

Captain's Welcome Menu

CHEF'S SUGGESTIONS

Poached Jumbo Prawns

Garnished with a tomato mousse and lump fish caviar

Cream of Parsnip Soup

A rich parsnip soup topped with whipped cream and roasted pine nuts

Beef Tournedos Foie Gras

Beef medallions topped with goose liver pâté, served with a Madeira sauce, savoyarde potatoes, asparagus, carrots and cauliflower

Crêpe Suzette

Warm pancakes served with a rich orange and Grand Marnier sauce, roasted almond flakes and vanilla ice cream

Also available for diabetics

LIGHTER BITES

Poached Jumbo Prawns

Garnished with avocado fan and a light fromage frais dressing

Beef Consommé "Carmen"

Garnished with julienne of red pepper and tomatoes

Salad Nicoise

Tuna flakes, anchovies, olives, French beans, tomatoes, onions and potatoes marinated in a light French dressing and served on green salad leaves

Lemon Baked Salmon Fillet (served as a cold main course)

Presented with mixed salad leaves and served on a light cream sauce flavoured with fresh herbs

Please ask your waiter for today's low fat/calorie dessert

APPETISERS

- * **Fan of Avocado**
Thin slices of avocado drizzled with Frangelico liqueur

Poached Jumbo Prawns
Garnished with a tomato mousse and lump fish caviar

SOUPS

Beef Consommé “Carmen”
Garnished with julienne of red pepper and tomatoes

- * **Cream of Parsnip Soup**
A rich parsnip soup topped with whipped cream and roasted pine nuts

- * **Chilled Apple and Peach Soup**
With a hint of cider

SALADS

- * **Today’s Mixed Salad**
Served with a choice of mustard mayonnaise dressing or French vinaigrette

Salad Nicoise
Tuna flakes, anchovies, olives, French beans, tomatoes, onions and potatoes marinated in a light French dressing and served on green salad leaves

COLD MAIN COURSE

Corn Fed Roast Chicken Breast
Cold roast chicken presented with a barbecue sauce, served with salad leaves and potato salad

- * *Denotes suitable for vegetarians*

*Some dishes may contain nuts or traces of nut
Please contact the Maître d’Hôtel for further details*

MAIN COURSES

Fillet of Salmon

Grilled fillet of salmon presented with a lobster beurre blanc sauce, served with gaufrette potatoes and steamed vegetables

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Cannelloni Gratinée

Cannelloni filled with spinach and vegetables bound in a creamy tomato sauce and gratinated with Cheddar cheese

Lamb Loin “Provençale”

Whole roasted lamb loin served pink with a garlic herb crust, presented with a natural jus, sautéed vegetables and a potato and spinach pie

Beef Tournedos Foie Gras

Beef medallions topped with goose liver pâté, served with a Madeira sauce, savoyarde potatoes, asparagus, carrots and cauliflower

**VEGETARIAN
MAIN COURSES**

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Moroccan Couscous

A lightly spiced couscous flavoured with chickpeas, raisins, apricots and figs, served with seasonal vegetables

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Vegetable Tempura

Crispy tempura battered vegetables presented with rolled sushi and a spicy ginger sauce for dipping

*If you require well cooked vegetables or smaller portions
please ask your waiter*

CHEESE

Selection of Cheese and Biscuits

Served with grapes and radishes

Please ask your waiter for vegetarian cheese

DESSERTS

Crêpe Suzette

Warm pancakes served with a rich orange and Grand Marnier sauce, roasted almond flakes and vanilla ice cream

Also available for diabetics

Lemon Meringue Pie

Shortcrust pastry, tangy lemon filling topped with meringue and served with vanilla ice cream

Crème Caramel

A rich crème caramel garnished with whipped cream

Ice Creams and Sorbets

Please ask your waiter for today's selection of ice creams and sorbets

Diabetic and Soya Ice Cream is also available

Some dishes may contain nut or traces of nuts

Please contact the Maître d'Hôtel for further details