



SAMPLE MENU

m/y Vento

BREAKFAST



- Croissants/Bisquits
- Cold cuts
- Variety of sausages, Greek cheeses & traditional crackers
- Fresh fruit juices
- Milk /Greek Tea of herbs- Coffees
- Greek yogurt
- Cereals, bread, homemade marmalades & thyme/flower/pine tree honey
- Big variety of omelets with fresh Greek products
- Traditional cheese pies either with feta cream and Cretan cheese
- Scrambled eggs
- Traditional Spinach pies
- Kaghiana (similar to khagina-traditional scrambled eggs from the Ionian islands
- Bougatsa -sweet cream pie

LUNCH

AMUSE BUCHE:

- Moroccan spiced tuna with eggplant mouche & chili syrup

APPETIZER:

- Tomato balls with goat cheese & olive crackers
- Fava beans with caramelized fennel & hazelnuts
- Orzo pasta with jumbo shrimps

SALAD:

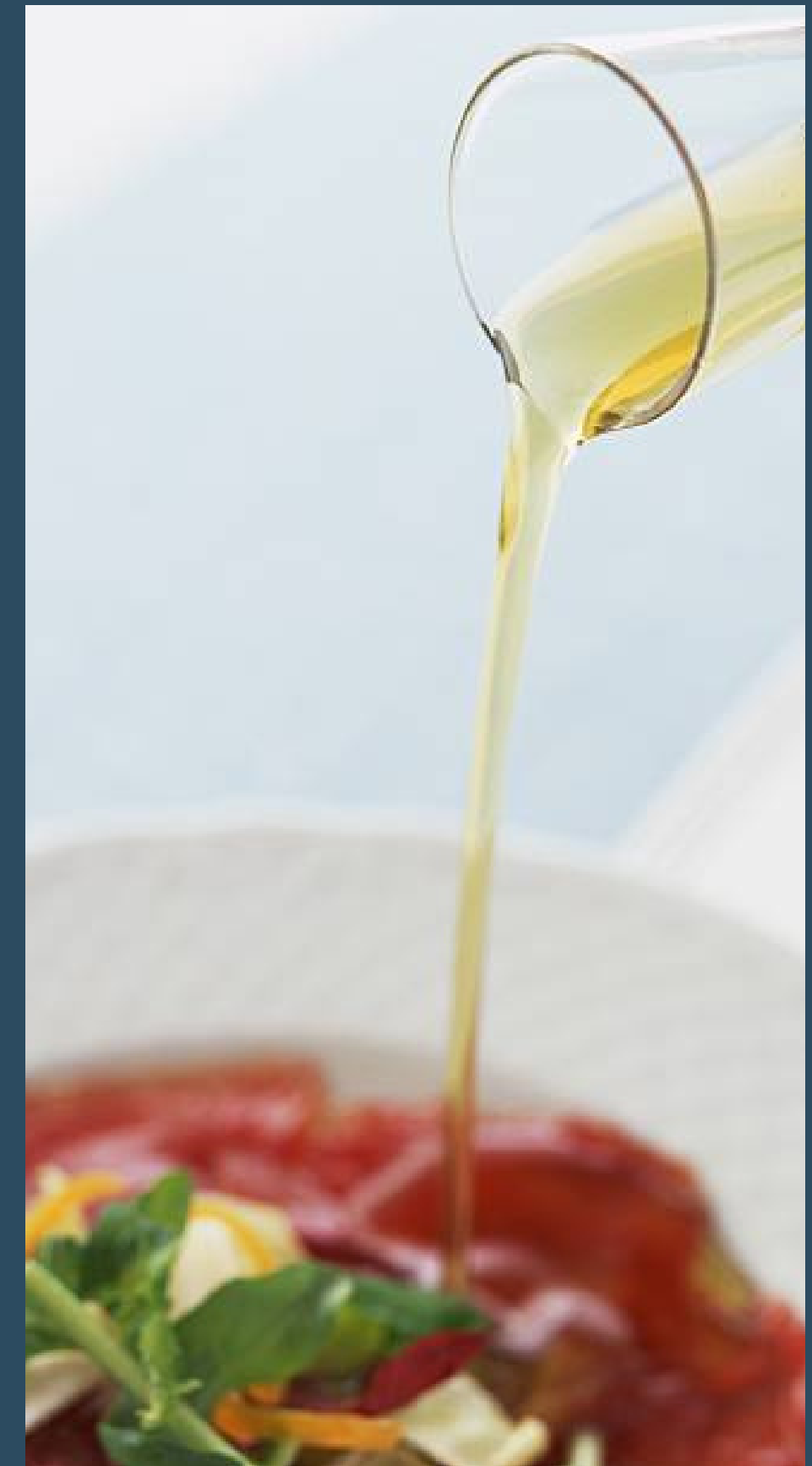
- Green salad with yellow beetroots, peach walnut & grilled talagani (Greek cheese from Kalamata)

MAIN COURSE:

- Grouper fillet in the oven marinated with ginger, spring onions & lime, served with steamed local greens and grilled vegetables

DESSERT:

- Double Chocolate tart with caramel & strawberry coulis



DINNER



AMUSE BUCHE:

- Blinis with tuna eggplant mousse and chili syrup

APPETIZER:

- Mousakas souffle with pastrami & red spicy sauce

SALAD:

- Red & yellow cherry tomatoes with olive croutons, balsamic cream and stracciatella

MAIN COURSE:

- Picanha marinated with smoked paprika & Dijon mustard,
served on a truffle flavored puree, with fried cherry tomatoes and Chimichouri sauce.

DESSERT:

- Double chocolate tarte with caramelized kiwi & butterscotch

Vegeterian Menu

APPETIZER:

- Fava beans with caramelizes fennel & hazelnuts
- Zucchini bals served on a yogurt mousse

SALAD:

- Beetroot salad with wallnuts green apple, rocket & local goat cheese

MAIN COURSE:

- Stuffed tomatoes & peppers (Greek "gemista") with herbs, cones, raisins and grilled feta

DESSERT:

- Coconut cream & cinnamon panacota with strawberry coulis and caramels

Kid's Menu

APPETIZER:

- Thin crusted pizza with turkey

SALAD:

- Veggie salad (tomato & cucumber)

MAIN COURSE:

- Lazania with minced meat & parmesan

DESSERT:

- Chocolate mousse with choco pops & praline base





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ENJOY

*your stay on
board
Vento!*

