**SAMPLE MENUS: MEDITERRANEAN CUISINE 1.**

Spinach and anchovy empanadillas

Beef fillet rolls, served with a garlic and tomato sauce

Baklava

Pistou, with Parmesan

Grilled sea bass, with lemon and Pernod

Crema Catalana

Chorizo in red wine

Chicken in a salt crust, with tomatoes and peppers

Fresh figs, baked with honey

Orange, tomato and avocado salad

Grilled red mullet, with dill and pastis

Cherry clafoutis

Sal cod fishcakes, with alioli

Roast wild duck with juniper, with braised red cabbage

Coffee granita

Fried white bait, with a hot sherry salsa

Sautéed lamb, with Greek yoghurt and garlic

Turkish delight ice cream

Greek salad, with feta, cherry tomato, honeydew melon and peppers

Pork fillet, with Marsala and juniper

Mango and passion fruit gelato

**SAMPLE MENUS: MEDITERRANEAN CUISINE 2**

Salad of quails with wild mushrooms and Dijon mustard dressing

Baked fillet of John Dory, with artichokes, carrot and fennel

Tiramisu

Clam and vegetable soup

Veal olives, with mushrooms, served with a Marsala sauce

Mille Fuille, with fresh fruits of the forest

Chicken livers, with raw beetroot and port vinaigrette

Valencian paella, with clam, runner bean, chicken, tomato and herbs

Chocolate and Disaronno cheesecake

Potted squat lobster, with ginger and basil, served with warm toast

Turkish style new potato casserole, with aubergine, courgette, pepper, tomato and spices

Raspberry crème brûlée

Gnocchi al pesto, topped with Parmesan shavings

Seafood stew, with Romesco pepper sauce and rice

Panna cotta, with fruit coulis

Crab and avocado salad, with fresh salsa

Loin of lamb, with couscous and red pepper chutney

Profiteroles, with cream and chocolate sauce

Poussin, with braised herbs and aubergine confit

Grilled tuna, with aubergine and tomato confit

Ricotta tart

**SAMPLE DINNERS: MEDITERRANEAN CUISINE**

**Starters:**

Smoked salmon, with rocket, cucumber and chilli

Grilled oysters, with Parmesan cheese

Wild mushroom pizza, on a bed of rocket

Deep fried falafel, with raïta and spinach leaves

Greek stuffed vine leaves, with rice, spring onion and raisin

Mushroom and garlic tortilla, served with tapenade

Stuffed calamari, with Serrano ham, tomato and herbs

Warm salad of crab, asparagus and samphire grass

Salt cod fritters, with garlic sauce

Crostinis, topped with goat's cheese, grilled pepper and rocket, spread with anchoyade

Gnocchi, with tomato sauce, Parmesan and chives

Terrine of tomato and mozzarella, with olive and basil

Warm salad of squid and chickpeas, with a garlic and shallot sauce

Grilled sardines, stuffed with anchovy, caper and spinach

**Meat / Poultry Main Courses:**

Grilled chicken with lime, served with a roast plum tomato salad

Pan seared pork fillet, marinated with olive oil, garlic and paprika, served with sautéed potato

Seared breast of Barbary duckling, with a black cherry jus and braised red cabbage

Seared carpaccio of beef, with roasted baby beetroot, watercress and Parmesan yoghurt

Chicken breast, stuffed with mozzarella, wrapped in Parma ham and served with fresh pesto

Beef, stewed with red wine, rosemary and tomato, served with steamed potatoes

Confit of duck, served on a potato rosti with a cointreau jus