

## Sample Menus

Simone Seri, Chef, S/Y VIENNA

### Breakfast

**Strong Start:** Italian Frittata with onion and zucchini

**It's Worth the Wait:** Creamy Scrambled

**Ringos:** Round shaped Sunny Side Up

**Soldiers on Duty:** Soft Boiled Eggs

**Veggie Scramble:** Eggs or Tofu served with grilled vegetables

**Ricotta Toast:** Ricotta on toast loaded up with sweet or savory toppings

**Morning Magic:** Coffee, Banana and Yoghurt Smoothie. Top oats or chia seeds as desired.

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### Snacks

**Aperitivo:** Meats, Cheeses, Fresh Fruit and Chutneys and Honey.

**Island Fruit Platter:** A selection of Local, Seasonal Fruit.

**Afternoon Tea:** Fresh baked Cakes, Muffins, Granola Bars or Scones served with our Teas and Coffees.

**Top up:** Mango Green, Kiwi Kale or Blackberry Coconut Smoothie

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### Salad

**Twisted Greek:** Mixed leaves, Peaches, Onions, Cucumbers. Seasoned with Figs Vinegar.

**Baby Caribbean:** Mango, Baby Spinach and Toasted Hazelnuts, seasoned with Balsamic Grape Vinegar.

**Serena's way:** Fennels, Oranges and Black Olives.

**Green Muscles:** Chickpeas, Tomatoes and Cucumber.

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## **Mains**

**Med Love:** Couscous with Fish and Courgette, Eggplants and Peppers, finished with Mint and Lemon Juice.

**Little Fusion:** Tuna Tataki, marinated in Soy Sauce and Olive Oil. Served with Avocado and Lime Cream.

**Fruity India:** Fruit Chicken Curry with Basmati Rice and Sesame Seeds.

**Fancy Surf'n'Turf:** Vitel Tonne Cubes, Pan Seared and Garnished with Anchovies and Capers.

**Fresh Catch:** Locally caught Mahi – Mahi, Prepared, Seasoned and Blackened on your onboard barbecue.

**Sailing Sushi:** Shrimp Nigiri, Yellow Tail Sashimi and Classic Fish and Vegetarian rolls.

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## **Dessert**

Cappuccino Panna Cotta

Creme Caramel with Almond Brittle

Tiramisu as it is supposed to be

Cheesecake with Cold Fresh Fruit Coulis (cheese type matched to Chef's mood)