



Toast and/or Cereal
Fruit Juice
Fresh Brewed Coffee
Selection of Teas



Ruben Sandwiches
 A toasted sandwich
 on rye bread with pastrami,
 Swiss cheese and sauerkraut
 Served with dill pickles



No Worries Curries
 Beef Vindaloo
 Tandoori Fish
 Vegetable Curry
 Cucumber and tomato raita



Lumberjack's Breakfast

Pancakes, eggs and bacon smothered in

Canadian maple syrup

Coffee

(no tea as lumberjacks don't drink tea)



Leftovers

Yes, leftovers! This is for when the chef is

Too seasick or hung over to cook lunch.

You find it in the fridge you can eat it!

Steak

Tender eye fillet cooked to your requirements
And served with a black pepper mushroom sauce.

Potatoes

Salad





French Toast

Served with Canadian maple syrup

Juice

Coffee or Tea

Noodles

Quick and yummy, instant noodles
with a twist.

You can have them in a soup, stir fried
or even cold

As a salad with meat or fish.



Chinese

Satay beef

Chicken in black bean sauce

Stirfried fish or cray in ginger and shallots

Rice



Grand Slam (The Lot)
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Steak Sandwiches

Prime beef flash fried and served
On toasted bread with fried onions and your
Choice of condiments

Seafood



Fish, Crayfish, squid, if you can get
It out of the water and into the galley
I will cook it for you.

Suggested styles include; steamed with
Ginger and shallots, stir fried with veg,
mornay and Pan fired in garlic butter.



Omelettes
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Warm Chicken Wraps
Warm roasted chicken on
Wheat flour flat bread with
Your choice of sauce and condiments



Ngow Lam with Rice Noodles
The perfect dish for a cool stormy day
Beef cooked for hours over a slow heat
In a curry tomato gravy with carrots and onions
Served on rice noodles this makes a satisfying meal



Buttermilk Pancakes
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Sausage Sizzle

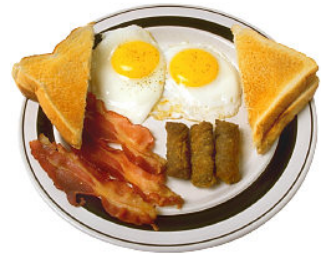
Following the KISS practice
we have snags, bread and sauce.

Macaroni and Cheese

Creamy cheddar cheese, slices of smoked ham
Sun dried tomatoes mixed with macaroni
and baked to give it a golden crust



Bacon & Eggs
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Wraps

You build yourself the wrap you desire.
A selection of fillings and condiments will
be provided, you do the rest.



Cajun Chicken Caesar Salad

Romaine lettuce, tangy Caesar dressing
Sliced Cajun Chicken, sprinkled with
Parmesan cheese and croutons.
A light yet satisfying meal.





Porridge
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Grilled Cheese Sandwiches

Aged cheddar cheese grilled to perfection. These sandwiches are available with tomato and/or ham



Viva Italia

Brochette

Penne with smoked salmon, capers, pine nuts
semi sun dried tomatoes and pesto
Tossed green salad



Homemade Griddle Scones
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Soup

Quick, hot & nutritious.
Check with the chef to
see what the soup
of the day is.

Marvellous Mexican
Nachos
Fajitas
Margaritas





Smoked Salmon Eggs Benedict

An English muffin with smoked salmon then a poached egg covered with a warmed hollandaise sauce and fresh cracked pepper

Fish or Crayfish Burgers

Fresh seafood, lightly grilled with cracked black pepper and a squeeze of lime juice. Served with homemade tartar sauce or wasbe mayonnaise.



Leg of Lamb al a Dorado

A butterflied leg of lamb is marinated in herbs and spices then seared on a very hot grill. Served with fresh vegetables it is a meal to be cherished.

