

DAY 1

**

lunch

soup
vegetable gazpacho

salad
watermelon with feta cheese and basil pesto

appetizer
zucchini balls with yoghurt mint sous

main dish
grouper with carrot mash and lemon jam

dessert
tira-misu
and homemade ferrero rocher

**

dinner

soup
tomato with basil and vegetable chips

salad
guacamole with smoke salmon and mango

appetizer
cannelloni de langoustine
main dish
fresh scallops with kumquat black vanilla and sorbet feta cheese

desert
trilogy chocolate fondant with wild strawberry

DAY 2

**

lunch

soup

asparagus cold soup with blackberrys

salad

fava salad with smoked octopus and quinoa

appetizer

stuffed tomato with tuna tartar

main dish

fresh lobster moussaka

desserts

lemon tart with homemade ice cream vanilla

**

dinner

soup

fish soup with seafood and cherry tomato

salad

crab salad with spicy beans

starter

risotto with wild mushrooms

main dish

tomahawk steak with mash potato

dessert

chocolate soup with ginger and strawberries

DAY 3

**

lunch

spinal with celery cold soup

salad with smoked eel fillet

octopus with fava and caramel onion

lentil roll with kinoa and king crab

desserts

tart lemon with sous mint and chilli

fresh fruit in Season

**

dinner

rose amuse bouche with graviera cheese mousse and
aroma of thyme honey

consommé of fish soup

greek salad, served with koulouri thessaloniki's

smoked seared tuna with earth flavor purees

dessert

chamomile sorbet with galaktobourekó cream, apple confit and lemon jelly with mastiha cotton

DAY 4

**

lunch

green bean chicken minestrone

tasty mixed salad cherry tomatoes
pecorino parmiggiano
balsamic vinegar – cyprus virgin olive oil

greek salad with peppermint fragrance

'pepperonata salad'
(roasted red bell pepper, skin off and marinated in garlic olive oil)

grilled vegetables in season
egg plants – courgette – red bell peppers – cherry tomatoes – red onions

grilled supreme of salmon with baby kale

monk fish suflaki in anisette sauce

rilled corn-fed free range chicken
fine mediterranean flavor

desserts

frozen yoghurt
with fresh red berries

môet chandon champagne jelly - mango sorbet

watermelon and honey melon

DAY 5

**

lunch

cold andalusian gazpacho 'salmorejo'
or
warm tomato and carrot soup

red and white quinoa taboulé salad

mixed green bouquet of crunchy leafes with
cucumbers, carrots, cherry tomatoes, flowers and herbs

octopus salad 'mediterranean' style

chick pea salad 'middle eastern' style

grilled pepper chicken

tiger prawns 'coconut-dream'

risotto 'marinara'

desserts

the ultimate running on banana split experience

fruits in season

DAY 6

lunch

**

chicken minestrone

Greek salad

sprout salad with avocado

white cabbage salad with pancetta

grilled antipasti vegetables

village tomatoes and fresh basil

chicory and red berries

grilled sepia

tiger prawns in garlic

sheftalia and rosemary chicken
carée potatoes

dessert

fruits in season

ice cream:

magnum - strazziatella – calippo – frozen yogurt

DAY 7

lunch

**

chicken minestrone

italian pepperonata

antipasti mushrooms with dry tomatoes

green salad with tomatoes and cucumbers

vegetables 'satay'

calamari risotto

chicken curry

grilled chicken mediterranean style

desserts

coconut kumquat orange brownie with strawberry ice cream

baklava 'kataifi' with mokka ice cream

fruits in season

DAY 8

lunch

**

mediterranean chicken vegetables soup

nice green raw vegetables summer salad

green bean salad

octopus salad

rich red and white quinoa taboulé salad

lasagne oven gratinated

Calamari fritos

lamb souflaki

desserts

apple with vanilla ice cream

galaktobouriko – filo paste with vanilla cream stuffing

fruits in Season

ice creams

DAY 9

lunch

**

chicken minestrone

greek salad with feta cheese

tomatoes with basil

pizza running on waves

**

meatballs

'schnitzel' of veal

grilled chicken

grilled vegetables

dessert

ice creams

melon from the buffet
