

Our Gourmet Menu For Your Charter







Lunch Menu: Choice of a Fresh Homemade Salad on....

A Wheat Wrap with crisp shredded iceberg lettuce and ripe Roma tomato
(Includes basket of natural potato chips and a relish plate of
-OR- assorted pickles and olives)

A Salad platter Served in a tomato "flower" on a bed of romaine lettuce with cheese wedges, carrot and celery sticks
and other fresh seasonal vegetables

Platter or Wrap Salad Choices (mixed with real mayonnaise)

-  Grilled fresh Ahi Tuna, lightly seasoned
-  Grilled, Marinated Chicken Breast with chopped celery and chives
-  Chopped Ham Steak with diced onion and pickles
-  Farm Fresh Eggs with diced green olives and chives

NEW Pan-Seared Tilapia Salad Platter – Served with homemade coleslaw and fresh seasonal vegetables

First mate's choice of her homemade bakery desserts.

Dinner Menu: Each Charter Dinner includes one starter, one main course, and one dessert. Please choose one of each from the options below for your entire party.

Starter:

Rich, thick and creamy Shrimp Bisque
"Very Veggie" tossed mixed greens **Salad** (choice of dressings)

Main Course:

Mixed Seafood Stir Fry with oriental vegetables in a white wine sauce over linguini
Lightly Seasoned Garlic Shrimp with broccoli over angel hair pasta, topped with a rich alfredo sauce
Roasted Beef Sirloin Tips with caramelized onions and fresh button mushrooms served over wide egg noodles, with a
side of seasonal vegetables
Stuffed Roasted Chicken Breast with mushroom gravy, smashed potatoes, and seasonal vegetables.
Grilled Seasoned Pork Loin served with smashed garlic and chive potatoes, homemade chunky applesauce and seasonal
vegetables

...On the Lighter Side

Garlic Shrimp and broccoli served over spaghetti squash (seasonal) or angel hair pasta, in a lemon butter sauce.
Pan-seared lemon Tilapia, seasoned to perfection. Served with seasonal vegetables, baby baked potato fans and
homemade coleslaw.
Shrimp Creole (spicy or mild) 7 jumbo shrimp served on a bed of brown rice, surrounded by Creole vegetables and sauce.

Homemade Desserts:

Chunks-of-Apple Raisin Spice Cake with Maple Frosting (Captains favorite!)
Nefarious Chocolate Cherry Cake – moist chocolate cake with chunks of cherries and chocolate chips, topped with a
creamy Rum Ganache.
Tangy Lemon Margarita Cake
Banana Split Cheesecake
Brownie Sundae Supreme
Key Lime Pie (Chef's personal recipe) A creamy taste of the Florida Keys

Vegetarian, Low-Carb or Other Specialty Meals Available Upon Request

Questions or information – info@sunnysailcharters.com Phone: (518) 210-3309 Fax (888) 376-4125

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