

MENU S/Y OCEAN MED

2019



By Federico Stefanelli

BREAKFAST

FRESH JUICES,SMOOTHIES,DETOX JUICES

WHITE YOGURTH,HOMEMADE MUESLI ,GRANOLA AND FRESH CROISSANTS

SEASONAL AND LOCAL FRUITS

EGGS,BACON ,CHEESE AND CHARCUTERIE



1ST DAY



LUNCH

ST JACQUES SASHIMI WITH SEAWEED

CHAMPIGNON "CARPACCIO" WITH BABY SPINACH SAUCE AND PARMESAN CHEESE

"PENNE ALLA CARLOFORTINA"

RASPBERRIES "SEMIFREDDO"

DINNER

VALENCIAN FISH SALAD "ESGARRAET"

HOMEMADE RICOTTA GNOCCHI WITH SHRIMPS

ST PETER FISH FILET WITH AZAFRANE SAUCE

CHOCOLATE MOUSSE

2ND DAY



LUNCH

ICED GAZPACHO SOUP WITH CUCUMER CURRY AND COCONUT MILK

VALERIAN SALAD WITH APPLE AND YOGURTH SAUCE

SUMMER" PARMIGIANA"

PEAR "SORBETTO"

DINNER

MACKEREL FILET IN HOT ORANGE SAUCE

SAUTED ST JACQUES ON A SPINACH BROTH

LOW TEMPERATURE "BACALA" WITH ZUCCHINI SAUCE

PAVLOVA CAKE

3rd DAY



LUNCH

SHRIMPS AND MANGO

“PULPO FEIRA”

“TROFIE ALLA GENOVESE”

STRAWBERRY “MILLEFOGLIE”

DINNER

ST JACQUES BROCHETTE WITH BACON

PURPLE “VELLUTE’ “WITH CELERY AND SALMON EGGS

SNAPPER WITH SHELL FISH

APPLE STRUDEL

4TH DAY



LUNCH

ARTICHOKES "ALLA ROMANA"

SUMMER "RATATOUILLE"

FENNEL ,ORANGE AND BLACK OLIVE SALAD

STRAWBERRY"SEMIFREDDO"

DINNER

BEEF "CARPACCIO"WITH BLACK TRUFFLE

"RISOTTO AI PORCINI"

CALF ROLL WITH MUSCHROOM AND ALMONDS

CHOCO-TIRAMISU'

5TH DAY



LUNCH

GAZPACHO WITH AVOCADO

SHRIMPS "CRUDITE"

"SPAGHETTI ALLE VONGOLE"

"SALAME AL CIOCCOLATO"

DINNER

VEGIE "RAVIOLI" WITH SUMMER VEGETABLES

RASPBERRIES, GOAT CHEESE AND BEET SALAD

SEABASS FILET WITH THIME AND OLIVES

OVEN COOKED FIGS WITH ALMONDS AND BUTTER CREAM

6TH DAY



LUNCH

“ST JACQUES GRATIN”

GRAVLAX SALMON SALAD WITH PINK POTATOES

“PACCHERI ALLA NORMA”

MELON ICED SOUP

DINNER

CALF “INVOLTINI” WITH MOZZARELLA CHEESE AND OLIVES PATE’

YELLOW CURRY WITH TOFU AND CRUNCHY VEGETABLES

ROSSINI STYLE TENDERLOIN

CHEF ICECREAM “VIENNETTA”

7H DAY



LUNCH

BURRATA AND SPINACHES

GREEK SALAD

SEABASS FILET WITH ASPARGUS

STRAWBERRY TIRAMISU'

DINNER

ZUCCHINI SALAD

PUMPKIN "VELLUTE"

OVEN LAMB LEG WITH POTATOES

CHEESECAKE