



PREPARED MEALS FOR BAREBOAT CHARTERS

BREAKFAST

Everything bagels, schmear.

Vegetable and bacon frittatas with sharp white cheddar.

Fresh sliced fruit.

LUNCH

Apple/dill chicken salad.

Semolina long loaves.

Marinated shrimp scallion salad.

Sesame rice salad with bok choy and watermelon radish.

Mixed grilled veggies.

Charcuterie board with house made bread sticks.

DINNER

Veal cacciatore with parmesan potato puree, sauteed spinach.

Almond crusted snapper/grouper with tuxedo orzo with
roasted cauliflower, lemon and herbs.

