



Sample 7 Day Menu

Chef Lynley Wicks

I enjoy preparing meals made with fresh local ingredients. From my travels across many continents, I draw inspiration for menus. The weekly menu will vary depending on clients' preferences, regional availability and daily itinerary. I have experience cooking for vegetarians, gluten free diets and children while at anchor or sailing. I am very willing to try new recipes or experiment with ingredients.

Daily Breakfast

Selection of:

Fresh Fruit Platter or Fruit Salad
Cereals & Yoghurts including homemade options
Breads, Pastries or Freshly Baked Muffins
Eggs to order, Pancakes or Corn Fritters
Cheeses, Charcuterie, Bacon, Smoked Salmon



Day 1

Afternoon Tea &/or Canapés on arrival

Home baked biscuits, cake &/or savouries
depending on time of embarkation

Dinner

Entrée

Asian Style Tuna Ceviche
on a bed of local lettuce

Main

Coconut Crusted fresh Mahi Mahi with Mango Salsa

Roasted Baby Potatoes
with onion sea salt

Steamed Asparagus

Dessert

Gin, Lemon and White Chocolate Cheesecake
drizzled with Lemon Curd



DAY 2

Lunch

Caramelised Onion and Gruyere tart

Dinner

(inspired by my New Zealand upbringing)

Canapé

Fresh Pikelets (mini pancakes)
topped with Smoked Salmon, Cream Fraiche & Dill

Entrée

Seared Scallops with Lime Chilli dressing

Main

Chargrilled New Zealand Lamb Loin
Marinated in Thyme & Garlic

Spicy Kumara/Sweet Potato Wedges
Herbed Yoghurt Sauce

Steamed Mangetout

Dessert

Chocolate Espresso Mini Pavlovas
Topped with Coffee Infused Cream & Fresh Fruit



DAY 3

Lunch

Thai Chicken Salad with Rice Noodles & Cashews

Dinner

Canapé

Rotolo of Italian Mozzarella & Prosciutto
Mediterranean Olive Mix

Entrée

Grilled Haloumi, Pear & Rocket Stacks
with Mustard & Pecan Dressing

Main

Mediterranean Sea Bass
baked with Fennel & New Potatoes
topped with olives, tomato & basil

French Beans with Garlic & Lemon Juice

Dessert

Tiramisu with Disaronno Originale Amaretto



Day 4

Lunch

Baked Mediterranean Vegetables with Two Cheeses

Dinner

Mexican Fiesta!!!

Canapé

Tortilla Chips & Vegetable Crudities with 3 homemade dips:

Fresh Guacamole

Spicy Corn & Red Pepper

Smoked Salmon & Dill

Entrée

Chicken, Avocado & Lime Soup

Main

Build your own Burrito:

Monkfish Veracruz (baked in citrus juices)

Pan fried Steak Strips with Chili, Peppers & Mushroom

Assorted accompaniments

Dessert

Mocha Kahlua Chocolate Mousse

Strawberry Coulis

Day 5

Lunch

Avocado, Brie & Spinach Quinoa Salad
topped with crispy Prosciutto

Dinner

Canapé

Chorizo baked in red wine

Entrée

Pan Fried Coconut Shrimp

Main

Searched Tuna with Pistachio and Lemon Crust
on a bed of Cucumber Spaghetti
topped with Nectarine Salsa

Minted New Potatoes

Avocado, Pear and Mixed Leaves Salad
with French Dressing

Dessert

Bitter Chocolate and Espresso Almond Cake
Coffee Butter Cream



Day 6

Lunch

Grilled Goat's Cheese & Aubergine Warm Salad
with balsamic drizzle

Dinner

Canapé

Melon, Serrano ham & Mozzarella stacks

Entrée

Baked Camembert with Garlic & Rosemary
served with Roasted Grapes

Main

Grilled Beef Tenderloin Steak with Herb Butter
on a bed of ratatouille

Creamy Sweet Potato & Ginger Mash

Dessert

Key Lime Pie

Pineapple & Mint Salsa

Day 7

Lunch

Thai Lamb Burgers with Crunchy Red Cabbage Coleslaw
Peanut Dipping Sauce

Dinner

Canapé

Aubergine, Feta & Sundried Tomato Parcels

Entrée

Roasted Red Pepper Gazpacho
with feta cream and torn basil

Main

Chicken Breast Marinated in Asian Spices
with homemade Sweet Chilli Jam

Mixed Rice Tower

Stir-fried Vegetables with Ginger & Orange

Dessert

Baked Peaches with Ginger topping

Pistachio & Cointreau Cream



Coffee & Chocolate Meringue with fresh fruit & vanilla cream



Key Lime Pie with strawberry mint salsa



Pistachio crusted Tuna Loin with peach salsa & mange tout



Smoked salmon parcels with dill & salad leaves



Melon and Mozzarella skewers / homemade chocolate chip cookies



Fresh Strawberry Coulis with mascarpone and shortbread crumbs



Oven Baked Sea Bass on bed of roast baby potatoes and fennel



Baileys & Swiss Chocolate Mousse Pots



Fresh Buffalo Mozzarella and Nectarine, caprese style



Teriyaki Salmon on marinated cucumber spaghetti



Asian Tuna Ceviche on gem lettuce leaves



Moroccan Lamb Tagine with dried fruits on smoky almond couscous



*Gin & Lime Cheesecake drizzled with
lemon honey*



*Coconut Crusted Mahi Mahi with fresh
mango salsa*



Fresh Sea Bass Kokoda

Enjoy! Bon Appetit! Guten Appetit! Buon Appetito!