<u>Ushuaia</u>

Argentina

Thursday, 18th February 2016

DINNER

STARTERS

SMOKED DUCK BREAST* TOASTED WALNUTS, ORANGE SHERRY VINAIGRETTE

CRÈME OF POTATO AND LEEK A 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•

HERBCOUSCOUS, 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



AT SEA

DINNER

STARTERS

PASTA SALAMI SALAD LEMON GARLIC HERB DRESSING

CRÈME OF KIDNEY BEAN A 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 A CREAM CHEESE STRUDEL WITH VANILLA SAUCE A 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
 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.

Friday, 19th February 2016



<u>ANTARCTICA</u>

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 • A 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 A

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



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 A 🛡

VEGGIE BURGERS

VEGETABLE BROCHETTE

CORN ON COB▲♥

FRIED RICE

ROSEMARY POTATO WEDGES **A**

HERB GARLIC BREAD

DESSERTS

CHOCOLATE PROFITROLES

ASSORTED MOUSSES

RUM & RAISIN BREAD PUDDING, RUM SAUCE

ICE CREAM BAR





Port Lockroy / Useful Island

DINNER

Monday, 22nd February 2016

STARTERS

CRUMB FRIED SWISS CHEESE A 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 A CHOCOLATE ALMOND CAKE A 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
 Vegetarian options may contain eggs, nuts or dairy products



Cierva Cove / Hydrurga Rocks

DINNER

Tuesday, 23rd February 2016

STARTERS

PROSCIUTTO MELON * ITALIAN DRIED HAM WITH HONEYDEW MELON AND GRISSINI

PUMPKIN SOUP

OXTAIL BROTH Aged Sherry, Barley & Vegetables

SELECTED GARDEN GREENS • A 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

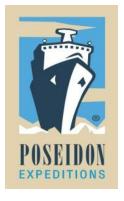
SUGAR FREE DESSERT OF THE DAY

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



Gourdin Island / O'higgins Station

DINNER

Wednesday, 24th February 2016

STARTERS

TOMATO BRUCHETA A ON CROUSTINI

CREAM OF ASPARAGUS SOUP CROUTONS, WHIPPED CREAM

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

SELECTED GARDEN GREENS VA 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 A 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

OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

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



Elephant Island

DINNER

Thursday, 25th February 2016

STARTERS

BEEF EMPANADAS Tomato salsa, Garlic Parsley Oil

CREME OF CAULIFLOWER SOUP A Parmesan Croutons

CHICKEN CONSOMME A 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 A

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
 VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS





DINNER

Friday, 26th February 2016

STARTERS

APPLE & ROQUEFORT SALAD WITH GRAPES & NUTS, CRANBERRY VINAIGRETTE

ROAST BUTTERNUT SQUASH SOUP A APPLE CIDER VINEGAR, CINNAMON

LEMONGRASS INFUSED CHICKEN SOUP Noodles, Diced Chicken, Vegetables

SELECTED GARDEN GREENS
A
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 A VEGETABLES, SWEET CHILI

WILD MUSHROOM RISOTTO 🔺

SWEET TEMPTATIONS

ORANGE PANNACOTTA A TARTE TATIN, VANILLA ICE CREAM A 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



DINNER

Saturday, 27th February 2016

STARTERS

GREEN PEPPERCORN PATE CROSTINI AND CUMBERLAND SAUCE

ROASTED TOMATO SOUP A FRESH CREAM

TOM YUM KUNG♥ Thai Style Shrimp soup with Mushrooms, Tomatoes

LEMONGRASS AND COCONUT MILK

SELECTED GARDEN GREENS • A 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 A

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



<u>SOUTH GEORGIA</u>

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
A
CHOICE OF DRESSINGS

MAIN COURSE

OSSO BUCO GREMOLATA BRAISED VEAL SHANK IN BROWN TOMATO GRAVY WITH FRESH HERBS, FETTUCCINE 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 A MOROCCAN SPICES VEGETABLES WITH RICE

SWEET TEMPTATIONS

BAILEYS WHITE CHOCOLATE MOUSSE

SACHER TORTE 🔺

ICE CREAM OF THE DAY

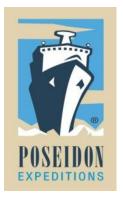
SUGAR FREE DESSERT OF THE DAY

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
 Vegetarian Options May Contain Eggs, NUTS or Dairy Products



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
A
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 A Parmesan Cheese, roasted pine nuts

STUFFED CREPES
WITH SPINACH, RICOTTA AND COVERED WITH CHEESE SAUCE

SWEET TEMPTATIONS

CINNAMON APPLE PIE A LA MODE A MIXED BERRY CRUMBLE A 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
 Vegetarian options may contain eggs, nuts or dairy products



<u>SOUTH GÉORGIA</u>

Prion Island

DINNER

Tuesday, 1st March 2016

STARTERS

SUNDRIED TOMATO & ONION QUICHE A CREAMY LEEK SAUCE

CREME OF GARLIC SOUP

CROUTONS

CHICKEN BROTH • A WITH PASTA

SELECTED GARDEN GREENS VA 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

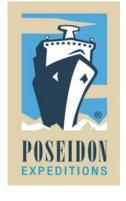
SUGAR FREE DESSERT OF THE DAY

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



DINNER

Wednesday, 2nd March 2016

STARTERS

SALAD CAPRESE A WITH TOMATO, MOZZARELLA, PESTO & BALSAMIC

FISH CHOWDER CHOPPED PARSLEY

VEGETABLE CONSOMME • WITH RICE, DICED VEGETABLES

SELECTED GARDEN GREENS • A 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 A MARINARA SAUCE

GRILLED TOFU STEAK ▲ SESAME SEED COVERED TOFU STEAK ON STIR FRY VEGETABLES

SWEET TEMPTATIONS

WARM CHOCOLATE FONDANT **A**

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
 VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS



DINNER

Thursday, 3rd March 2016

STARTERS

GOAT CHEESE SOUFFLE WITH ROSEMARY HONEY REDUCTION

CREAM OF SPINACH A WHIPPED CREAM

BEEF CONSOMME

SELECTED GARDEN GREENS
A
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 A
SERVED WITH RICE AND SOY WASABI SAUCE

SWEET TEMPTATIONS

FLOURLESS CHOCOLATE SWISS ROLL A DULCE DE LECHE TORTE A 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



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 **V**

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

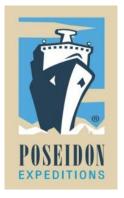
SUGAR FREE DESSERT OF THE DAY

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



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

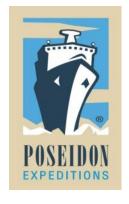
SUGAR FREE DESSERT OF THE DAY

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

HEART HEALTHY MENU OPTION, PREPARED WITH LOW SODIUM & LOW FAT
 VEGETARIAN OPTIONS MAY CONTAIN EGGS, NUTS OR DAIRY PRODUCTS



DINNER

Sunday, 6th March 2016

STARTERS

WHITE BEAN & AHI TUNA SALAD ONIONS, PEPPERS, ARTICHOKES, HERBS DRESSING

CLAM CHOWDER A POTATO AND CELERY

CHICKEN CLEAR SOUP Asparagus & Green Peas

SELECTED GARDEN GREENS • A 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 A • CREAM SAUCE, PARMESAN CHEESE

THAI RED VEGETABLE CURRY

JASMINE RICE

SWEET TEMPTATIONS

DATE CREME BRULEE A STRAWBERRY ROULADE A 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
 UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELL FISH OR EGGS MAY INC.





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 A PARMESAN CHEESE

VEGETABLE BURRITO A 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



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 A 🛡

GRILLED TOMATO

CORN ON COB▲♥

EGG FRIED RICE

ΥΟ-ΥΟ ΡΟΤΑΤΟ 🔺

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
*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.





DINNER

Wednesday, 9th March 2016

STARTERS

ITALIAN ANTI PASTI PROSCIUTTO, SALAMI, MARINATED VEGETABLES, GRISSINI

CRAB BISQUE COGNAC FLAVOR AND CRÈME FRAICHE

TOMATO CONSOMME
A
WITH GIN AND VEGETABLES JULIENNE

SELECTED GARDEN GREENS VA

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 A 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 A

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

