



Sample MENU

Day 1

BREAKFAST

Boiled eggs, scrambled eggs, American omelet, red fruits and banana, cut fruits, cheeses, croissant, chocolate pastry.

LUNCH

1st Course: Grilled vegetables, corn with pesto.

2nd Course: Lamb ribs with rosemary and garlic.

Dessert: Brownie with ice cream and fruits.

DINNER

1st Course: Pink tomato carpaccio with parmesan.

2nd Course: Wild sea bass stuffed and baked, sweet potato purée.

Dessert: Cheesecake.



Sample MENU

Day 2

BREAKFAST

French omelet, turkey, cured beef,
Iberian ham, cheese platter, fruit mix,
croissants filled with creamy cheese and
served warm.

LUNCH

1st Course: Burrata with roasted peach.
2nd Course: Grilled picanha, patatas
bravas, arugula leaves, cherry tomatoes.
Dessert: Assorted dessert platter.

DINNER

1st Course: Octopus skewers with pico
de gallo. Cod salad with vegetables and
golden oil.
2nd Course: Pasta with shrimp.
Dessert: Passion fruit mousse.



Sample MENU

Day 3

BREAKFAST

Boiled eggs, Japanese omelet, hummus and avocado, turkey, ham, cucumber, warm camembert, toast with golden butter, carrot cake.

LUNCH

1st Course: Pink tomato carpaccio with miso sauce and pistachios.

Garlic bread with camembert and honey-glazed walnuts.

2nd Course: Tenderloin with arugula and grana padano cheese.

Dessert: Fruits and chocolate.

DINNER

1st Course: Miso soup.

2nd Course: Japanese dinner (sushi, salmon and tuna sashimi, mixed tart, vegetable and chicken gyozas).

Dessert: Tarte Tatin.



Sample MENU

Day 4

BREAKFAST

Scrambled eggs, cut fruits, red fruits,
tomatoes, ham, turkey, hummus, toast
with avocado.

LUNCH

1st Course: Tuna Tartar
2nd Course: Salmon en papillote with
orange/lemon and royal quinoa.
Dessert: Profiteroles filled with tiramisu.

DINNER

1st Course: Som Tum (Green Papaya Salad)
2nd Course: Thai chicken curry, basmati rice
with coconut, Thai shrimp curry.
Dessert: Mango and coconut panna cotta.



Sample MENU

Day 5

BREAKFAST

Scrambled eggs with cheese, parmesan,
mixed cheese platter, nuts, passion fruit,
croissant, chocolate pastry.

LUNCH

1st Course: Spanish tapas, mixed salad
with chickpeas and feta.

2nd Course: Seafood paella with pasta
(Fideuá).

Dessert: Almond cake and seasonal fruits.

DINNER

1st Course: Vegan vegetable quiche.

2nd Course: Caprese salad, seafood grill.

Dessert: Vegan chocolate and coconut truffles.



Sample MENU

Day 6

BREAKFAST

Scrambled eggs, fruit salad with granola,
toasted bread with cheese and tomato
with a touch of date sauce.

LUNCH

1st Course: Vitello Tonnato

2nd Course: Grilled cauliflower with
vegan sauce, fish with shiitake mushrooms.

Dessert: Flambéed pineapple with liquor
and ginger.

DINNER

1st Course: Parmigiana (tomato, eggplant,
parmesan).

2nd Course: Fish with wild rice, fig salad with
mixed greens, fig sauce with balsamic vinegar.

Dessert: Fruit and chocolate platter.



Sample MENU

Day 7

BREAKFAST

Eggs cooked to preference, fruits with dates, coconut, cheese, and ham, toast, American omelette with sweet mango, coconut and Greek yogurt, croissant, muffins.

LUNCH

1st Course: Shrimp volcano.
2nd Course: Crab legs, sautéed vegetables, honey-glazed asparagus, burrata with confit tomatoes, Peruvian ceviche.
Dessert: Apple tart Tatin.

DINNER

1st Course: Mexican dinner - Fajitas (meat, fish, and vegetables).
2nd Course: Guacamole, crispy chicken quesadillas, chili con carne.
Dessert: Strawberry tiramisu.