

Andare Oltre
Sample Menu

Day 1

Greek Mediterranean Escape

Breakfast
Greek yogurt with thyme honey, walnuts, and fresh seasonal fruits
Fluffy omelet with feta, cherry tomatoes, and basil
Homemade bread with a selection of homemade jams

Lunch
Greek salad with avocado and extra virgin olive oil
Seafood orzo risotto with lemon aromas and fresh herbs

Afternoon
Refreshing platter with seasonal fruits

Dinner
Slow-cooked lamb with rosemary and garlic
Oven-roasted potatoes with herbs
Green salad with pomegranate and citrus vinaigrette

Dessert
Custard Lemon Cream





DAY 2

Greek & Italian

Breakfast
Avocado toast with smoked salmon
Fresh juices of the day
Mini buttery croissants

Lunch
Burrata with cherry tomatoes and Greek basil pesto
Linguine with prawns flavored with ouzo
Rocket salad with parmesan flakes

Afternoon
Peach iced tea
Mini Cannoli

Snacks
Bruschetta with feta and tomato
Breadsticks with a variety of cheeses

Dinner
Grilled sea bass with aromatic lemon olive oil sauce
Potato purée with truffle aroma
Grilled seasonal vegetables

Dessert
Traditional Orange Pie

DAY 3

Greek Meets Japan

Breakfast
Pancakes with thyme honey
Seasonal fruits
Yogurt with granola and nuts

Lunch
Mediterranean Poke Bowl with tuna, feta, and Kalamata olives
Edamame with sea salt
Cucumber salad with mint

Afternoon
Matcha Iced Latte
Mochi with Greek yogurt cream

Snacks
Rice paper rolls with feta and fresh vegetables
Shrimp tempura

Dinner
Lamb chops with miso glaze and Greek oregano
Roasted baby carrots
Salad with sesame and fresh herbs

Dessert
Buttercream Cake





DAY 4

Greek & Mexican

Breakfast
Eggs with feta
Fresh seasonal fruits
Fresh orange juice
Toast with butter and jam

Lunch
Fish Tacos with refreshing tzatziki
Guacamole with Greek olive oil
Cabbage and carrot salad

Afternoon
Frozen lemonade with mint

Snacks
Nachos with feta and Pico de Gallo
Grilled corn on the cob

Dinner
Slow-cooked beef with aromatic spices
Rice with coriander, lime, and vegetable curry
Roasted peppers

Dessert
Cheesecake with honey and butter biscuit

DAY 5

Greek & Middle Eastern Flavors

Breakfast
Yogurt with dates and Aegina pistachios
Poached eggs
Traditional “Sfakian” pies

Lunch
Falafel with Greek yogurt sauce
Tabbouleh with fresh Greek herbs

Afternoon
Mint tea
Small pistachio sweets

Snacks
Beetroot hummus
Whole wheat pita bread

Dinner
Grilled chicken with za’atar
Vegetable couscous
Salad with thin vegetable slices and basil dressing

Dessert
Traditional Cream “Bougatsa”





DAY 6

Greek & Asian

Breakfast
Coconut Chia Pudding with Honey
Tropical fruits
Greek coffee
Lemon cake

Lunch
Chicken Satay with Greek lemon marinade
Jasmine Rice
Cucumber and lime salad

Afternoon
Mango Smoothie

Snacks
Vegetable Spring Rolls
Shrimp Tempura

Dinner
Tuna fillet with sesame crust
Stir-fried vegetables
Olive oil and fresh lemon dressing

Dessert
Lemon Tart

DAY 7

Greek Signature Dinner

Breakfast
Traditional “Kagianas” with toasted bread
Greek yogurt with honey
Selection of fresh fruits

Lunch
Shrimp Saganaki
Grilled octopus
Santorini fava
Tomato salad with capers

Afternoon
Greek “loukoumades”
Coffee and tea selection

Snacks
Cretan Dakos
Cheese croquettes
Smoked eggplant salad

Dinner – Captain's Dinner
Premium Seafood Platter with mussels, prawns, and langoustines
Grilled red snapper fillet
Seasonal vegetables
Salad with aromatic herbs and citrus fruits

Dessert
Mastic Panna Cotta
Fresh seasonal fruits

