



## EASTCOAST SAILING ONBOARD MENU

Below is a selection of lunch boxes, gourmet platters, barbecue and cocktail menus available for your charter.

**\*\*Dietary Requirements** - \$10 extra per person for any menu alterations  
(all requirements can be accommodated)

Gluten Free, Vegetarian, Vegan, Nut Allergies, Lactose Free, Etc  
See menu alternatives listed at end of this menu

### **BARBECUE MENU- Selected Vessels Only** *(For a minimum of 8 guests)*

#### **Budget BBQ**

**\$30.00 per person**

*\$70 delivery fee applies to all catering orders.*

Assorted Chips  
Bacon and Onion Tart  
Beef Chipolatta Sausages with Sauce  
Tandoori Chicken Skewers with Minted Yoghurt  
Mixed leaves  
Fresh Bread

#### **Traditional BBQ**

**\$43.00 per person**

*\$70 delivery fee applies to all catering orders.*

Assorted Chips  
Gourmet sausages(gf) with bbq onions, Soft Bread Rolls and condiments  
Tandoori Chicken Skewers with Minted Yoghurt(gf)  
Sweet potato roasted tomato fetta and basil Frittata (gf) (v)  
Spiralli pasta pesto roasted capsicum pine nuts parmesan (v)  
Mixed Green Leaf Salad in a light dressing (gf) (v) (vgn)  
Chocolate fudge brownies

#### **Gourmet BBQ**

**\$50.00 per person**

*\$70 delivery fee applies to all catering orders.*

Nibblies  
Fresh Prawns with Dill Aioli(gf)  
Steaks with Condiments(gf)  
Lemon Oregano Chicken with Tahini Yoghurt(gf)  
Smashed Baby Potatoes, with Pink Peppercorn & Parsley Salad  
Brown rice salad cashews sunflower seeds capsicum soy and lemon dressing(gf)(v)(vegan)

Assorted Mini Rolls  
Lemon Citrus Tarts with strawberries

Optional extra: Platter of prawns with aioli (Market price on request)

**Party Finger Food**

**\$30.00 per person**

*\$70 delivery fee applies to all catering orders.*

Selection of dips with Pitta crisps & crudités with cheese & crackers  
Chicken, Mayo, Rocket and Celery Ribbon Sandwiches  
Peking Duck Pancakes  
Vegetarian Rice Paper Rolls(gf)(v) (vgn)  
Mushroom and Spinach Arancini balls with Aioli(v)  
Sweet potato roasted tomato fetta and basil Frittata (gf) (v)

**Party Finger Food Deluxe**

**\$40.00 per person**

*\$70 delivery fee applies to all catering orders.*

Selection of dips with pitta crisps & crudités  
Assorted Sushi  
Chicken, Mayo, Rocket and Celery Ribbon Sandwiches  
Peking Duck Pancakes  
Vegetarian Rice Paper Rolls(gf)  
Sweet Potato & Prosciutto Frittata(gf)  
Lemon Citrus Tarts & Brownies  
Seasonal fruit

**PLATTERED MENU**

**Tradewinds**

**\$43.00 per person**

*\$70 delivery fee applies to all catering orders.*

Selection of dips with pitta crisps and Crudites  
Chicken, Mayo, Rocket and Celery Ribbon Sandwiches  
Brown Rice Salad with Cashew, Sultanas, Capsicum, Parsley with Lemon & Soy Dressing(gf,  
v, vegan) in Noodle Box  
Peking Duck Pancakes  
Vegetarian Rice Paper Rolls(gf)(v)  
Spinach And mushroom Arancini balls with Aioli(v)  
Spinach and Fetta Tart (v)  
Portuguese tarts & Salted caramel slice  
Seasonal fruit

**Cruising**

**\$60.00 per person**

*\$70 delivery fee applies to all catering orders.*

King prawns with Citrus Aioli  
BBQ Lamb Cutlets with Tahini yoghurt dressing(gf)  
Tart with caramelised onion, fetta and spinach(v)  
Greek Salad(gf)  
Rocket, Roasted Beetroot, Sweet Potato, Caramelized Walnuts Salad with Balsamic Glaze(gf)  
Selection of breads  
Platter with cheese, Strawberries & water biscuits OR Petit Fours with Strawberries

Optional extra: Platter of prawns with aioli (Market price on request)

### **GRAZING BOXES**

These boards may be ordered in addition to your main meal as an entree or dessert.

*Each platter serves 10-12 guests*

*Minimum orders 8 people.*

*\$70 delivery fee applies to all catering orders.*

#### **Charcuterie Box**

**\$250 or \$25pp (\$210/\$21pp)**

A selection of cured meats , bocconcini, feta, olives and pate, semi dried tomatoes, crackers and fresh bread.

#### **Gourmet Cheese and Fruit Box**

**\$250 or \$25pp (\$210/\$21pp)**

A selection of quality Australian and International cheeses, seasonal fruit , nuts and dried fruit selection and assorted crackers

#### **Vegetarian Box**

**\$150 or \$15pp (\$115/\$11pp)**

Seasonal fresh vegetable crudites, (celery, carrots, cucumber, capsicum, mushrooms, beans tomatoes), hommus & Red Caviar Dip served with olives, crackers and fresh bread

#### **Seasonal Fruit Box**

**\$110 or \$10pp (\$95/\$9)**

Fresh in season fruits

#### **Dessert Box**

**\$150 or \$15pp(\$115/\$11pp)**

Petite fours selection of slices, cakes and tarts

### **SUSHI PLATTERS**

Medium: 10 people \$100.00

Large: 15 people \$120.00

*If ordered without a main meal, \$70 delivery fee.*

### **LUNCH BOX MENU**

**(Suitable for sailing regattas)**

Minimum 10 people

#### **Regatta**

**\$22.00 per person**

Soft damper roll with Cajun chicken, aoli, avocado and greens  
Tortilla wrap with rare roast beef, roast capsicum, grainy mustard and salad  
Spinach and ricotta filo pie (v)  
Chocolate Fudge Brownie

**Mariner**

**\$35.00 per person (\$30)**

Chicken, Mayo, Rocket and Celery Ribbon Sandwiches

Lamb Fillet with Minted Yoghurt, tomato, fetta and leaves on Wraps

*Salad boxes: Minimum order of 6 per selection*

Brown Rice Salad with Cashew, Sultanas, Capsicum, Parsley with Lemon & Soy Dressing(gf)

Spirali pasta pesto roasted capsicum pine nuts parmesan (v)

Char grilled chicken breast, cos, bacon, egg, shaved parmesan and aioli(gf)

Thai beef with vermicelli, tomato, cucumber, mint, Thai basil and capsicum(gf)

Portuguese Custard tarts