Seaward Menu
Sample Weekly Charter Menu

Day 1

BREAKFAST
Spinach, tomato and cheddar cheese quiche with homemade crust, fresh fruit, toast with jam
...with French press coffee, tea, Mexican hot chocolate and juice of the day: strawberry orange

LUNCH
Arugula, spinach and romaine lettuces with couscous, dried cranberries, tomatoes and tuna,
topped with a creamy homemade mustard lime dressing, with a side of sliced French bread
SNACKS & SUNDOWNERS Traditional Mexican ceviche with conch, shrimp or fresh caught Mahi Mahi
...with Fresh-Lime Margaritas

DINNER
Chili rellenos baked with cheddar cheese, onion, garlic, tomatoes and tomato-based rice, with
tortilla chips and guacamole

DESSERT
Strawberries in fresh homemade whipped cream with popovers

Day 2

BREAKFAST
Granola, yogurt, fresh fruit, honey with plantain muffins topped with oat and brown sugar
...with French press coffee, tea, Mexican hot chocolate and juice of the day: mango

LUNCH
Mahi Mahi tacos with avocado, mushrooms, tomatoes and spinach on grilled flour tortillas, with
lime and sriracha

SNACKS & SUNDOWNERS
Brie with crackers, fresh apples and grapes, strawberry jam and red pepper jam
...with Coco Lemonada: coconut limeade with light rum

DINNER
Green couscous with pistachios, green onions, green chili peppers, parsley and mint, served
over arugula salad

DESSERT Coconut tres leches cake

Day 3

BREAKFAST
Cheesy scrambled eggs with cheddar cheese, spinach, tomato and onion, butter biscuits with jam, and fresh fruit... with French press coffee, tea, Mexican hot chocolate and juice of the day: lulo

LUNCH
Kale and quinoa salad with strawberries, cashews, sunflower seeds, and honey mustard dressing, topped with grilled chicken breast

SNACKS & SUNDOWNERS Mahi Mahi sashimi with soy sauce and ginger Gin & Ging: Gin and ginger beer

DINNER
Crunchy skin chicken drummers with cristophine au gratin with onion, garlic and extra-sharp cheddar cheese

DESSERT
Apple pie with homemade crust, a la mode

Day 4

BREAKFAST
Breakfast tacos with eggs, avocado, tomatoes, black beans, mozzarella cheese, flour tortillas, salsa and hot sauce... with French press coffee, tea, Mexican hot chocolate and juice of the day: blackberry limeade

LUNCH
Grilled caprese sandwiches with fresh mozzarella, basil, tomato and pesto

SNACKS & SUNDOWNERS
Bruchetta with tomatoes, mozzarella and balsamic dressing... with Lazy Old Tart: (Jackie Original – twist off Old Fashioned) Bourbon, honey, lime, bitters

DINNER
Three-cheese veggie lasagna with zucchini, squash, cream cheese, mozzarella and extra-sharp cheddar cheese with homemade pasta sauce

DESSERT
Oatmeal cookies with dark chocolate chips and pecans, a la mode

Day 5

BREAKFAST
French toast topped with fresh fruit, homemade whipped cream and real maple syrup or honey... with French press coffee, tea, Mexican hot chocolate and juice of the day: guanabana

LUNCH
Grilled ham sandwiches with sautéed onions, seasoned peppers and arugula, topped with tomato, avocado and garlic mayonnaise
SNACKS & SUNDOWNERS
Garlic and chili powder popcorn, with garlic and sriracha mayonnaise dips
...with Caribbean Thanksgiving: (Jackie Original) Dark rum, peach juice, mango tea, dash of lime, nutmeg and cayenne

DINNER
Pumpkin curry with cauliflower and potatoes, served over coconut rice

DESSERT
Rum-sprinkled grilled pineapple with coconut, a la mode

Day 6

BREAKFAST
Curried eggs with mozzarella cheese, toast with jam, and fresh fruit
...with French press coffee, tea, Mexican hot chocolate and juice of the day: grapefruit

LUNCH
Flatbread pizza with sundried tomatoes, capers, artichoke hearts, mozzarella cheese, feta crumble and balsamic drizzle, with a side salad of arugula, sunflower seeds, balsamic dressing

SNACKS & SUNDOWNERS
Creamy crab dip with crackers
...with Coco Mojito: Light rum, sprite, lime, mint and coconut milk

DINNER
Seared cracked-black pepper tuna flanks, served with sautéed green beans and onions, with roasted rosemary lime potatoes

DESSERT
Sweet biscuits served with sweetened blackberries and homemade whipped cream

Day 7

BREAKFAST
Banana blueberry pancakes with fresh fruit, real maple syrup or honey
...with French press coffee, tea, Mexican hot chocolate and juice of the day: passion fruit

LUNCH
Curried pasta with steamed broccoli, raisins, shredded carrots and basil

SNACKS & SUNDOWNERS
Garlic hummus with fresh veggies, crackers and flat bread ...with Painkillers: Dark rum, coconut cream, pineapple and orange juices

DINNER
Lobster quesadillas with garlic, green onions, mozzarella and cheddar cheese, topped with avocado and sour cream
DESSERT Double chocolate brownies