

Astoria
Sample menu



Breakfast



- Coffee & Tea and Fresh juices
- Bread & toasts and croissants & cereals
 - Milk and yogurt
 - Cold cuts, Cheese, spread
 - Sausages, bacon
 - Eggs all types – (fried, scrabbled, boiled, poached)
- Honey, fresh fruits and vegetables & local jams, and butter
 - Pancakes

Day 1

- **Lunch**

- Hummus with baked bread
- Mediterranean Salad with crispy squids, parmesan, cherry tomatoes, quinoa and citrus dressing
 - Fried zucchini with cream and garlic sauce
- Sea bream fillet with tomato salsa with capers and basil

- **Dinner**

- Iceberg salad with baked goat cheese, pomegranate reduction sauce, apple and walnuts
- Beef steak with bruleed corn, stewed mushrooms, grilled vegetables and jus sauce



Day 2



- **Lunch**
- Salad with peeled pink tomatoes, roasted peppers, eggplant puree and arugula
- Spicy King Prawns and baby calamari glazed with Pernod and marinara sauce
- Salmon fillet with herbs de provence with lemon risotto and chips of parmesan



- **Dinner**
- Greek Salad
- Tzatziki sauce with garlic bread
- Lamb fillet with sauteed vegetables and black beluga lentils

Day 3

- **Lunch**

- Caesar salad with smoked salmon and capers
- Greek shrimps Saganaki with feta cheese
- Risotto “Primavera” with spinach, asparagus and parsley oil

- **Dinner**

- Green salad with fennel, avocado, arugula, baby spinach and grapefruit with citrus dressing
- King Prawns with sauteed cherry tomatoes, grilled red onion and pineapple chutney
- Sea bass fillet with sweet potato puree and asparagus rolls with prosciutto



Day 4

- **Lunch**

- Fresh zucchini,cucumbers,carrots and nectarines salad with mint and lime dressing
 - Grilled Octopus with kimchi,goma wakame and citrus dressing
 - Risotto with octopus,shrimps,asparagus and baby spinach

- **Dinner**

- Beetroot salad with carrots apple and pine nuts
 - Artichoke Spread with Garlic Bread
- Baked chicken with celery cream,baby carrots and grilled cauliflower with cream sauce with shallot and white wine



Day 5

- **Lunch**

- Salad with arugula, baked pumpkin, blue cheese and roasted figs
 - Homemade Guacamole
- French rack from Iberico breed with black truffle, grilled zucchini, baby carrots and potatoes parisienne

- **Dinner**

- Grilled Eggplant & Zucchini Salad with cherry tomatoes and cucumbers
- Salmon tartare on guacamole canape, beetroot cream and micro greens
 - Red Mullet fillet with potato cream with parsley oil and arugula



Day 6

- **Lunch**

- Fish cream soup with salmon and celery
- Sea bass ceviche with bell peppers, avocado and grapefruit with citrus dressing
- Spaghetti with seafood and tomato sauce with herbs

- **Dinner**

- French salad with tuna, leafy green salads, french beans and boiled egg
- Calamari filled with a mix of Cheeses and Ratatouille



Day 7



• *Lunch*

- Burrata salad with basil pesto and dried apricots
- Mussels Saint- Jacques with beurre blanc sauce with basil and lemon
- Whole Fagri fish baked in Sea salt with grilled vegetables (brussel sprouts, carrots, zucchini and asparagus)



• *Dinner*

- Quinoa salad with avocado and balsamic dressing
 - Foie gras with apple puree
- Roasted Duck Breast with shiitake mushrooms and olives

Desserts



- Panna Cotta with strawberries and white chocolate

- Pistachio cheesecake with kadaif

- Chocolate brownie with berries Culli

- Chocolate souffle with salted caramel sauce

- Orange sorbet with saffron and honey

