

LAVRIO DINNER

CHEF SUGGESTION

Seafood Cocktail
French Brandy Flavored Cocktail Sauce
Garden Greens Salad (v), (gf)
Choice of Dressing
Beef, Vegetable and Barley Soup (gf)
Croutons
Braised Aromatic Lamb Shoulder
Potato Dumplings

BLUE ZONE RECOMMENDATION

Ikaria Longevity Greens Phyllo Pie (vg)
Phyllo Spring Rolls Filled with Seasonal Greens
Summer Squash, Carrots and Herbs

LIGHT FARE SUGGESTION

Cauliflower Pakora (v), (gf)
Turmeric Yogurt
Garden Greens Salad (v), (gf)
Choice of Dressing
Cheddar and Broccoli Soup (v), (gf)
Garlic Bread
Roasted Stuffed Pork Loin (gf)
Potato Rösti, Glazed with Pomegranate Flavored Balsamic

Important notice: Our food may contain nuts or traces of nut products.
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If you would prefer your meat cooked differently please see with your waiter, please be aware that it may pose a health risk
Please inform our Maitre d'hôtel of your food allergies or diet condition
Should you wish more vegetarian options during your cruise please let our Maitre d'hôtel knows, we will be delighted to arrange for your next meals
(v) Vegetarian, (vg) Vegan, (gf) Gluten Free, Our sugar free dessert is made with organic Stevia
Blue Zone Diet Recommended by Diane Kochilas, leading expert on Greek & Mediterranean cuisine, award-winning cookbook author and host of the popular PBS "My Greek Table" series.

STARTERS

Cauliflower Pakora (*v*), (*gf*)
Turmeric Yogurt

Seafood Cocktail
French Brandy Flavored Cocktail Sauce

Garden Greens Salad (*v*), (*gf*)
Choice of Dressing

Cheddar and Broccoli Soup (*v*), (*gf*)
Garlic Bread

Beef, Vegetable and Barley Soup (*gf*)
Croutons

MAIN COURSES

Ikaria Longevity Greens Phyllo Pie (*vg*)
Phyllo Spring Rolls Filled with Seasonal Greens
Summer Squash, Carrots and Herbs

Braised Aromatic Lamb Shoulder
Potato Dumplings

Roasted Stuffed Pork Loin (*gf*)
Potato Rösti, Glazed with Pomegranate Flavored Balsamic

Sea Food Risotto
Parmesan

DESSERTS & CHEESE

New York–Style Cheesecake
Red Fruit Coulis
(*Gluten Free Option Available*)

Rum Baba
Soaked in a Dark Rum Syrup,
Filled with Sabayon

Ice Cream Selection
Chocolate, Vanilla and Strawberry

Sugar Free Dessert & Ice Cream Available

Selection of Fresh Seasonal Fruits

Assortment of Domestic and International Cheeses

BEVERAGES

Freshly Brewed Coffee, Decaffeinated, Teas

THESSALONIKI DINNER

CHEF SUGGESTION

Buttered Fried Frog Legs
Spicy Tomato Marmalade
Arcadian Spring Salad *(vg), (gf)*
Citrus Dressing
Double Duck Consommé
Wontons
Osso Buco of Veal *(gf)*
Risotto Alla Milanese

BLUE ZONE RECOMMENDATION

Ikarian Soufiko Casserole *(vg), (gf)*
Baked Layered of Potato, Zucchini, Aubergines
Bell Peppers, Onions and Tomatoes

LIGHT FARE SUGGESTION

Bulgur Salad *(v), (gf)*
Tomato, Parsley and Spring Onion
Arcadian Spring Salad *(vg), (gf)*
Citrus Dressing
Zuppa di Ceci e Riso *(vg), (gf)*
Chickpea and Rice Soup
Pan Seared Sole Fish Fillet *(gf)*
Buttered Seasonal Vegetables

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STARTERS

Bulgur Salad (*v*), (*gf*)
Tomato, Parsley and Spring Onion

Buttered Fried Frog Legs
Spicy Tomato Marmalade

Arcadian Spring Salad (*vg*), (*gf*)
Citrus Dressing

Zuppa di Ceci e Riso (*vg*), (*gf*)
Chickpea and Rice Soup

Double Duck Consommé
Wontons

MAIN COURSES

Ikarian Soufiko Casserole (*vg*), (*gf*)
Baked Layered of Potato, Zucchini, Aubergines
Bell Peppers, Onions and Tomatoes

Osso Buco of Veal (*gf*)
Risotto Alla Milanese

Grilled Pork Cutlet Normandy (*gf*)
French Style Green Peas and Apple Cider Sauce

Pan Seared Sole Fish Fillet (*gf*)
Buttered Seasonal Vegetables

DESSERTS & CHEESE

White Chocolate Bread Pudding
Whisky Sauce
(Gluten Free Option Available)

Mediterranean Tart with Chard and Apple
Icing Cinnamon Sugar

Ice Cream Selection
Chocolate, Vanilla and Strawberry

Sugar Free Dessert & Ice Cream Available

Selection of Fresh Seasonal Fruits

Assortment of Domestic and International Cheeses

BEVERAGES

Freshly Brewed Coffee, Decaffeinated, Teas

MYKONOS GREEK DINNER

CHEF SUGGESTION

Octopus Carpaccio (*gf*)
Virgin Olive Oil, Capers,
Fresh Oregano and Parmesan

Greek Salad (*gf*)
Virgin Olive Oil

Chicken Avgolemono (*gf*)
Flavored with Fresh Lemon

Traditional Moussaka
Tomato Sauce

BLUE ZONE RECOMMENDATION

Vegan Stuffed Summer Vegetables (*vg*), (*gf*)
Baked Tomatoes, Bell Peppers, Zucchini

LIGHT FARE SUGGESTION

Baked Fresh Artichoke (*v*), (*gf*)
Baked with Graviera

Greek Salad
Virgin Olive Oil

Jade Garden Clear Vegetable Soup (*vg*), (*gf*)
Almond Pesto

Aegean Bouillabaisse (*gf*)
Selection of Fish Fillets, Shellfish, Potato and Leeks
Simmered in a Saffron Fish Broth

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STARTERS

Baked Fresh Artichoke *(v), (gf)*
Baked with Graviiera

Octopus Carpaccio *(gf)*
Virgin Olive Oil, Capers,
Fresh Oregano and Parmesan

Greek Salad *(gf)*
Virgin Olive Oil

Jade Garden Clear Vegetable Soup *(vg), (gf)*
Almond Pesto

Chicken Avgolemono *(gf)*
Flavored with Fresh Lemon

MAIN COURSES

Vegan Stuffed Summer Vegetables *(vg), (gf)*
Baked Tomatoes, Bell Peppers, Zucchini
Stuffed with Rice, Herbs, Pine Nuts and Raisins

Traditional Moussaka *(gf)*
Tomato Sauce

Lamb Kleftiko in Papillote *(gf)*
Tender Lamb Shoulder Marinated in Olive Oil, Garlic, Onion and Lemon
Slowly Cooked with Potato in a Papillote

Aegean Bouillabaisse *(gf)*
Selection of Fish Fillets, Shellfish, Potato and Leeks
Simmered in a Saffron Fish Broth

DESSERTS & CHEESE

Baklava
Light Orange and Cinnamon Scented Syrup

Chocolate Fondant
Warm Double Dark Belgian Chocolate Sauce
(Gluten Free Option Available)

Ice Cream Selection
Chocolate, Vanilla and Strawberry

Sugar Free Dessert & Ice Cream Available

Selection of Fresh Seasonal Fruits

Assortment of Domestic and International Cheeses

BEVERAGES

Freshly Brewed Coffee, Decaffeinated, Teas

SANTORINI DINNER

CHEF SUGGESTION

Grilled Halloumi (*gf*)
Crispy Bacon, Organic Carob Syrup

Mixed Garden Green with Aromatic Herbs (*vg*), (*gf*)
Choice of Dressing

Hot and Sour (*gf*)
Julienne of Chicken and Vegetable

Roasted Beef Loin a La Diane
Gratin Potatoes and Brandy Shallot Sauce

BLUE ZONE RECOMMENDATION

Vegetarian Yuvetsi (*vg*)
Whole Wheat Orzo Baked with Season Vegetables

LIGHT FARE SUGGESTION

Kohlabi Remoulade (*v*)
Toasted Pita

Mixed Garden Green with Aromatic Herbs (*vg*), (*gf*)
Choice of Dressing

Potage St Germaine (*v*), (*gf*)
French Green Pea Soup

Fish Koulibiak (*gf*)
Creamy Dill Sauce

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STARTERS

Kohlabi Remoulade (*v*)
Toasted Pita

Grilled Halloumi (*gf*)
Crispy Bacon, Organic Carob Syrup

Mixed Garden Green with Aromatic Herbs (*vg*), (*gf*)
Choice of Dressing

Potage St Germaine (*v*), (*gf*)
French Green Pea Soup

Hot and Sour (*gf*)
Julienne of Chicken and Vegetable

MAIN COURSES

Vegetarian Yuvetsi (*vg*)
Whole Wheat Orzo Baked with Season Vegetables

Herb Roasted Chicken Supreme Salad (*gf*)
Pomegranate Vinaigrette

Fish Koulibiak (*gf*)
Creamy Dill Sauce

Roasted Beef Loin a La Diane
Gratin Potatoes and Brandy Shallot Sauce

DESSERTS & CHEESE

Banoffee
Butterscotch

Brownie à la Mode
Whipped Cream

Ice Cream Selection
Chocolate, Vanilla and Strawberry

Sugar Free Dessert & Ice Cream Available

Selection of Fresh Seasonal Fruits

Assortment of Domestic and International Cheeses

BEVERAGES

Freshly Brewed Coffee, Decaffeinated, Teas

RHODES DINNER

CHEF SUGGESTION

Pork Pâté (*gf*)
Red Onion Marmalade

Caesar Salad
Croutons and Parmesan

Chunky Beef Goulash (*gf*)
Flavored with Paprika

Roasted Supreme of Turkey (*gf*)
Sweet Potato Mashed and Cranberry Sauce

BLUE ZONE RECOMMENDATION

Greek Gigantes (*vg*), (*gf*)
Buttery Greek Giant Beans Braised with Tomatoes, Herbs

LIGHT FARE SUGGESTION

Poached Asparagus (*v*), (*gf*)
Hollandaise Sauce

Caesar Salad
Croutons and Parmesan

Cream of Zucchini (*v*)
Garlic Croutons

Grilled Red Mullet (*gf*)
Spinach Sautéed with Garlic

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STARTERS

Poached Asparagus (*v*), (*gf*)
Hollandaise Sauce

Pork Liver Pâté (*gf*)
Red Onion Marmalade

Caesar Salad
Croutons and Parmesan

Cream of Zucchini (*v*)
Garlic Croutons

Chunky Beef Goulash (*gf*)
Flavored with Paprika

MAIN COURSES

Greek Gigantes (*vg*), (*gf*)
Buttery Greek Giant Beans Braised with Tomatoes, Herbs
Garlic and Honey

Beef Roulade Barolo (*gf*)
Mashed Potato

Roasted Supreme of Turkey (*gf*)
Sweet Potato Mashed and Cranberry Sauce

Grilled Red Mullet (*gf*)
Spinach Sautéed with Garlic

DESSERTS & CHEESE

Chocolate Decadence
Bijou Coulis
(Gluten Free Option Available)

Lemon Sorbet
Splashed with French Vodka

Ice Cream Selection
Chocolate, Vanilla and Strawberry
Sugar Free Dessert & Ice Cream Available
Selection of Fresh Seasonal Fruits
Assortment of Domestic and International Cheeses

BEVERAGES

Freshly Brewed Coffee, Decaffeinated, Teas

LIMASSOL DINNER

CHEF SUGGESTION

Lounza me Peponi (*gf*)
Smoked Ham and Sweet Melon

Garden Mix of Field Greens (*v*), (*gf*)
Sundried Tomato

Oxtail Consommé (*gf*)
Diced of Tomatoes and Zucchini

Pan Seared Cod Fillet (*gf*)
Beluga Lentil and White Butter Sauce

BLUE ZONE RECOMMENDATION

Aubergines Dolmades (*vg*), (*gf*)
Slices of Aubergine Rolled with an Aromatic Walnut mixture
Baked in a Tangy Tomato Sauce

LIGHT FARE SUGGESTION

Cheese Saganaki (*v*)
Fried Kefalotiri, Lemon and Honey

Garden Mix of Field Greens (*v*), (*gf*)
Sundried Tomato, Diced of Beetroot, Capers Leaves and Giant Beans

Lentil Soup (*vg*), (*gf*)
Parsley

Kotopoulo Giachini Giachini Krasatos
Oven Baked Red Wine and Herbs Marinated Chicken
Couscous and Greek Yogurt

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STARTERS

Cheese Saganaki (*v*)
Fried Kefalotiri, Lemon and Honey

Lounza me Peponi (*gf*)
Smoked Ham and Sweet Melon

Garden Mix of Field Greens (*v*), (*gf*)
Sundried Tomato, Diced of Beetroot, Capers Leaves and
Giant Beans

Oxtail Consommé (*gf*)
Diced of Tomatoes and Zucchini

Lentil Soup (*vg*), (*gf*)
Parsley

MAIN COURSES

Aubergines Dolmades (*vg*), (*gf*)
Slices of Aubergine Rolled with an Aromatic Walnut mixture
Baked in a Tangy Tomato Sauce

Moscharaki Giouvetsi
Tender Veal Chunk and Orzo Pasta Simmered in a Hearty Tomato
Sauce

Kotopoulo Giachini Giachini Krasatos
Oven Baked Red Wine and Herbs Marinated Chicken
Couscous and Greek Yogurt

Pan Seared Cod Fillet (*gf*)
Beluga Lentil and White Butter Sauce

DESSERTS & CHEESE

Anthotiro Tiramisu
Whipped Cream

Ravani (*gf*)
Semolina Sponge Cake with Lemon Zest, Sweetened with
an Orange Scented Syrup
Vanilla Ice Cream

Ice Cream Selection
Chocolate, Vanilla and Strawberry

Sugar Free Dessert & Ice Cream Available

Selection of Fresh Seasonal Fruits

Assortment of Domestic and International Cheeses

BEVERAGES

Freshly Brewed Coffee, Decaffeinated, Teas

AYIOS NIKOLAOS DINNER

CHEF SUGGESTION

Salmon Gravdax
Dill Sweet Mustard

Goat Cheese Salad (*gf*)
Topped with Walnut

Langoustine Bisque
Favored with Metaxas Brandy

Roasted Lamb Provincial (*gf*)
Grilled Vegetable, Oregano and Thyme Gravy

BLUE ZONE RECOMMENDATION

Hortorizo (*vg*), (*gf*)
Greek-style Wild Greens Risotto

LIGHT FARE SUGGESTION

Stuffed Cabbage (*v*), (*gf*)
Stuffed with Rice and Lentils
Avgolemono Sauce

Goat Cheese Salad (*gf*)
Topped with Walnut

Consommé Bouquitière (*gf*)
Brunoised Vegetable

Sea Food Aumônière
Nantura Sauce

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STARTERS

Stuffed Cabbage (*v*), (*gf*)
Stuffed with Rice and Lentils
Avgolemono Sauce

Salmon Gravdax
Dill Sweet Mustard

Goat Cheese Salad (*gf*)
Topped with Walnut

Consommé Bouquitière (*gf*)
Brunoised Vegetable

Langoustine Bisque
Favored with Metaxas Brandy

MAIN COURSES

Hortorizo (*vg*), (*gf*)
Greek-style Wild Greens Risotto

Roasted Lamb Provincial (*gf*)
Grilled Vegetable, Oregano and Thyme Gravy

Roasted Duck a L'Orange (*gf*)
Red Cabbage Stew, Berny Potato and Citrus Ginger Sauce

Sea Food Aumônière
Nantura Sauce

DESSERTS & CHEESE

Vacherin (*gf*)
Italian Meringue, Strawberry Ice Cream
Mango Coulis

Chocolate Mousse Cake
Caramelized Hazelnut
Double Chocolate Mousse and Praline

Ice Cream Selection
Chocolate, Vanilla and Strawberry

Sugar Free Dessert & Ice Cream Available

Selection of Fresh Seasonal Fruits

Assortment of Domestic and International Cheeses

BEVERAGES

Freshly Brewed Coffee, Decaffeinated, Teas