



Sample Mediterranean Menu

Breakfast

Fresh Fruit Salad

Selection of Yoghurt

Homemade Multigrain Bread with Linseeds and Hazelnuts

American Style Pancakes with Maple Syrup

Pastry Basket

Cooked Breakfast to order

Cereals

Toast with a selection of Jams and Honey

Coffee, Tea (Breakfast and Herbal), Fruit Juice

Buffet Lunch

Moules Marinières

Grilled Côte de Bœuf with a selection of Mustards

Greek Salad

Grilled Nectarine, Arugula and Prosciutto Salad

Fresh French Bread

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Selection of Sorbets & Ice Cream

Canapés

Mini salmon & hollandaise tarts

Smoked trout pâté

Dinner

Smoked Haddock and Asparagus Open Ravioli

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Sauté of Scallop, Pork, Black Pudding and Wild Mushroom

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Cheese Platter

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Cape Brandy Pudding with Vanilla Ice Cream

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Digestifs

Coffee

Liqueurs

After Dinner Chocolates

Helios Sample Mediterranean Menu

Breakfast

Fresh Fruit Salad

Selection of Yoghurt

Homemade Multigrain Bread

Cranberry and Walnut Scones

Pastry Basket

Cooked Breakfast to order

Cereals

Toast with a selection of Jams and Honey

Coffee, Tea (Breakfast and Herbal), Fruit Juice

Lunch

Grilled Snapper Fillets with a Lime-Orange Marinade

Strati di sardine

Layered Sardine Fillets with Lemon Zest and Parmesan

Topped with Crushed Hazelnuts & Pine Nuts

Heirloom Caprese Salad with Burrata and aged Balsamic Vinegar

Black Beluga Lentil Salad with Roasted Beet Root and Crumbled Goat's Cheese

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Selection of Ice Cream and Sorbet

Canapé

Tequila Prawns wrapped in Bacon

Dinner

Sautéed Garlic and Chili Scallops with Grilled Asparagus Spears

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Boned Quail filled with Pancetta, Fresh Herbs and Pine nuts,

Served with Roasted Parsnips and Carrots

Jus

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Cheese Platter

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Tarte au Citron

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Digestifs

Coffee

Liqueurs

After Dinner Chocolates

Helios Sample Mediterranean Menu

Breakfast

Fresh Fruit Salad

Selection of Yoghurt

Homemade Seed Loaf –No Grains

Pastry Basket

Cooked Breakfast to order

Cereals

Toast with a selection of Jams and Honey

Coffee, Tea (Breakfast and Herbal), Fruit Juice

Buffet Lunch

Super Food Kale Salad

Chermoula Marinated Sea Bass stuffed with Preserved Lemons and Olives

Grilled Prawns and Corn Salad

Tomato and Pomegranate Salad

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Roasted Figs With Pomegranate Molasses And Orange Zest

Canapés

Crab and Radish Bruschetta with Radish Cress

Spicy Broccoli Rabe Bruschetta

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Dinner

Spicy Mussels with Andouille Sausage

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Braised Short Ribs with Creamy Herbed Polenta

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Layered Fresh Lime, Passionfruit and Mango Mousse

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Digestifs

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Toast with a selection of Jams and Honey

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Buffet Lunch

Baba Ganouj

Chickpea & Bulgur Stuffed Grape Leaves

Barbecued Leg Of Lamb With Almonds And Orange Blossom

Chicken Thighs With Barberries And Feta

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Roasted Rhubarb With Sweet Labneh

Canapés

Polenta Crisps with Avocado and Yoghurt

Crusted Tofu With Wakame And Lime

Dinner

Thai Fish Cakes with Spicy Coconut Dipping Sauce

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*Sesame Encrusted Ahi Tuna on a bed of
Seaweed, Ginger And Carrot Salad*

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Champagne And Saffron Jelly With Cardamom Shortbread

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Coffee, Tea (Breakfast and Herbal), Fruit Juice

Lunch

Roasted Citrus and Avocado Salad

Root Vegetable Tarte Tatin

Chilled Seafood Salad with Calamari, Scallops and Langoustines

Grilled Salmon with Chickpeas and Greens

Flank Steak with Radicchio and Plum Salad

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Selection of Ice Creams, Sorbets and Fresh Fruit

Canapé

Antipasto Platter

Dinner

Hand Cut Steak Tartare

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Grilled Halibut with Potato and Fennel Puree

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Buttermilk Panna Cotta, Poached Cherries, Pistachios and Basil

Digestifs

Coffee

Liqueurs

After Dinner Chocolates