



## CREWED YACHT SAMPLE 7-DAY MENU PLAN BRITISH VIRGIN ISLANDS

### **BREAKFAST**

*A fresh fruit platter, juice or fruit smoothie, coffee and tea  
are served with breakfast every day*

### **EGGS EN COCOTTE WITH MUSHROOMS AND BRIOCHE TOAST**

Topped with chorizo dust, served alongside roasted cherry tomatoes on  
a bed of creamy mushrooms

### **CINNAMON MASCARPONE PANCAKES**

Served with a medley of warm spiced apples and bananas sautéed with a rum  
infused syrup, and an assortment of fresh berries

### **EGGS CAPRESE, ITALIAN STYLE**

Lightly fried eggs are placed on slices of grilled garlic ciabatta, layered with  
crispy prosciutto and fresh creamy mozzarella, drizzled with pesto and freshly  
diced tomatoes

### **YOUR CHOICE OF CONTINENTAL BREAKFAST**

Serving of rum, raisin and coconut banana bread, blueberry scones with lemon  
glaze and an array of chocolate and fruit-filled croissants and/or muffins

### **CRISPY DILL LATKES**

Topped with thinly wrapped slices of smoked salmon around creamy scrambled  
eggs served with toasted bagels

### **EGGS BENEDICT**

A classic breakfast of poached eggs on slices of Canadian bacon, topped with a silky  
hollandaise sauce served on toasted English muffins

### **BAKED CARIBBEAN BANANA AND BLUEBERRY FRENCH TOAST**

Served with challah a bread and an egg custard blend of rum and cinnamon,  
topped with a drizzle of hazelnut and maple syrup



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### LUNCH

*This can be served family-style or individually plated*

#### **CARIBBEAN CHICKEN AND PINEAPPLE SALAD**

Served in pineapple halves; with a hint of curry in the dressing and includes tropical fruits such as mangoes and pineapple chunks

#### **GRILLED MEDITERRANEAN SHRIMP KEBABS**

Served with a Greek orzo salad and a variety of marinated vegetables and feta cheese and comes with warm baked rosemary infused focaccia bread

#### **CAESAR-GLAZED AND GRILLED FLOUNDER OR LOCAL FISH**

Served on a bed of arugula with homemade anchovy-based Caesar dressing, golden garlic toasted croutons, and a sprinkling of parmesan shavings

#### **GRILLED MOROCCAN MEAT OR FISH KOFTA KEBABS**

Served on a bed of fresh lemon and pomegranate couscous salad, with a yogurt mint based dressing and warm pita halves; the grilled koftas are coated with Dukkah, a Moroccan spiced sesame blend, which pairs well with the fresh minty yogurt dressing

#### **SKIRT STEAK**

Grilled tender and juicy, and dressed with a ginger and soy dressing  
Accompanied with a fresh avocado and green salad wrapped in a corn or flour tortilla

#### **FUSION LOBSTER OR SHRIMP ROLL**

With roasted corn chutney, sautéed plantains and cilantro chimichurri  
A take on a classic lobster roll with Caribbean, Asian and Latin overtones

#### **CRAB CAKE AND ASIAN SLAW**

A light lunch that appeals to all the senses, the Caribbean flavored crab cakes surround a mound of an Asian-inspired slaw that is a combination of finely julienned red and green cabbage, snow peas, mango and spring onions tossed with Asian vinaigrette and sprinkled with fresh herbs



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### **APPETIZERS**

*There is no better way to watch the stunning Caribbean sunsets, than with your own personal Happy Hour, featuring the special Captain's Cocktail of the day or your favorite aperitif and an array of delicious appetizers.*

### **ASSORTMENT OF COLD DIPS**

Served with an array of fresh crudité's including a curried chickpea mash, baba ganoush, an eggplant based dip with pistachio, and a beet dip. It pairs well with Captain Alan's Monkey La-La, a signature cocktail which is a passion fruit and rum based cocktail.

### **CORN CAKES TOPPED WITH AVOCADO AND TOMATO SALSA**

Served with a margarita cocktail to complement the Mexican flavors with a twist from the captain with a splash of Cabernet Sauvignon and agave nectar added to the classic ingredients

### **VOLCANO AHI POKE STACK (HAWAIIAN-STYLE TUNA)**

Served with assorted rice crackers. It calls for a Blue Hawaiian cocktail to compliment the turquoise and blues of the Caribbean waters.

### **TAPAS PLATTERS**

Includes mussel, bacon and mushroom kebabs, goat cheese stuffed piquant baby peppers, prosciutto-wrapped melon balls, and smoked fish pate arranged on endives; Goes with a refreshing mix of muddled grapes, mint, simple syrup, a splash of vodka and topped with prosecco

### **SAUTÉED PLANTAIN CHIPS**

Topped with a variety of toppings including guacamole and shrimp pate  
The Painkiller is an obvious local choice for one of the Caribbean's popular cocktails

### **STEAK AND BLUE CHEESE BRUSCHETTA**

Served with onion and roasted tomato jam; Try a Mai Tai with this decadent appetizer.

### **A CREAMY BAKED BRIE**

Served with mango chutney and toasted almonds surrounded by toasted crostini, this goes well with mint mojitos

### **CRISPY CRAB AND CREAM CHEESE WONTONS**

Complimented with a Japanese-inspired cocktail combining your choice of alcohol with mint infused hibiscus tea, blood orange juice, yuzu juice and pomegranate molasses

### **CARIBBEAN CONCH FRITTERS**

Served with a blend of cocktail and sweet chili pepper sauces and served with a soothing choclatini



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### DINNER

*The dining experience each night is further enhanced with a candle-lit table setting that is designed to create an atmosphere to compliment the evening's menu*

#### **BAKED LOCAL FISH**

With a West Indian spiced Crab Crust served with cardamom and saffron basmati rice, sautéed plantains and sugar snap peas

#### **GRILLED SUCCULENT PORK TENDERLOIN**

Served with a port and pomegranate demi glaze sauce, roasted goat cheese-stuffed plums, and prosciutto wrapped roasted green bean bundles, nestled against a mound of nutmeg sweet potato purée

#### **SEARED GRILLED TUNA**

Topped with mango papaya salsa and drizzled with balsamic glaze, served with crispy smashed roasted baby potatoes, grilled asparagus and anise carrots sautéed in Pernod

#### **SLICES OF LEMON AND PARMESAN**

#### **PANKO- CRUSTED CHICKEN BREAST**

Stuffed with roasted red pepper, mushroom and spinach, and served with gnocchi or fresh pasta and a medley of Mediterranean roasted vegetables, topped with shavings of Parmesan cheese

#### **TARRAGON AND GARLIC SEAFOOD POT**

With a puff pastry hat and side of linguini

#### **SURF 'N' TURF-TENDER FILLET MIGNON**

Grilled shrimp drizzled with a cognac sauce, served alongside a caramelized onion, potato gratin and a wedge of roasted pumpkin drizzled with a spinach and bean ragout and tomato and chili jam

#### **MACADAMIA AND COCONUT CRUSTED FISH**

With coconut beurre blanc, served with Jasmine rice topped with julienne of zucchini and summer squash



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**DESSERT**

**FLAMBÉED COCONUT CREME BRÛLÉE**

With grilled pineapple

**PAVLOVA, PASSION FRUIT AND BANANA**

Crushed with caramel

**MALVA PUDDING**

South African version of an English sticky toffee pudding with amarula sauce topped with caramelized hazelnut and spun sugar served on a bed of custard

**WHITE CHOCOLATE  
AND BERRY CHEESECAKE**

Served with a raspberry coulis

**PEAR TARTE TATIN**

With rum mascarpone or ice cream

**CARAMEL CHOCOLATE MOUSSE**

Topped with shards of toffee almond praline

**BAKED LIQUID-CENTERED CHOCOLATE LAVA DESSERT**

Served with a dusting of sugar powder

**\*\*\*\*After dinner liqueurs are available upon request**