



Sample Menus aboard “Nanuk”

Chef Sally



Breakfast

Homemade yoghurt with homemade Granola
Fresh Fruit of the Caribbean
Fresh Homemade wholemeal & Pumpkin seed Toast
Homemade marmalades and jams
A large cafetiere of fresh coffee or a choice of teas

~~~~~

### **Lunch**

Pan-seared, line-caught Tuna with fresh aromatic salad and citrus couscous  
Zesty Mango, passion fruit salad

~~~~~

Dinner

(Skipper's Rum Punch Sundowner)
Toasted pitta bread with Homemade Guacamole dip
Creamy Caribbean Coconut Chicken served
With Wholemeal Rice and Fresh local Vegetables
Homemade Coconut Ice Cream
With organic Granada Chocolate Flakes
Cheese & Biscuits; Coffee & Teas

Breakfast

A choice of Omelettes

Fresh Fruit of the Caribbean

Toasted Fresh Homemade wholemeal & Sunflower seed Bread

Homemade marmalades and jams

A large cafetiere of coffee or a choice of teas

~~~~~

**Lunch**

Chicken Caesar Salad with warm bread rolls

Soursop ice with nutmeg sauce

~~~~~

Dinner

(Skipper's Rum Punch Sundowner)

Tomato, mozzarella and fresh

Basil Salad with Lemon Dressing

Spicy ginger & lime Barracuda with aromatic rice

With fresh local vegetables

Chocolate mousse with coconut flakes

Cheese & Biscuits; Coffee & Tea

