

# SAMPLE MENU

Sample Menu from Tara's Galley aboard NANA:

I find it really hard to narrow down one 7 day menu, as every guest has different preferences and dietary needs, and I have to admit I also like to play with new ingredients and new menu ideas, so here is a small selection from my current menus.

I also make my own breads most days as well as Brownies, Cookies, Apple Turnovers and other snack-able treats to nibble on.

## Breakfasts:

All Breakfasts are served with juices, tea and coffee, yogurts, cereals, freshly cut fruits, freshly baked Muffins, toast & bagels and a selection of jams.

- \* Eggs Benedict made with prosciutto or Smoked salmon.
- \* Smoked Salmon platter with cheeses, capers and red onions
- \* Baby blueberry pancakes with Canadian maple syrup, bacon and sausages
- \* Traditional English breakfast
- \* French toast made with cinnamon bread

## Lunches:

- \* Goats cheese and roasted pepper filo baskets
- \* Insalata Caprese
- \* Caesar salad with shrimp and scallop skewers
- \* Crab and avocado tower
- \* Trio of seafood ( lobster samosa, crab and salmon roulade, shrimp salad)
- \* Sliders turkey, salmon with wasabi aioli, Portobello mushroom with a pesto aioli served on homemade slider buns.
- \* Anti-pasti platters
- \* Lamb kofters with hummus, Greek salad & pitta bread
- \* Shrimp, artichoke, feta and olive salad
- \* Pan seared black pudding scallops and salami
- \* BBQ Ribs served with potato salad and grilled corn on the cob

## Appetizers:

- \* Bruschetta served on homemade bread

- \* Baked Brie with rosemary focaccia
- \* Shrimp cocktail
- \* Shrimp wontons with sweet chili sauce
- \* Crab baskets
- \* Lobster samosas
- \* Hummus pitta
- \* Artichoke dip
- \* Stuffed mushrooms
- \* Tomato and goats cheese squares
- \* Filo parcels stuffed with feta, spinach, chick peas, paprika and nutmeg
- \* Beet root and goats cheese crostini's
- \* Caprese crustiness
- \* Tuna Tartar wrapped in Gem leaves
- \* Cheese scones served with a vintage cheddar and a port cranberry and pecan chutneys

Entrees:

- \* Canadian Duck Breast cooked in a citrus marinade finished in the oven with a honey and fresh figs
- \* Mahi wrapped in Prosciutto served with lemon basil couscous and a saffron sauce
- \* Rack of Lamb served over oven roasted Mediterranean veg and rosemary new potatoes
- \* Pan seared sea bass with a corn zebu one zest ice lemon and herb couscous
- \* Beef Wellington with Asparagus wrapped in prosciutto, sautéed potatoes and a red wine jus
- \* Oven roasted salmon nicoise
- \* Local BVI Pork served over garlic mash with a coarse grain mustard and wild mushroom sauce
- \* Beer braised shrimp with tortellini
- \* Moroccan Chicken
- \* Scallop and shrimp Thai green curry

Dessert:

- \* Strawberry Millefeuille
- \* Baileys Crème Brule
- \* Profiteroles with a rich chocolate fountain
- \* Classic Eaton Mess
- \* Rich Chocolate Truffle cake with Raspberry coulis
- \* Tiramisu
- \* Summer Pudding
- \* Chilled Strawberry soufflé