



A SAMPLE MENU FOR A WEEKLY YACHT CHARTER

Daily Breakfast: Breakfast consists of fresh coffee, black tea, fresh orange juice, milk, bread, toast, butter, jam, honey, nutella, olives, tomatoes, cucumbers, an assortment of cheeses, sausage, salami, eggs, borek, cereals and pancakes...

Day-1 / Dinner: Mixed salad, roasted aubergine salad, mashed zucchini with garlic yoghurt, peas in a lemon, olive oil and garlic sauce, fried cheese rolls, baked fish with vegetables, chocolate pudding and fruits...

Day-2 / Lunch: Salads, bulgur rice, green beans with tomato sauce, cacik (tzatziki), fried chicken fingers, fruits...

Dinner: Mashed broad beans, broccoli with lemon and garlic sauce, potato salad, green salad, baked mushrooms, rice, grilled lamb and beef, ice cream, fruits...

Day-3 / Lunch: Greek salad with feta cheese, humous, fried mixed vegetables with tomato sauce, spaghetti bolognaise, fruits...

Dinner: Green salad, roasted carrots with yoghurt sauce, steamed vegetables with herbs, octopus salad, fried calamari, grilled fish, roasted tahini halva, fruits...

Day-4 / Lunch: Mixed salad, fried aubergine with yoghurt sauce, baked spinach pastry, dolma (rice stuffed green peppers), fruits...

Dinner: Cream of mushroom soup, yoghurt with spices, fried pastry with cheese or salami, rice with spice and vegetables, roasted leg of lamb, ice cream, fruits...

Day-5 / Lunch: Green salad, fried vegetables with yoghurt sauce, steamed couiflower and sprouts, french fries, meat balls, fruits...

Dinner: Fish soup, tomato salad, green pea salad with mayonnaise, steamed potatoes, shrimps in garlic sauce, fried fish, baklava (dessert), fruits...

Day-6 / Lunch: Salads, beet with garlic and olive oil, yoghurt with cucumber and spices, rice with tomato sauce, baked and mince stuffed aubergines, fruits...

Dinner: Mixed salad, small chopped tomato, pepper, onion with spices, purslane with yoghurt, steamed vegetables and potatoes, grilled beef steak, pudding, fruits...

Day-7 / Lunch: Tomato salad, celery with yoghurt and garlic, fried zucchini patties, fried rice, baked chicken with vegetables, fruits...

Dinner: Tuna salad, cheese filled pepper, boiled beans with onion, garlic and lemon, roasted cuttle fish, grilled fish skewers, sweet dessert, fruits...

Daily 5 o'clock: Afternoon tea and coffee is served with cookies, cakes, pastry or crepes...