## BLUE CRUISE SAMPLE MENU

Standard Breakfast (everyday) - Butter, honey, eggs, sorts of cheese, salami, sausages, cornflakes, nutella, tea, coffee, orange juice, fruits

Tea Time (everyday) - Coffee, tea, biscuits, cakes, Turkish pastry
$1^{\text {st }}$ day
Lunch - Stuffed peppers with olive oil, fried vegetables with garlic yoghurt or tomato sauce, fresh salads, fruits Dinner - Grilled meatballs, tomatoes, peppers and onions, pilaf (Isa's special), fresh salads, battered-deep fried patties of grated squash with dill
$2^{\text {nd }}$ day
Lunch - Green beans with olive oil, kous-kous (pasta in equal size granules), cold yoghurt soup with cucumbers and garlic, fruits
Dinner - Grilled small pieces of meat on wooden skewers, pilaf, thick yoghurt with garlic and dill, fresh salads, fruits
$3^{\text {rd }}$ day
Lunch - Red mullet with olive oil, cracked wheat, pilaf, fresh salads, fruits
Dinner - Chicken saute, spaghetti with tomato sauce, Russian salad, fresh salads, semolina dessert
$4^{\text {th }}$ day
Lunch - Eggs scrambled with tomatoes, onions and green pepper, pilaf with tomato sauce, carrots with yoghurt and garlic sauce, fruits
Dinner - Grilled fish, dried fried aubergines in tomato garlic sauce, cheese rolls, fresh salads, fruits
$5^{\text {th }}$ day
Lunch - Green salads, spagetti with tuna fish, aubergine with sauce, potato salad, haydari (yoghurt, mint and garlic)
Dinner - Barbeque, 5 sorts of mezes, fruit
$6^{\text {th }}$ day
Lunch - Green salads, spagetti Neapolitan, lamb cassarole with vegetables, fruits
Dinner - Green salads, octopus salad, shrimps cassarole, fish fillet with boiled potatoes, fruits
$7^{\text {th }}$ day
Lunch - Green salads, fried vegetables served with tomato or yoghurt sauce, prawns fried in olive oil, octopus cassarole, fruits
Dinner - Green salads, aubergine salad, grill with goat cheese, potato croquettes (bowls), mixed grill, rice, fruits
$8^{\text {th }}$ day
Breakfast, check-out

