



defiance **sail charters**

LUNCH SELECTIONS

EGGS

FRESH VEGETABLE FRITTATA with PANCETTA and BALSAMIC VINEGARETTE served with multigrain/sourdough bread

SALADS

DILLED ORZO SALAD with GARBANZO BEANS
SPINACH & MUSROOM PASTA SALAD with fresh DILL & chopped EGGS
BARLEY & BLACK BEAN SALAD served with fresh avocado slices & tomato wedges
WILD RICE & SMOKED TURKEY SALAD
Salads served with either toasted pita wedges, seasoned French bread or multigrain rolls.

BREAD BOWL

Served with the following choices of homemade;
CREAMY FISH, OYSTER or CLAM CHOWDER, or
GAZPACHO, and
Salad of MIXED GREENS, sautéed RED PEPPER, GREEK OLIVE, & MOZZARELLA

SANDWICHES, WRAPS or TART

ASPARAGUS on CROUTON surrounded with fresh sliced tomato
AVOCADO, GOAT CHEESE and SMOKED TURKEY BLT
PAN BAGNATS with MARINATED VEGETABLES with or without anchovies
TOMATO "SANDWICH" layered with either blue cheese or crabmeat served on a bed of baby spinach leaves
CLASSIC New England LOBSTER ROLL
MEXICAN WRAP of refried beans, salsa, sour cream, lettuce and tomato
VEGETARIAN WRAP of hummus and/or taboule, sprouts, tomato, cucumber and red onion
ROASTED BEEF or SMOKED TURKEY with or without TARRAGON AIOLI
TOMATO TART topped with a dollop of GARDEN PESTO served with
WILTED LETTUCE SALAD with radishes, green onion and warm bacon dressing

Unless stated otherwise, the above are served with natural POTATO or TORILLA CHIPS

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