



# TASTE THE SEA MENU

## BREAKFAST

### **ALL ABOARD BAKERY** a selection of bread & pastries freshly baked on board

Cinnamon rolls, brioche buns and yacht-made sourdough bread  
Puffy Dutch baby pancakes served with fresh fruit

### **CAPTAIN'S CLASSICS** with the ultimate modern twist

Ultimate eggs benedict sous-vide style with crispy Parma ham and hollandaise sauce  
Eggs any style be it boiled, scrambled, fried, poached or omelette  
Melizana, an ancient Greek delicacy  
Cold cuts including hams, smoked fish and various regional cheese

### **HEALTHY CORNER** start the day right

Yacht-made granola  
Fresh fruit juices, smoothies and cocktails - get the health benefits from slow juicing  
Selection of fresh fruit

### **THIRST QUENCHERS** to stay well hydrated

Naturally flavoured infused water with fresh herbs, citrus, cucumber, spices, flower petals  
Selection of teas & coffees

### **CONDIMENTS** for an extra something

Yacht-made jams, fruit curds, marmalades, chutneys, confits

## LUNCH

### **SAILORS SOUPS AND SALADS** healthy & light

Summer Italian tomato and cucumber cold soup served with bread, freshly baked on board  
Cream of white vegetables served with croutons  
Normandy-Style French onion soup - recipe by Michel Roux Jr  
Saffron chicken salad with a scrumptious citrus edge  
Roasted sweet potato, fresh figs and goat's cheese salad - a divine Middle Eastern fusion  
Chestnut veloute with smoked duck - a real classic for a chilly day

### **BIG PLATES** hearty and delicious

Latkes - an Ashkenazi specialty  
Gravlax with Dijon Crème Fraîche Dressing and Pickled Cucumbers - a Nordic taste from the Middle Ages served with freshly baked toasts  
Potato gnocchi with pesto - a mouth-watering Italian classic  
Mediterranean seafood and feta casserole - made using the freshest ingredients  
Seafood risotto with grilled shrimp - perfectly paired with a selection of our white wines

## DINNER

### **SEAFOOD** sustainably sourced catch of the day

Fillet of dover sole with lobster sauce - seafood at its best  
Lobster with Nantua sauce - the finest of French cuisine  
Lobster Newberg - an American must  
Baby squid stuffed with mini-ratatouille and chorizo  
Grilled scallops served with a beurre blanc sauce

### **MEAT** well deserved after a hard day in the sun

Truffle-stuffed guinea fowl - a French classic  
Grilled & smoked steak with a madeira sauce  
Beef Wellington - a British favourite  
Saltimbocca alla Romana - a traditional Roman veal dish  
Asian-spiced duck breast served with black wild rice

### **VEGETARIAN** to keep a healthy, balanced diet

Ratatouille casserole - made from organic vegetables and fresh herbs  
Vegetarian lasagna with spinach, zucchini, ricotta and fresh pasta made on board  
Vegetarian bell peppers stuffed with black beans and gruyere  
Steamed or pan-fried dumplings filled with mushrooms, vegetables, groats, regional cheeses, fresh herbs, worldwide inspirations

## DESSERT

### **CRÊPES SUZETTE** originated in Café de Paris, Monte Carlo in 1895

### **DOUBLE CHOCOLATE TART**

### **GRAND MARNIER SOUFFLE**

### **CRÈME BRÛLÉE**

### **ITALIAN SEMIFREDDO**

### **LEMON TART**

### **JAPANESE COTTON SPONGE CAKE** with three sauces

### **MANGO** served with a lime syrup

### **ORANGE PIECES** in lemon-orange vinaigrette

### **POACHED PEARS** in white wine and cardamom

# BON APPETIT!

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