



## **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*

*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***

*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*

*Digestifs*

*Coffee*

*Liqueurs*

*After Dinner Chocolates*

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*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*

### ***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*