



SAMPLE MENU

SUNDAY

– Welcome Lunch –

Crab Cakes, local green salad, roasted baby vegetables, aioli
Grapefruit Bars

– Appetizers –

Smoked Fish dip with crisps
Chilled Yellow tomato Gazpacho shots

– Dinner –

Greek Salad deconstructed, cucumber vinaigrette
Grilled Fish, Bahamian chimichurri
Sweet and Salty Fried Plantains, rice and peas
Pink Guava Pavlova, tropical fruits, cream

MONDAY

– Breakfast –

Mini Frittatas with local vegetables and farm cheese
Bagels with assorted toppings
Green Smoothies, Fruit, yogurt, sausage patties

– Lunch –

Moroccan Chicken and Lamb Kebabs
Golden Couscous with cherry tomatoes and herbs
Tzatziki
Kiwi tartlets

– Appetizers –

Fresh Jalapeño Poppers
Crudite Platter with dips

– Dinner –

Seared Grouper, mango chutney
Cilantro-Lime Broccoli slaw
Individual Blue Crab Mac and Cheese
Apple Pies, fresh buttermilk ice cream

TUESDAY

– Breakfast –

Belgian Waffle Bar; fruit, cream, fruit, toasted coconut, jam, chia, syrup
Green Juice, Fruit, yogurt, breakfast sausage, croissants

– Lunch –

Fried Fish Tacos, Grapefruit and quinoa salad, greens
Hibiscus Sorbet with butter cookies

– Appetizers –

Antipasto Platter
Chips and fresh Guacamole

– Dinner –

Avocado mosaic salad
Butterflied Jumbo Prawns, seared chorizo squares, fresh corn polenta, arugula, old bay
shallot rings, tomato jam
Cheesecake torchon, strawberry rhubarb glaze, candied cinnamon crispies

WEDNESDAY

– Breakfast –

Croissant breakfast sandwiches
Green Smoothies
Fruit, yogurt, toast, crispy bacon

– Lunch –

Pulled Chicken sliders with Papaya BBQ sauce, Fresh Buns, salad
White Chocolate Mac Nut cookies

– Appetizers –

Chorizo queso
Endive and fresh dip

– Dinner –

Buffalo Mozzarella Caprese
Potato-wrapped Beef Tenderloin
Crispy herb polenta round
Roasted Rainbow carrots, citrus, yogurt
Spiced Molten Chocolate cake with Mexican vanilla bean ice cream

THURSDAY

– Breakfast –

Passion Fruit Acai Bowls

Apple Cider Doughnuts

Fruit, yogurt, toast, sausage patties, pastries

– Lunch –

Corn and Zucchini Fritters, Blackened Snapper, pickled pineapple, tomato and greens

Assorted Sorbets and lace cookies

– Appetizers –

Poached Shrimp Cocktail, tomato jam

Bacon-wrapped Dates

– Dinner –

Thai salad with peanut sauce

Mussels in lemongrass broth

Black rice, stir-fry seasonal vegetables

Banana Crepe Cake, dulce de leche ice cream

FRIDAY

– Breakfast –

Avocado halves with baked eggs and everything spice

Blueberry Coffee Cake Muffins

Fruit, yogurt, toast, breakfast sausage

– Lunch –

Cheeseburgers with homemade Rolls

Potato Salad, Tomato, watermelon, feta salad, Chips

Key Lime Pie Popsicles

– Appetizers –

Conch Fritters

Seared Tuna, pickled ginger, dark soy

– Dinner –

Coconut Shrimp shredded slaw, orange guava sauce

Bahamian Grilled Lobster, Lime Beurre Blanc

Black Beans and Island Rice

Local greens salad

Pina Colada Cake, dried Pineapple chip, toasted coconut

SATURDAY

– Breakfast –

Soft Scrambled Eggs, Hashbrown Waffles, greens
Buttermilk Biscuits and homemade jam
Fruit, yogurt, toast, bacon, croissants

– Lunch –

Grilled chicken, Caesar salad, black garlic, Parmiggiano bowl
Coconut ice cream

– Appetizers –

Fried Conch Fritters
Seared scallops, bacon jam

– Dinner –

Summer Rolls with local vegetables
Nori-seared Mahi, key lime Beurre Blanc
Baby Vegetables
Blue Rice
Apple Mosaic tarts with salted caramel

SUNDAY

– Breakfast –

Egg Sandwiches with avocado and micro greens
Cinnamon Rolls with cream cheese frosting
Fruit, yogurt, toast, sausage

– Lunch –

Mediterranean Chicken Muffuletta Sandwiches
Antipasta salad, greens
Salted Chocolate Chip cookies

Notes:

-Menu items may vary, due to locally sourced and freshly-caught ingredients that we encounter along the trip!