

SAMPLE MENUS FOR TRADEWINDS

LUNCH SUGGESTIONS

ZESTY QUINOA SALAD
GREEN SALAD WITH CRANBERRY VINAIGRETTE
SESAME CRUSTED TUNA WITH BASIL BUTTER SAUCE

DESSERT
WATERMELON AND GINGER SORBET

ISRAELI TOMATO AND CUCUMBER SALAD
ROQUEFORT PEAR SALAD
SHISH TAWOOK GRILLED CHICKEN

DESSERT
CHOCOLATE AND ESPRESSO MOUSSE

TOSSED GARDEN SALAD WITH HONEY MUSTARD VINAIGRETTE
ORANGE AND AVOCADO SALAD WITH ALMOND
COCONUT CRUSTED MAHI MAHI WITH MANGO SALSA

DESSERT
LEMON PIE

DINNER MENUS

MINTED SWEET PEA AND SPINACH SOUP
MARINATED GRILLED STEAK WITH CREAMY POTATO AU GRATIN
PARMESAN ROASTED BRUSSEL SPROUT AND COGNAC SAUCE

DESSERT
GINGER CREME BRULEE

GARDEN TOMATO SOUP
LOBSTER THERMIDOR WITH BUTTERED VEGETABLES AND PARSLEY RICE

DESSERT
PASSIONFRUIT SOUFFLE

TUNA CAPPACCIO
SUFFED CHICKEN BREAST WITH GARLIC BUTTER POTATOES AND SAUTE MUSHROOM AND
BEURRE BLANC

DESSERT
PEACH CAKE WITH VANILLA ICE CREAM