

Ushuaia

Argentina

Thursday, 18th February 2016

DINNER

STARTERS

SMOKED DUCK BREAST*♥

TOASTED WALNUTS, ORANGE SHERRY VINAIGRETTE

CRÈME OF POTATO AND LEEK ▲

ONIONS & HERBS, FINISHED WITH SAMBUCA

CHICKEN SWEET CORN SOUP ♥

HINT OF CHILI & SHERRY FLAVOUR, TOMATO, SWEET BELL PEPPERS

SELECTED GARDEN GREENS ♥

CHOICE OF DRESSINGS

MAIN COURSE

CHICKEN ROLLANTINI WITH PARMA HAM & CHEESE*

SHERRY DIJON CREAM SAUCE, ROSEMARY GARLIC POTATO

LEMON CRUSTED PERCH FILLET♥

HERB COUSCOUS, YOGURT TARTARE SAUCE

FUSILLI WITH SAUSAGE

CHILI, TOMATO SAUCE, SWEET PEPPERS & PARMESAN CHEESE

ROASTED VEGETABLE STRUDEL ▲

ZUCCHINI, EGGPLANT, BEANS & BELL PEPPER BAKED IN A FLAKY CRUST
CHUNKY MARINARA SAUCE

SWEET TEMPTATIONS

RED VELVET MASCARPONE CAKE ▲

LEMON CHEESECAKE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: SANTA JULIA, CHARDONNAY, RESERVA- ARGENTINA -(2012) \$35.00

RED WINE: KENDALL JACKSON, CABERNET SAUVIGNON - CALIFORNIA (2012) \$40.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.



AT SEA

DINNER

Friday, 19th February 2016

STARTERS

PASTA SALAMI SALAD
LEMON GARLIC HERB DRESSING

CRÈME OF KIDNEY BEAN ▲
COCONUT MILK

BEEF CONSOMME ♥
BRUNOISE VEGETABLE, MUSHROOM

SELECTED GARDEN GREENS ♥
CHOICE OF DRESSINGS



MAIN COURSE

INDONESIAN SATAY
INDONESIAN STYLE MIX GRILLED BEEF, CHICKEN, PORK,
SERVED WITH FRIED RICE AND SPICY PEANUT SAUCE

PAN FRIED HADDOCK FILLET ♥
CAPER & LEMON BUTTER, PARSLEY POTATO

SPAGHETTI AGLIO E OLIO
TOSSED WITH VIRGIN OLIVE OIL, GARLIC & CHILI FLAKES

PRASOPITA & LEEK PIE
CHEESE SAUCE, MESCLUN SALAD MIX

SWEET TEMPTATIONS

CHOCOCHIP MOUSSE CAKE ▲

CREAM CHEESE STRUDEL WITH VANILLA SAUCE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: **POUILLY FUME, MICHEL REDDE - FRANCE (2010) \$47.00**

RED WINE: **TRAPICHE, PINOT NOIR- ARGENTINA (2012) \$75.00**

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

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ANTARCTICA

Barrientos Island

DINNER

Saturday, 20th February 2016

STARTERS

CEASAR SALAD

ROMAINE LETTUCE, HOMEMADE CEASAR DRESSING,
CROUTONS AND SHAVED PARMESAN CHEESE

CRÈME OF CARROT

WITH GINGER

FRENCH ONION SOUP ♥ ▲

SWISS CHEESE CROUTE

SELECTED GARDEN GREENS ♥

CHOICE OF DRESSINGS



MAIN COURSE

ROAST PRIME RIB OF BEEF*

GARLIC & BLACK PEPPER SEASONED, NATURAL JUS, TWICE BAKED POTATO

FRESH SCOTTISH SALMON*♥

BARBEQUE SAUCE, AVOCADO, TOMATO & BLACK BEAN SALSA, CRISP TORTILLA

VEGETABLE LASAGNA

MIXED VEGETABLES IN LAYERS WITH PASTA, CHEESE,
CREAM SAUCE AND TOMATO SAUCE

STUFFED CABBAGE ROLL ▲

MIXED VEGETABLES & RICE, BRAISED IN TOMATO SAUCE
SERVED WITH PARSLEY POTATO

SWEET TEMPTATIONS

CRÈME BRULEE ▲

MOCHA FUDGE CAKE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: STA. MARGHERITA, PINOT GRIGIO - ITALY (2010) \$39.00

RED WINE: HESS, CABERNET SAUVIGNON - CALIFORNIA (2012) \$45.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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ANTARCTICA

Enterprice Island / Cuverville Island / Base Brown

Sunday, 21st February 2016

DINNER BARBEQUE

AMERICAN POTATO SALAD ▲

COLESLAW SALAD ▲

SELECTED GARDEN GREENS ♥
CHOICE OF DRESSINGS

ASSORTED COLD CUTS* & CHEESES



FROM THE GRILL

BBQ PORK RIB

ROAST CHICKENWINGS ASIAN STYLE*

HAMBURGERS*

HOT DOG

BRATWURST

CALAMARI SKEWER

VEGETARIAN BBQ BAKED BEANS ▲ ♥

VEGGIE BURGERS ▲

VEGETABLE BROCHETTE

CORN ON COB ▲ ♥

FRIED RICE ▲

ROSEMARY POTATO WEDGES ▲

HERB GARLIC BREAD ▲

DESSERTS

CHOCOLATE PROFITROLES

ASSORTED MOUSSES

RUM & RAISIN BREAD PUDDING, RUM SAUCE

ICE CREAM BAR

STRAWBERRY, CHOCOLATE, CARAMEL TOPPING

ROASTED NUTS, COCONUT FLAKES, COOKIES

♥ HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

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ANTARCTICA

Port Lockroy / Useful Island

DINNER

Monday, 22nd February 2016

STARTERS

CRUMB FRIED SWISS CHEESE ▲

WITH TARTARE SAUCE

CRÈME OF TOMATO

ENRICHED WITH CREAM & FRESH HERBS

SWEET & SOUR SOUP ♥

JULIENNE VEGETABLES, MUSHROOMS, AND SESAME FLAVOR

SELECTED GARDEN GREENS ♥

CHOICE OF DRESSINGS



MAIN COURSE

ROAST DUCK BREAST A L'ORANGE *

BRAISED RED CABBAGE, CROQUETTE POTATOES

PAN FRIED RAINBOW TROUT ♥

CAPER & LEMON BUTTER, PARSLEY POTATO

LINGUINE PUTTANESCA

CAPERS, ANCHOVIES, FRESH HERBS, TOMATO SAUCE

VEGETARIAN QUESADILA ▲

VEGETABLE, BEAN & AVOCADO, CHEESE
SERVED WITH TOMATO SALSA, GUACAMOLE AND SOUR CREAM

SWEET TEMPTATIONS

HAZELNUT MOUSSE WITH NOUGATINE ▲

CHOCOLATE ALMOND CAKE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: **POUILLY FUME, MICHEL REDDE- FRANCE (2010) \$47.00**

RED WINE: **J.P. Chenet, Pinot Noir - FRANCE (2013) \$30.00**

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

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ANTARCTICA

Cierva Cove / Hydrurga Rocks

DINNER

Tuesday, 23rd February 2016

STARTERS

PROSCIUTTO MELON *

ITALIAN DRIED HAM WITH HONEYDEW MELON AND GRISSINI

PUMPKIN SOUP ▲♥

FINISHED WITH CREAM FRAICHE

OXTAIL BROTH

AGED SHERRY, BARLEY & VEGETABLES

SELECTED GARDEN GREENS ♥▲

CHOICE OF DRESSINGS



MAIN COURSE

PAN SEARED VEAL LIVER"BERLIN "*

NATURAL GRAVY, GRILLED APPLES RING, FRIED ONIONS AND MASHED POTATO

GRILLED TUNA STEAK ♥

WITH FRIED RICE AND SOY GINGER GLAZE

PENNE WITH TOMATO & CHILI

PANCETTA HAM, GARLIC, PEPPERS, TOMATO CHILI SAUCE

THAI VEGETABLE CURRY ▲

WITH COCONUT MILK AND JASMINE RICE

SWEET TEMPTATIONS

GERMAN CHOCOLATE CAKE ▲

CHERRY JUBILEE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: VINA SOL, TORRES - SPAIN (2013) \$37.00

RED WINE: KENDALL JACKSON, CABERNET SAUVIGNON - CALIFORNIA (2012) \$40.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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ANTARCTICA

Gourdin Island / O'higgins Station

DINNER

Wednesday, 24th February 2016

STARTERS

TOMATO BRUCHETA ▲
ON CROUSTINI

CREAM OF ASPARAGUS SOUP
CROUTONS, WHIPPED CREAM

MOROCCAN LENTIL SOUP ♥ ▲
CUMIN & ARABIC SPICE FLAVOURED, STEAMED LENTIL, VEGETABLES

SELECTED GARDEN GREENS ♥ ▲
CHOICE OF DRESSINGS



MAIN COURSE

MARINATED ROAST FLANK STEAK
GREEN PEPPER SAUCE, COUNTRY POTATO WEDGES

STEAMED SCALLOPS THAI STYLE*
IN WHITE CURRY SAUCE, VEGETABLES, JASMINE RICE

SPAGHETTI GENOVESE PESTO ▲
BASIL PESTO, SUNDRIED TOMATO JULIENNE, PARMESAN CHEESE

VEGETABLE TORTE ▲ ♥
ROASTED SWEET POTATOES, BELL PEPPERS, CARROTS, EGGPLANT,
ZUCCHINI IN LAYERS WITH MOZZARELLA, SWISS AND CHEDDAR CHEESE
OVEN BAKED

SWEET TEMPTATIONS

BAKLA'VA ▲

DARK BELGIAN CHOCOLATE MOUSSE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: **TERRAZAS, CHARDONNAY - ARGENTINA (2013) \$39.00**
RED WINE: **SIMOSIG, CABERNET/ SHIRAZ - SOUTH AFRICA (2013) \$30.00**
HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥ HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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ANTARCTICA

Elephant Island

DINNER

Thursday, 25th February 2016

STARTERS

BEEF EMPANADAS

TOMATO SALSA, GARLIC PARSLEY OIL

CREME OF CAULIFLOWER SOUP ▲

PARMESAN CROUTONS

CHICKEN CONSOMME ▲

JULIENNE VEGETABLES, CHICKEN DUMPLINGS WITH PISTACHIO

SELECTED GARDEN GREENS ♥ ▲

CHOICE OF DRESSINGS



MAIN COURSE

ROAST LEG OF LAMB*

BOULANGERE POTATOES, ROSEMARY GRAVY

GRILLED FILLET OF HADDOCK

WITH SAUTÉED CHERRY TOMATOES AND MUSHROOMS
GRILLED POLENTA

RIGATONI RUSTICA

SAUSAGES, TOMATO SAUCE, THREE CHEESES

POTATO ROESTI ▲ ♥

WITH CARAMELIZED CINNAMON APPLES

SWEET TEMPTATIONS

KAHLUA CHEESECAKE ▲

BAKED APPLE WITH MAPLE SYRUP ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: SANCERRE, MICHEL REDDE - FRANCE (2013) \$60.00

RED WINE: NEBBIOLO, d' alba - ITALY (2010) \$50.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥ HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

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AT SEA

DINNER

Friday, 26th February 2016

STARTERS

APPLE & ROQUEFORT SALAD ▲
WITH GRAPES & NUTS, CRANBERRY VINAIGRETTE

ROAST BUTTERNUT SQUASH SOUP ▲
APPLE CIDER VINEGAR, CINNAMON

LEMONGRASS INFUSED CHICKEN SOUP ♥
NOODLES, DICED CHICKEN, VEGETABLES

SELECTED GARDEN GREENS ♥ ▲
CHOICE OF DRESSINGS

MAIN COURSE

ROAST CORNISH GAME HEN *
BING CHERRY SAUCE, WILD RICE

BAKED CHILEAN SEA BASS
SAUCE MOUSSELINE, MASHED POTATO

PAD THAI NOODLES ▲
VEGETABLES, SWEET CHILI

WILD MUSHROOM RISOTTO ▲

SWEET TEMPTATIONS

ORANGE PANNACOTTA ▲

TARTE TATIN, VANILLA ICE CREAM ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER



WINE RECOMMENDATION

WHITE WINE: TERRAZAS, CHARDONNAY - ARGENTINA (2013) \$39.00

RED WINE: - CHATEAU DE HAUX - FRANCE (2013) \$30.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥ HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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AT SEA

DINNER

Saturday, 27th February 2016

STARTERS

GREEN PEPPERCORN PATE ▲

CROSTINI AND CUMBERLAND SAUCE

ROASTED TOMATO SOUP ▲

FRESH CREAM

TOM YUM KUNG ♥

THAI STYLE SHRIMP SOUP WITH MUSHROOMS, TOMATOES

LEMONGRASS AND COCONUT MILK

SELECTED GARDEN GREENS ♥ ▲

CHOICE OF DRESSINGS



MAIN COURSE

MEXICAN BEEF QUESADILLA

REFRIED BEANS, MONTEREY JACK CHEESE, GUACAMOLE, SOUR CREAM, SALSA

GRILLED GROUPER FILLET

COVERED WITH SUNDRIED TOMATO SAUCE, STEAMED RICE

SINGAPORE NOODLES

WITH VEGETABLES AND CHICKEN STRIPES

ARTICHOKE AND MUSHROOM BOURGILE ▲

SERVED IN A PUFF PASTRY SHELL

SWEET TEMPTATIONS

CHOCOLATE TRES LECHE ▲

VANILLA PECAN NAPOLEAN ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: **STONE BARN, CHARDONNAY - CALIFORNIA (2012) \$35.00**

RED WINE: **NEBBIOLO, d' ALBA- ITALY (2010) \$50.00**

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥ HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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SOUTH GEORGIA

Cooper Bay / Gold Harbour / Saint Andrews Bay

DINNER

Sunday, 28th February 2016

STARTERS

RUSSIAN EGG WITH CAVIAR

ON VEGETABLES SALAD, MAYONNAISE

CHICKEN CONSOMME

CHOPPED PARSLEY AND CHICKEN CUBES

LAMB & BARLEY SOUP

WITH DICED VEGETABLES AND HERBS

SELECTED GARDEN GREENS ♥ ▲

CHOICE OF DRESSINGS



MAIN COURSE

OSSO BUCO GREMOLATA

BRAISED VEAL SHANK IN BROWN TOMATO GRAVY WITH FRESH HERBS,
FETTUCCHINE PASTA

PARMESAN CRUSTED FILLET OF SALMON TROUT ♥

LEMON CAPERS BUTTER SAUCE AND TOMATO RISOTTO

FETTUCINE RUSTICA

PANCETTA, GARLIC, ONIONS, MUSHROOMS AND TOMATO

TANGINE OF VEGETABLE STEW ▲

MOROCCAN SPICES VEGETABLES WITH RICE

SWEET TEMPTATIONS

BAILEYS WHITE CHOCOLATE MOUSSE ▲

SACHER TORTE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: VINA SOL, TORRES - SPAIN (2013) \$37.00

RED WINE: KENDALL JACKSON, CABERNET SAUVIGNON - CALIFORNIA (2012) \$40.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥ HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

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SOUTH GEORGIA

Grytviken / Fortuna Bay

DINNER

Monday, 29th February 2016

STARTERS

CEASAR SALAD WITH BLACKENED SHRIMP ▲

CRÈME OF FENNEL ▲

FINISHED WITH SAMBUCA

BEEF CONSOMME CELESTINE ♥

PANCAKE STRIPES

SELECTED GARDEN GREENS ♥▲

CHOICE OF DRESSINGS



MAIN COURSE

KUNG PAO CHICKEN

STIR FRY VEGETABLES IN OYSTER GINGER SAUCE AND STEAMED RICE

VICTORIA PERCH FILLET ♥

COVERED WITH SAUCE MORNAY, OVEN BAKED AND PARSLEY POTATOES

FUSILLI WITH SUNDRIED TOMATO PESTO ▲

PARMESAN CHEESE, ROASTED PINE NUTS

STUFFED CREPES ▲

WITH SPINACH, RICOTTA AND COVERED WITH CHEESE SAUCE

SWEET TEMPTATIONS

CINNAMON APPLE PIE A LA MODE ▲

MIXED BERRY CRUMBLE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: ST. FRANCIS CHARDONNAY, CALIFORNIA (2012) \$37.00

RED WINE: CHIANTI CLASSICO, RESERVA - ITALY (2012) \$38.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

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SOUTH GEORGIA

Prion Island

DINNER

Tuesday, 1st March 2016

STARTERS

SUNDRIED TOMATO & ONION QUICHE ▲

CREAMY LEEK SAUCE

CREME OF GARLIC SOUP

CROUTONS

CHICKEN BROTH ♥ ▲

WITH PASTA

SELECTED GARDEN GREENS ♥ ▲

CHOICE OF DRESSINGS



MAIN COURSE

ROAST STRIPLOIN OF BEEF *

SLOWLY COOKED BEEF STRIPLOIN WITH NATURAL GRAVY AND SERVED WITH BAKED POTATO

STEAMED COD "ASIAN STYLE"

WITH SOY GINGER AND STEAMED RICE

SPAGHETTI CARBONARA

BACON, CREAM SAUCE, PARMESAN CHEESE

STUFFED BAKED POTATO ▲ ♥

WITH BEANS, SCALLIONS, PEPPERS, SOUR CREAM AND TOMATO SAUCE

SWEET TEMPTATIONS

BLUEBERRY PINWHEEL ▲

PINEAPPLE MILLIONAIRE PIE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: STA. MARGHERITA, PINOT GRIGIO - ITALY (2010) \$39.00

RED WINE: HESS CABERNET SAUVIGNON - CALIFORNIA (2012) \$45.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥ HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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AT SEA

DINNER

Wednesday, 2nd March 2016

STARTERS

SALAD CAPRESE ▲

WITH TOMATO, MOZZARELLA, PESTO & BALSAMIC

FISH CHOWDER

CHOPPED PARSLEY

VEGETABLE CONSOMME ♥

WITH RICE, DICED VEGETABLES

SELECTED GARDEN GREENS ♥▲

CHOICE OF DRESSINGS



MAIN COURSE

GRILLED LAMB CHOPS

WITH GARLIC HERBS BUTTER, GREEK STYLE ROSEMARY POTATO

ROCKFISH FILLET

CITRUS BEURRE BLANC SAUCE, PILAF RICE

CHEESE RAVIOLI ▲

MARINARA SAUCE

GRILLED TOFU STEAK ▲

SESAME SEED COVERED TOFU STEAK ON STIR FRY VEGETABLES

SWEET TEMPTATIONS

WARM CHOCOLATE FONDANT ▲

APRICOT CAKE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: TERRASAZ, CHARDONNAY - ARGENTINA (2013) \$39.00

RED WINE: NEBBIOLO D' ALBA - ITALY (2010) \$50.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

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AT SEA

DINNER

Thursday, 3rd March 2016

STARTERS

GOAT CHEESE SOUFFLE ▲

WITH ROSEMARY HONEY REDUCTION

CREAM OF SPINACH ▲

WHIPPED CREAM

BEEF CONSOMME ♥

LIVER DUMPLING

SELECTED GARDEN GREENS ♥▲

CHOICE OF DRESSINGS



MAIN COURSE

PINK ROAST BARBARIE DUCK BREAST

GREEN PEPPER CORN SAUCE, DUCHESSE POTATO

PATAGONIAN TOOTHFISH FILLET

OVEN BAKED, SERVED WITH CHIMICHURRI SAUCE AND BUTTERED RICE

SPAGHETTI WITH MIXED SEAFOOD

HERB & GARLIC CREAM SAUCE

VEGETABLE TEMPURA ▲♥

SERVED WITH RICE AND SOY WASABI SAUCE

SWEET TEMPTATIONS

FLOURLESS CHOCOLATE SWISS ROLL ▲

DULCE DE LECHE TORTE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

ST. FRANCIS, CHARDONNAY - CALIFORNIA (2010) \$37.00

RED WINE: YALUMBA, CABERNET SAUVIGNON- AUSTRALIA (2010) \$38.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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FALKLANDS

Stanley

DINNER

Friday, 4th March 2016

STARTERS

CITRUS AND MELON COCKTAIL

MIDORI FLAVOR

ROASTED ASPARAGUS SOUP

FINISHED WITH CREAM

FISH CONSOMME WITH TOMATO CONCASSE

FISH DUMPLING, FLAVORED WITH SAFFRON AND PERNOD

SELECTED GARDEN GREENS ♥ ▲

CHOICE OF DRESSINGS



MAIN COURSE

VEAL PARMIGIANA

BREADED VEAL CUTLET, TOPPED WITH MARINARA SAUCE
AND MOZZARELLA ON PEAS RISOTTO

STUFFED SOLE FILLET

STEAMED LEMON SOLE, STUFFED WITH SEAFOOD AND FISH MOUSSE,
PARISIENNE POTATO, RED BEET SAUCE

PASTA BOLOGNAISE

GROUND BEEF, TOMATO SAUCE, HERBS, PARMESAN CHEESE

POTATO ROESTI ▲ ♥

WITH SPINACH, GOAT CHEESE, AND TOMATO CONCASSE

SWEET TEMPTATIONS

PEACH MELBA ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: **POUILLY FUME, MICHEL REDDE- FRANCE (2010) \$47.00**

RED WINE: **CHATEAUNEUF DU PAPE - FRANCE (2012) \$62.00**

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥ HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

FALKLANDS

West Point

DINNER

Saturday, 5th March 2016

STARTERS

STEAMED CHINESE DUMPLING

GARLIC SOY SAUCE

ROASTED CORN & CHEDDAR SOUP ▲

TENDER SWEET CORN KERNELS

BEEF CONSOMME ROYALE ♥

SHERRY FLAVORED

SELECTED GARDEN GREENS ♥

CHOICE OF DRESSINGS



MAIN COURSE

NEW YORK STRIPLOIN STEAK *

SERVED WITH BLACK PEPPER SAUCE AND ANNA POTATOES

SEAFOOD EXTRAVAGANZA*

SCALLOPS, SHRIMPS, CALAMARI, MUSSELS, SHERRY CREAM, VOL AU VENT

PASTA MANICOTTI ▲

SPINACH AND CHEESE STUFFED IN MANICOTTI PASTA
COOKED WITH TOMATO SAUCE

EGGPLANT CORDON BLEU ▲

BREADED, LAYERED WITH MOZZARELLA CHEESE, TOMATO SAUCE

SWEET TEMPTATIONS

CHOCOLATE HAZELNUT CAKE ▲

CHERRY CLAFOUTIS ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: VINA SOL, TORRES- SPAIN (2013) \$37.00

RED WINE: CHIANTI CLASSISCO, RESERVA - ITALY (2012) \$38.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

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AT SEA

DINNER

Sunday, 6th March 2016

STARTERS

WHITE BEAN & AHI TUNA SALAD ▲

ONIONS, PEPPERS, ARTICHOKEs, HERBS DRESSING

CLAM CHOWDER ▲

POTATO AND CELERY

CHICKEN CLEAR SOUP ♥

ASPARAGUS & GREEN PEAS

SELECTED GARDEN GREENS ♥▲

CHOICE OF DRESSINGS



MAIN COURSE

ROAST CHICKEN BREAST SUPREME

WITH TARRAGON SAUCE, PANCETTA ROASTED POTATO

MACADEMIA NUT CRUSTED PANGASIUS

PINEAPPLE TOMATO BLACK BEAN SALSA, BUTTERED RICE

TORTELLINI ▲ ♥

CREAM SAUCE, PARMESAN CHEESE

THAI RED VEGETABLE CURRY ▲

JASMINE RICE

SWEET TEMPTATIONS

DATE CREME BRULEE ▲

STRAWBERRY ROULADE ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: **TERRAZAS, CHARDONNAY - ARGENTINA (2013) \$39.00**

RED WINE: **NEBBIOLO, d' alba - ITALY (2010) \$50.00**

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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AT SEA

DINNER

Monday, 7th March 2016

STARTERS

HEART OF PALM SALAD
WITH CHICKEN STRIPES

CREAM OF BUTTERNUT SQUASH ♥
WITH HONEY ALMOND BRITTLE

CLEAR VEGETABLE SOUP ♥
MIXED VEGETABLES

SELECTED GARDEN GREENS ♥
CHOICE OF DRESSINGS



MAIN COURSE

ROAST RACK OF NEW ZEALAND LAMB*
ROSEMARY SAUCE, GRATIN POTATOES

POACHED SALMON
SERVED WITH MALTAISE SAUCE AND SAFFRON RICE

SPAGHETTI MARINARA ▲
PARMESAN CHEESE

VEGETABLE BURRITO ▲
SALSA PICANTE, SOUR CREAM AND GUACAMOLE

SWEET TEMPTATIONS

KAHLUA CHOCO PROFITEROLES ▲

CREAM CARAMEL FLAN ▲

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE: **STONE BARN, CHARDONNAY - CALIFORNIA (2012) \$35.00**

RED WINE: **KENDALL JACKSON - CALIFORNIA (2012) \$39.00**

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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AT SEA

Tuesday, 8th March 2016

DINNER BARBEQUE

NEW YORK STYLE POTATO SALAD ▲

COLESLAW SALAD ▲

SELECTED GARDEN GREENS ♥

CHOICE OF DRESSINGS

ASSORTED COLD CUTS* & CHEESES



CARVING STATION

ROASTING SUCKLING PIG

FROM THE GRILL

BBQ CHICKEN DRUM STICK

HAMBURGERS*

HOT DOG & CHORIZO

TUNA SKEWER

VEGETARIAN BBQ BAKED BEANS ▲ ♥

GRILLED TOMATO

CORN ON COB ▲ ♥

EGG FRIED RICE ▲

YO-YO POTATO ▲

VEGGIE BURGER

HERB GARLIC BREAD ▲

DESSERTS

BERRY COBBLER

FUDGE BROWNIE

ICE CREAM BAR

STRAWBERRY, CHOCOLATE, CARAMEL TOPPING

ROASTED NUTS, COCONUT FLAKES, COOKIES

♥ HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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AT SEA

DINNER

Wednesday, 9th March 2016

STARTERS

ITALIAN ANTI PASTI

PROSCIUTTO, SALAMI, MARINATED VEGETABLES, GRISSINI

CRAB BISQUE ▲

COGNAC FLAVOR AND CRÈME FRAICHE

TOMATO CONSOMME ♥▲

WITH GIN AND VEGETABLES JULIENNE

SELECTED GARDEN GREENS ♥▲

CHOICE OF DRESSINGS



MAIN COURSE

ROAST PEPPER CRUSTED TENDERLOIN OF BEEF*

PORT WINE SAUCE, CARAMELIZED ONIONS, HORSERADISH POTATO BRANDADE,

SCAMPI DEL RAY ♥

GRILLED TIGER PRAWN SERVED WITH DEL RAY SAUCE, CITRUS RICE

LINGUINE ALFREDO ▲

AL DENTE LINGUINE IN CREAM SAUCE WITH CHICKEN STRIPES

INDONESIAN NASI GORENG ▲

TRADITIONAL FRIED RICE WITH VEGETABLES, SWEET SOY SAUCE AND EGGS

SWEET TEMPTATIONS

BAKED ALASKA ▲

WITH CHERRY COMPOTE

ICE CREAM OF THE DAY

SUGAR FREE DESSERT OF THE DAY

ARTISANAL CHEESE PLATTER

WINE RECOMMENDATION

WHITE WINE; CHABLIS, DOMAINE LAROCHE - FRANCE (2007) \$60.00

RED WINE: NEBBIOLO D' ALBA - ITALY (2010) \$50.00

HOUSE RED AND WHITE WINE BY THE GLASS - \$5.75

♥HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT

▲ VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS

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