

M/Y COOKIE

Menu

on board



by Thanasis Prassas



BREAKFAST

Milk

Tea

Coffee

Fresh Fruit Juice

Jams

Honey

Zwieback / Rusks

Cereal

Yoghurt

Dried fruit

Fresh fruit

Charcuterie board (meat & cheese platter)

Super fruit

Porridge

Pie of the day

Cake

Croissants

Pancakes

Bacon

Sausages

Eggs, pan fried - poached - scrambled - benedict

Omelette

French toast

Croque madame

Croque monsieur



MENU 1

Lunch

Salad with baby spinach, parmesan, pine kernels,
prosciutto & vinaigrette sauce from
matured balsamic vinegar

Grilled vegetables with buffalo mozzarella
& quince jam

Pork fillet with Italian polenta, parmesan biscuits
& wild mushroom sauce
In - season fresh fruit & Ice cream

Dinner

Baby vegetables with black-eyed peas,
smoked swordfish & fennel vinaigrette

Scallops with cauliflower puree, baby carrots
& hollandaise sauce

Grilled sea-bass with vegetables
& saffron - orange sauce

Lemon tart



MENU2

Lunch

Greek dakos with cherry tomatoes from the island of Santorini, cucumber, traditional katiki cheese from Domokos & tomato - wild mint vinaigrette

Sauteed squid, flavored with ouzo & basil over potato sticks

Fresh grilled gilt-head bream with lemongrass - lime risotto

In - season fresh fruit & Ice cream

Dinner

Mixed Salads with roasted chicken, grilled vegetables & honey - balsamic vinaigrette

Carpaccio fillet with wild arugula & parmesan

Lamb shank flavored with rosemary & saffron risotto

Chocolate souffle with Madagascar vanilla ice-cream



MENU3

Lunch

Mixed salad with chicken, parmesan, croutons
& Caesar dressing

T - bone steak with roasted potatoes & sour cream

In - season fresh fruit & Ice cream

Dinner

Salad with baby lettuce, shrimp,
cherry tomatoes from Santorini Island
& fresh dressing

Octopus with Santorinian fava beans, thyme
& white balsamic sauce

White grouper fish with jalapeno sauce & yuzu lemon foam

Thai juice

(exotic fruit over ice and a cream from unripe coconut)



MENU4

Lunch

Quinoa salad with wild arugula, avocado,
cucumber & pomegranate seeds

Shrimp rolled in kataifi pastry with
mayonnaise & chili sauce

Red porgy, poached with tomato, celery, herbs
& fresh wild greens

In - season fresh fruit & Ice cream

Dinner

Fresh Mesclun salad with cottage cheese
& apricot vinaigrette

Wild mushroom souffle with thyme,
simmered in red wine

Duck confit with coconut cream risotto, mango
& Port wine - berry sauce

Banoffee



MENU5

Lunch

Greek salad

Spinach pie

Meatballs with yoghurt sauce

Tomatoes & bell peppers filled with rice,
spearmint & fresh herbs

In - season fresh fruit & Ice cream

Dinner

Salad with cherry tomatoes, cucumber,
bell peppers, crithmum & anthotyro cheese

Greek Tyrokafteri (hot cheese sauce)

Tzatziki sauce

Traditional Greek pie

Pan-fried Potatoes,

Mix, grilled

Traditional, Greek, spoon sweets

MENU6

Lunch

Athens' salad with fresh fish, homemade mayonnaise
& fresh vegetables

In-season fresh wild greens

Tarama meze

Marinated anchovies

Cod with herb crust, potato puree
& tartar sauce

In - season fresh fruit & Ice cream

Dinner

Baby lettuce with asparagus, beef fillet
& soy sprouts

Feta cheese wrapped & roasted in traditional
phyllo pastry with black sesame seeds & honey

Veal fillet with risotto, broccoli

& Santorinian Vin Santo sauce

Orange pie with chocolate sorbet





MENU7

Lunch

Fresh green beans with tuna,
tomato & sesame oil vinaigrette
Mini pies with goat cheese, saffron cheese
& yoghurt sauce
Chicken stuffed with smoked cheese,
spearmint & wild mushrooms
In - season fresh fruit & Ice cream

Dinner

Salad with watermelon racks, tomatoes
& goat cheese mousse
Red king crab clusters, grilled,
with fresh herbs & extra virgin olive oil-lemon dressing
Fresh lobster champagne flavored with linguini,
celery & light tomato sauce
Homemade cheesecake
with Greek soft cheeses & rose syrup

*Bon
Appétit*

