek marinated fish with toasted bread & homemade dips • Beef tenderloin with mushrooms & cream sauce • Fresh fruit & ice cream

Day 2

LUNCH

• Tomato salad with buffalo mozzarella and pesto • Grilled octopus with fava • Grilled sea bass fillet with herbs and asparagus • Homemade baklava

DINNER

• Smoked salmon rolls with ricotta, dill & lemon zest • Shrimp pasta • Cheese selection with fresh fruit

Day 3

LUNCH

• Zucchini and carrot salad with melon & crispy prosciutto • Grilled tomato bruschetta with parmesan and feta • Mushroom risotto and stuffed chicken fillet with pesto • White chocolate cheesecake with caramelized almonds and grilled nectarine

DINNER

• Mixed green salad with apple, celery, pine nuts and blue cheese • Grilled salmon with sautéed spinach and herbs • Lemon pie

Day 4

LUNCH

• Green salad with orange and fennel • Grilled goat cheese with honey and nuts • Seafood and mussel risotto • Tiramisu

DINNER

• Sautéed zucchini with mint & Greek yogurt sauce • Roasted lamb with vegetables • Chocolate soufflé with ice cream

Day 5

LUNCH

• Mixed green salad with shrimps and mustard lemon dressing • Grilled fresh fish with baked potatoes and béarnaise sauce • Pasta flora with homemade apricot jam

DINNER

• Roasted beef fillet, smoked eggplant puree, full-bodied Sherry juice

Day 6

LUNCH

• Lettuce, carrot & raisin salad with lemon dressing • Traditional spinach and feta pie • Grilled stuffed chicken breast with rice • Concord chocolate cake

DINNER

• Fresh green salad with dill and yogurt sauce • Traditional fish soup with lemon & vegetables • Fresh fruit

Day 7

LUNCH

• Greek salad with grilled feta and chili flakes • Steamed mussels with white wine and dill • Stuffed vegetables with rice and calamari • Panna cotta with pistachios & white chocolate

DINNER

• Cretan salad with barley rusks, tomato, cucumber and feta • Pasta with peas, pesto and smoked pork "apaki" • Chocolate mousse

SAILING
CATAMARAN
LIBRA