

During a typical sailing cruise, you are considered to be a "working crew", participating in all aspects of operation of the vessel, including meal preparation. Here is a list of some basic menu items that will be customized to your preferences and include such choices as:

BREAKFAST

- Coffee, tea, orange juice, grapefruit juice, cranberry juice, apple juice (and your creamer/sweetener preferences)
- Bagels, English muffins, muffins, toast, cream cheese, butter
- Cereals, granolas, oatmeal, breakfast bars (and your milk preference--1%, 2%, skim, soy, etc.)
- Eggs, bacon, sausage, cheese
- Fresh fruit such as bananas, oranges, apples, grapes, strawberries, etc

LUNCH

- Sandwiches or wraps with fresh deli cold cuts, such as Turkey, Ham, Roast Beef, Corned Beef, Salami, Chicken breast, Swiss cheese, Cheddar, Provolone, Muenster, American, etc., with fresh tomato and lettuce (and your condiment preferences such as mayo, spicy brown or yellow mustard; bread preferences such as white, wheat, etc)
- Penne pasta pesto smothered with mozzarella and parmesan cheeses
- Chili dogs or chili and rice (shredded cheese and onions)
- Tuna or chicken salad sandwiches or wraps with fresh lettuce and tomato
- Tuna or chicken pasta salad on a bed of lettuce

DINNER

- Broiled Salmon, rice or couscous, garden salad (lettuce, tomato, cucumber, baby carrots)
- Blackened Tilapia, rice or couscous, garden salad (dressing preferences such as vinegar/oil, ranch, blue cheese, Italian, etc.)
- Grilled steaks (sirloin or London broil), garlic parsley potatoes, garden salad
- Grilled chicken breasts, angel hair butter/garlic pasta, fresh vegetable (choice of fresh broccoli, zucchini, cauliflower, yellow squash, green beans, corn on the cob, or other in season veggie)
- Grilled pork chops, pasta or rice, fresh veggie
- Grilled kabobs of chicken or pork, green & red pepper, onion, mushrooms, and rice dish
- The favorite Mexican night!...beef & cheese burritos, refried beans, chips/salsa, guacamole, sour cream, lettuce/tomato, yellow rice
- Ziti pasta with Italian sausage in red sauce topped with mozzarella and parmesan cheese
- Restaurants are available during some cruise itineraries for dining ashore to experience the local flavor (this is not included in the cost of provisions, of course!)

BEVERAGES

- Bottled water--you need to drink lots of this in our hot, sunny environment!
- Soft drinks preferences: sodas, Gatorade, lemonade, crystal light or other powdered drink mixes, iced teas, etc.
- Feel free to bring your own adult beverages and mixers, as these are **NOT** included **with the basic provisions**

SNACKS

- Chips and salsa
- Cheese and crackers
- Potato chips or other preference (Sun chips, Fritos, etc)
- Mixed nuts
- Apples
- Pears
- Oranges
- Bananas
- Granola bars

DESSERTS

- Cookies
- Chocolate
- Carrot cake
- Key Lime Pie