

# 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

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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 (*vg*), (*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 Graviera

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 Kouloubiak (*gf*)  
Creamy Dill Sauce

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## STARTERS

Kohlabi Remoulade (*vg*)  
Toasted Pita

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

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

Potage St Germaine (*vg*), (*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 Gravlax  
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