

M/Y Lady Vera

by Thodoris Kyriakidis

Menu

on board





MENU1

BREAKFAST

French toast with caramelized banana and dark chocolate
Poached eggs with ricotta cheese, tomatoes and rocket salad
Fresh seasonal fruits
Pineapple and ginger smoothie

LUNCH

Starter

Roasted calamari with avocado, basil and cherry tomatoes

Salad

Spinach salad with goat cheese, sesame seeds and mint

Main

Grilled sea bass with kakavia cream and salicornia herbs

Dessert

Greek donuts with honey, walnuts and cinnamon

DINNER

Starter

Crayfish tartare with tomato water, yuzu and ginger

Salad

Heirloom cherry tomatoes with carob bread and strawberries

Main

Lamb chops with sweet potato puree & rosemary

Dessert

Bitter namelaka with espresso flavor, hazelnut and caramel

MENU2

BREAKFAST

Butter and chocolate croissant
Scrambled eggs with black truffle and Parmesan
Fresh seasonal fruits
Blueberry smoothie

LUNCH

Starter

Raw oyster with pickled onions and red chilly

Salad

Lettuce salad with anchovies dressing, grilled prawns and corn

Main

Roasted salmon with smoked eggplant and coriander

Dessert

Choux with gianduja cremeux and hazelnut

DINNER

Starter

Fish soup with rock fish and saffron

Middle Course

Risotto with crab, smoked paprika and marjoram

Main

Roasted turbot with capers, zucchini and herbs butter sauce

Dessert

Almond tart with tahini and vanilla ice cream



MENU3

BREAKFAST

Seasonal fruit tart with vanilla cream

Egg Benedict with smoked ham and rocket leaves

Fresh seasonal fruits

Apricot and tonka bean smoothie

LUNCH

Starter

Beef meatball with tomato and feta cheese cream

Salad

Cherry tomatoes with carob and katiki cheese

Main

Grilled baby chicken with honey, mustard
and green asparagus

Dessert

Baklavas with pistachio and vanilla

DINNER

Starter

Black Angus beef tartare with oyster emulsion and pickled cucumber

Middle Course

Gnocchi with Gorgonzola and walnuts

Main

Duck ragu pappardelle with mushrooms and truffle

Dessert

Caramelized red peach with chocolate soil and caramel ice cream



MENU4

BREAKFAST

Carrot cake with cream cheese frosting and cinnamon

Scrambled eggs with smoked salmon and dill

Fresh seasonal fruits

Strawberry and mint smoothie

LUNCH

Starter

Fava bean puree with capers and grilled octopus

Salad

Greek salad with tomato vinaigrette and feta cheese

Main

Grilled tuna steak with roasted potatoes,
green beans and soya

Dessert

Lemon tart with green apple and yuzu

DINNER

Starter

Shrimp tartare with tarragon, basil and chilly

Salad

Gem lettuce with peach, walnuts and Gorgonzola

Main

Sea food spaghetti with scallops, lemon confit and coriander

Dessert

Yogurt cremeux with pecan nuts and honey



MENU5

BREAKFAST

Greek donuts with tahini and honey

Omelet with smoked ham, black olives and roasted tomatoes

Fresh seasonal fruits

Peach and oats milk smoothie

LUNCH

Starter

Watermelon and tomato gazpacho with mint and feta cheese

Salad

Potato salad with caper, fresh onions and roasted calamari

Main

Black Angus rib eye with French fries and mustard gravy

Dessert

Chocolate soufflé and vanilla cream

DINNER

Starter

Broccoli soup with blue Stilton cheese and celery

Salad

Quinoa salad with tuna, mango and soya

Main

Seared sea bass with fennel root puree and orange

Dessert

Puff pastry with chestnut and tonka beans



MENU6

BREAKFAST

Pancakes with maple syrup and berries
White omelet with ricotta cheese, green asparagus and dill
Fresh seasonal fruits
Banana smoothie

LUNCH

Starter

White tarama mousse with seaweed powder and orange

Salad

Green salad with baby broccoli, green beans and lime dressing

Main

Poached cod fish fillet with steam vegetables
and rock fish broth

Dessert

Orange pie with mango sorbet

DINNER

Starter

Tomato and strawberries gazpacho with prawn tartare and ginger

Middle Course

Eggplant with smoked eel, pistachio and coriander

Main

Sea bass filet with risotto and squid ink emulsion

Dessert

White chocolate namelaka with figs and blackberry granite



MENU7

BREAKFAST

Rice pudding with cinnamon

Kagianas with tomato and salami of Lefkas

Fresh seasonal fruits

Mellon smoothie

LUNCH

Starter

Sea bass tartare with saffron, beer and pears

Salad

Beetroot salad with honey, ricotta and raspberry

Main

Orzo with prawns, chili flakes and sweet wine

Dessert

Tiramisu cream with cocoa and chocolate sorbet

DINNER

Starter

Pea gazpacho with quinoa and mint

Middle Course

Crayfish tartare with basil cream and yuzu

Main

Black Angus beef fillet with grilled asparagus, foie gras and truffle

Dessert

Pavlova with berries and vanilla ice cream



The Chef

THODORIS KYRIAKIDIS

Thodoris is a Greek national and holds a Chef's Diploma from "AKMI" Culinary School in Thessaloniki, Greece and after his graduation he received intensive training by attending various seminars. He started his career in 2004 and he has worked in some of the most elite and well-known restaurants worldwide such as restaurant Agioli and B restaurant in Thessaloniki – Greece, Varoulko restaurant (1 Michelin star) in Piraeus- Greece, 1 Lombart Street restaurant in London, Le Gabriel restaurant (2 Michelin stars) in Paris, Mirazur restaurant (3 Michelin stars) in Menton-France, Grandma's restaurant at Liostasi boutique Hotel in los etc. Also, he has worked at luxury hotels; Macedonia Palace, Sani Resort, Myconian Ambassador Hotel, Myconian Avaton resort, Myconian Villa Collection and others.

Thodoris is a phenomenal, a Chef with a great knowledge of gastronomy techniques necessary for working with a multitude of ingredients and to adapt them to world cuisines using ultramodern equipment. He is very creative and competent and his delicious dishes can satisfy the most demanding guests. Thodoris speaks fluent English and he enjoys travelling.

