



## Kia Ora Menus for Cuba Charters

Food prepared with real integrity and a commitment to include responsibly raised animals, whole ingredients, locally sourced produce ....organic whenever possible, and sea food from local fisherman. We're all about simple, fresh and nourishing food, just genuine ingredients that taste great and feel even better. (Psst, love your veggies and meats). While in Cuba, your meals onboard will be limited to breakfasts.

### Kia Ora Theme Drink

Local Rum mulled with fresh oranges, limes and lemons and club soda, with a splash of Grand Marnier, and ice, lots of ice. That's refreshing!

Assorted local beers, yep, we support local.

Wine, good wine, because life really is too short.

...and a fair assortment fine spirits, for your drinking pleasure.

### Breakfast Menus (Every Day)

We start the day with locally sourced coffee, an assortment of organic teas, locally baked goodies and, if you wish, the perfect Bloody Mary; fresh and organic with limes and lemons or Mimosas with fresh squeezed OJ. Head to a sunny spot on the boat and enjoy!

Organic Granola with topping choices

All Natural Vanilla Yogurt

Roasted pecans

Toasted Coconut

Fresh berries

Frittata loaded with goodness, this means what's in season and fresh

Bacon or sausage, the good stuff, nitrite free, grass fed and organic whenever possible

Smoked salmon served with toasted whole grain bagels, fresh organic cream cheese, capers, onions and tomatoes (Insider tip, bloodies would be great with this)

Fresh OJ

Farm fresh cage free eggs, your way

Bacon or sausage... and more bacon

You've reached breakfast bliss, complete with baked potato hash browns

# Kia Ora

Sweet Potato Hash with poached eggs-a- top  
Chocolate Croissants... from The Old Town Bakery

Buffet style breakfast burritos  
Assorted fresh tortillas  
scrambled eggs, hash browns, black beans, cheddar & jack cheese, topped with pico de gallo and green chili

## Lunch Menus (Only while we are sailing to/from Cuba or Snorkeling)

Grilled Mahi Mahi with blue cheese over a bed of lightly dressed field greens  
OR as a wrap, with crumbled blue cheese and lightly dressed field greens

Island Ceviche with Tropical Fruit  
Guacamole Tostados made with mashed avocado, finely chopped onion, tomato, some lemon juice, cilantro and a little sea salt

Havana Daydreaming  
Free-range house pork, shaved ham, gruyere cheese, homemade pickles and a sunny side egg with Dijon hollandaise, served up open-face on a hoagie roll.

Grilled Key West Pink Shrimp  
Melon, buffalo mozzarella and prosciutto salad

Baltimore Crab Cakes  
Assorted fresh vegetables from the grill

Grilled chicken salad on a bed of field greens  
Or on a croissant from Croissants de France in Key West

## Dinner Menus (Only while we are sailing to/from Cuba or Snorkeling)

Bon Voyage dinner  
Stone crab claws from Panchos Fuel Dock in Marathon Key, caught fresh daily  
Fresh roasted corn with fresh lime and cayenne  
Boiled new potatoes tossed with sweet butter, finished with sea salt and fresh ground pepper  
Now that's a proper send off!

# Kia Ora

Grilled Chicken with a BBQ glaze  
Caribbean Cole Slaw

Grilled Lobster tails from Panchos Fuel Dock in Marathon Keys, caught fresh daily  
Fresh asparagus or other fresh seasonal vegetable prepared on the grill

Marinated Beef skewers  
Lighted dressed field greens

## Appetizers

Cold meat and cheese plate with assorted condiments  
Cherry tomato & rosemary focaccia with Himalayan rock salt

## Dessert, a “sweet” culinary tour of Key West

The Key lime pie challenge, we may have Key lime pie more than once, in the interest of science!  
Mettheessens Homemade GIANT Chocolate chip cookie, with homemade Toasted Coconut ice cream.

Old Town Bakery Brownies with fresh strawberries when available Croissants de France, an assortment of delightful bakery treats.

Key West Cakes, could be cupcakes or could be something else, but it will be good