

by Ariel Salazar

mer

on board

M/Y Glaros





MENU 1

LUNCH

Salad

Coleslaw Salad

Main Course

Stir Fry Noodles with vegetables (Chicken or Beef)

Fried Rice with sausage, egg omelets, green peas and bell pepper

Steam basmati rice with green peas

Chicken sweet and sour with carrots,
bell pepper, onions and pineapple sauce

Beef with broccoli and mushroom in oyster sauce

Spring rolls

Chicken lollipop

Dessert

Walnut pie with kaimaki ice cream

DINNER

Appetizer

Spring rolls with vegetables (chicken or shrimp)

Salad

Caesar salad

Main Course

Beef fillet steak with smashed potatoes & Jack Daniel Sauce

Dessert

Ice Cream



MENU2

LUNCH

Appetizer

Steamed mussels with ginger & fried calamari

Salad

Baby rocket with cherry tomatoes & parmesan flakes, balsamic with honey dressing

Main Course

Sea Bass Fillet & Sautéed vegetables & stir fry sauce

Dessert

Soufflé chocolate with vanilla ice cream

DINNER

Appetizer

Homemade spinach with feta cheese pie

Salad

Lettuce salad with vinaigrette dressing

Main Course

Baked baby lamb & roasted baby potatoes with rosemary

Dessert

Fruits



MENU3

LUNCH

Appetizer

Scallops with mushroom

Salad

Italian salad with vinaigrette dressing

Main Course

Beef stew with orzo pasta

Dessert

Crème Brûlée

DINNER

Appetizer

Bruschetta & meatballs

Salad

Caprese salad & potato salad

Main Course

Chicken with lemon butter sauce

Dessert

Mille-feuille



MENU4

LUNCH

Appetizer

Zucchini balls with raising canes dipping sauce

Salad

Mixed green salad with balsamic vinaigrette

Main Course

Stuffed chicken with spinach & risotto with mushroom

DINNER

Greek Night

Main Course

Pork souvlaki

Chicken souvlaki

Burger

Traditional Greek Sausages

Slice tomatoes

Onion rings

French fries

Pita bread

Tzatziki sauce

Chef sauce

Dessert

Walnuts cake with syrup & vanilla ice cream



MENU5

LUNCH

Appetizer

Sea bass tartare with cucumber & avocado

Salad

Potato salad with capers & vinaigrette dressing

Main Course

Baked grouper fillet with steamed vegetables & garlic butter sauce

Dessert

Tiramisu

DINNER

Appetizer

Shrimp tempura & tentsuyu sauce

Salad

Mixed leafy green salad with avocado & lemon mustard vinaigrette

Main Course

Linguine with lobster in fresh tomato sauce

Dessert

Caramelized pineapple with mango ice cream



MENU6

LUNCH

Appetizer

Crispy wonton crab stick with sweet & sour sauce

Salad

Greek salad & cabbage salad

Main Course

Traditional Greek moussaka

Dessert

Cheesecake

DINNER

Appetizer

Chicken skewers with sweet & spicy marmalade

Salad

Quinoa with colorful vegetables lemon dressing

Main Course

Baked salmon fillet with steamed asparagus & snow peas
& béarnaise sauce

Dessert

Cream caramel



MENU7

LUNCH

Appetizer

Grilled octopus & fava puree

Salad

Nicoise salad

Main Course

Paella (Spanish style)

Dessert

Panna cotta cream with strawberry syrup

DINNER

Appetizer

Crispy buffalo chicken wings with sesame seeds

Salad

Greek salad

Main Course

Grill ribeye steak with mushroom sauce & grilled vegetables
with romesco sauce

Dessert

Cheesecake

Bon
Appétit

