



# CREW MENU

## BREAKFAST

### EGG SELECTIONS

PLAIN OMELETTE local free-range organic eggs	\$24
CHEESE OMELETTE Swiss cheese	\$26
VEGGIE OMELETTE spinach, mushroom, Swiss cheese	\$31

### SIGNATURE ITEMS

BREAKFAST SANDWICH scrambled eggs, apple smoked bacon, Vermont cheddar cheese, harissa mayonnaise, brioche bun	\$30
CLASSIC LOX BAGEL Norwegian nova smoked salmon cream cheese fresh dill sliced tomato sliced red onion plain bagel	\$32

### SWEET ITEMS

YOGURT PARFAIT Greek yogurt, house-made granola, fresh assorted berries	\$26
INDIVIDUAL FRUIT SALAD sliced assorted seasonal fruits	\$22

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## LUNCH

### LUNCH BOX 1

- GRILLED CHICKEN CAESAR SALAD \$68  
grilled chicken breast, baby romaine lettuce, cherry tomatoes, croutons,  
parmesan Caesar dressing
- RED LENTIL SOUP (16 fl oz/ 473 ml)  
turmeric, carrots, cilantro, lime juice
- CLASSIC CHOCOLATE CHIP COOKIE  
chocolate chips

### LUNCH BOX 2

- TURKEY CLUB SANDWICH \$68  
house-roasted turkey, crispy bacon, herbed-mayonnaise, lettuce,  
tomatoes, white pullman bread
- MIXED BABY GREEN SALAD  
local greens, shaved carrots, sliced cucumbers, edible micro-  
flowers, lemon dressing
- OATMEAL COOKIE  
nuts, dried fruits, brown sugar

### LUNCH BOX 3

- MONOGRANO SPICY RIGATONI \$68  
calabrian chili peppers, pomodoro cream sauce, parmesan cheese, basil
- MIXED BABY GREEN SALAD  
local greens, shaved carrots, sliced cucumbers, edible micro-  
flowers, lemon dressing
- BROWNIE  
dark chocolate

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## LUNCH BOX 4

### GREEK SALAD & SHRIMP

grilled tiger prawns, feta cheese, kalamata olives, greens, cucumbers, roasted peppers, vine-ripened tomatoes, oregano, sliced red onion, red-wine dressing

\$55

### BANANA COOKIE

bananas

## DINNER

## DINNER BOX 1

### CHICKEN MILANESE

arugula, cherry tomatoes, shaved parmesan cheese, grilled lemon

\$85

### CREAMY MASHED POTATOES

butter, cream

### FRUIT TART

seasonal fruits, almond crust, mascarpone chantilly

## DINNER BOX 2

### PAN-ROASTED LEMONGRASS CHICKEN

half green-circle chicken, pickled vegetables, roasted peanuts, lime dressing, chili sauce, jasmine rice

\$85

### CRISPY VEGETABLE SPRING ROLLS (2 pieces)

citrus sauce

### CLASSIC BROWNIE

cocoa nibs, confection sugar



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## DINNER BOX 3

- ARGENTINEAN STYLE PRIME SKIRT STEAK \$85  
roasted baby potatoes, chimichurri sauce, bouquet garni
- HARICOT VERT  
pommey mustard-butter, shallots
- NEW YORK CHEESECAKE  
fresh berries, fresh berry sauce

## DINNER BOX 4

- GRILLED ORA KING SALMON PLANK \$85  
quinoa tabbouleh salad, grilled lemon
- MIXED BABY GREEN SALAD  
local greens, shaved carrots, sliced cucumbers, edible micro-flowers, lemon dressing
- LEMON & YUZU TART  
meringue, blueberry compote

## DINNER BOX 5

- SPICY THAI GREEN VEGETABLE CURRY \$75  
seasonal vegetables, tofu, holy basil, white jasmine rice
- CRISPY VEGETABLE SPRING ROLLS (2 pieces)  
citrus sauce
- VEGAN CARROT CAKE  
vegan frosting

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## HIGH PROTEIN LUNCH SNACKS

### SNACK BOX 1

FRESH MARKET CRUDITE  
rainbow carrots, celery, cucumbers, radish, cauliflower, sweet peppers \$45

HUMMUS  
chickpeas

HOUSE-MADE WHOLE WHEAT PITA CHIPS  
za'atar, sesame seeds, lightly salted

ALMONDS

### SNACK BOX 2

PLAIN HARD-BOILED EGGS (2 pcs)  
local, free-range organic \$32

HOUSE-ROASTED TURKEY BREAST ROLL UPS

SWISS CHEESE ROLL UPS

CELERY STICKS

## HIGH PROTEIN BREAKFAST SNACKS

### SNACK BOX 1

STEEL CUT OATMEAL  
chia seeds, peanut butter, whole milk \$32

INDIVIDUAL MIXED BERRY SALAD  
assorted seasonal berries

PLAIN HARD-BOILED EGGS (2 pcs)  
local, free-range organic

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## JUICE BAR

### JUICES & SMOOTHIES

COLD PRESSED ORANGE JUICE assorted oranges	\$25
COLD PRESSED GRAPEFRUIT JUICE assorted pink grapefruits	\$25
ORGANIC GREEN POWER JUICE lacinto lake, cellery, ginger, green apples, cucumber, lemon	\$26
SUNSET JUICE carrots, oranges, pineapple, lime juice, turmeric, ginger	\$26
VERY BERRY SMOOTHIE assorted seasonal berries, plain Greek yogurt, honey	\$28

## OTHER SNACKS

GoMacro Granola Bar (2.3 oz/ 65 gms) assorted flavors	\$7
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