

## APPETIZERS

- (). Greens, lettuce, blue cheese, sunflower seeds salad balsamic vinegar dressing
- (2) Green apple and celery sticks with crab salad, horseradish cream sauce
© Homemade salmon gravad lax seasoned with dill infused honey, sprouts salad and whole wheat bread toast
- Baked Camembert mille-feuille empanada, tomato marmalade
© These are healthy dishes which help in maintaining a balanced diet (86) These are gluten free dishes


## SOUP AND VELOUTÉS

Fish and shrimp soup with scents of Provence, paprika rouille sauce

Split pea velouté with crispy bacon, black pepper foam

## FRESH PASTA AND RICE

- Spinach and ricotta ravioli, goat cheese and black pepper sauce
(6) Rose wine risotto alla parmigiana, rose wine reduction, beef stock and mushrooms
* Gluten free pasta available *


## MAIN COURSES

(6) Grilled salmon filet filled with blue cheese and zucchini, pilaf rice

Steamed fish filet, crab broth reduction, sautéed bok choy

- (2) Marinated red tuna steak, slow-cooked tomato sauce, capers and pesto

Stout beer slow-braised beef ribs, jerk style, rustic potato puré with olive oil, candied carrots and scallions

Grilled lamb rack with rosemary juice, Provence style vegetables
(6) Braised chicken breast and sautéed U10 shrimps, lobster creamy broth

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

## DESSERTS

O Frozen Limoncello soufflé with strawberry sauce

O Tropical fruits crumble, passion fruit merengue, pineapple ice-cream and jelly cubes

O Apple crostata with salted caramel sauce and Chantilly cream

- Molten chocolate cake with rum raisin ice cream
(B) Ask for today's ice-creams and sherbets

| These are gluten | 0 This dish contains | Whole Food |
| :---: | :---: | :---: |
| free dishes | dairy and/or mill | Plant-Based option |

# Whole Food Plant-Based Menu 

## APPETIZERS

O Blue cheese and fig salad with
balsamic vinegar dressing

- Vegetables quingombó with okra, sautéed onions, cassava and dried dumplings


## SOUP

0 © Split pea cream with black pepper whipped cream

- These are healthy dishes which help in maintaining a balanced diet
(B6) These are gluten free dishes
0 This dish contains dairy and/or milk


## MAIN COURSES

- Spaghetti with vegetable provençal vegetables with tomato, capers and pesto
- Mushroom vol au vent with tofu and peas in creamy sauce
- Spinach and ricotta ravioli, goat cheese and black pepper sauce


