



LUNCH MENU



*A relaxed celebration of the flavours, **ambiance**
and **la dolce vita** of the Mediterranean.*

Inspired by sailings across *crystal clear* waters, the
Med Yacht Club is influenced by
sophisticated, beachside Mediterranean
restaurants, *embracing* the varied cuisines of the
region *infusing tastes* and *textures*
of Italy, Spain, Greece, France, and North Africa.

Plant Based (PB) *Vegetarian* (VG)
Gluten Conscious (GC) *Omega 3 Oily Fish* (O3)

*In case of any dietary requirements or food allergy,
please inform our hosts before ordering.*

LUNCH MENU

TAPAS TO SHARE

Patatas Bravas (VG) (GC)

Fried baby potatoes, aioli, salsa brava

Shrimps saganaki

Tiger shrimps baked in rustic tomato sauce, ouzo, feta cheese, village bread

Mezze platter (VG)

Hummus, tzatziki, falafel, aubergine baba ghanoush, marinated olives, pita bread

Gran Reserva Manchego Cheese Platter (VG) (GC)

Selection of premium flavoured Manchego

APPETIZERS

Beef carpaccio * (GC)

Thinly sliced premium beef, aged Parmigiano Reggiano, grilled arugula, horseradish cream, Amalfi lemon

Crispy fried baby calamari

Pimenton de la Vera aioli dip

Burrata, tomato carpaccio (VG) (GC)

Tomato, fresh basil, Ardoino Fructus olive oil
(Subject to availability)

Santorini tomato kefte fritters (PB)

Plant-based mint-lemon sauce

SALADS

Spanish tuna salad, bonito del Cantábrico "Don Bocarte"

Galician preserved tuna, lettuce, tomato, spring onions, bell pepper, carrots, asparagus, soft boiled eggs, lemon vinaigrette

Grilled halloumi cheese salad (VG) (GC)

Roasted peppers, marinated zucchini, cherry tomatoes, arugula, Kalamata olives over Greek yoghurt-lemon sauce

**Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions*

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SOUPS

Minestrone (VG) (GC)

Hearty vegetable soup, potato, Tarbais beans, pesto, aged Parmigiano Reggiano cheese

Gazpacho “My Way” (PB)

Healthy version of tomato soup, peppers, pepino, sweet onion, garlic, chives

PASTA AND RISOTTO

Pasta of the Day / Ask your host

Handmade fresh pasta

Gnocchi al Pesto (VG)

Handmade fresh potato gnocchi, Genovese pesto

MAIN COURSES

Roasted bacalao de Galicia (GC)

Galician salted cod fish, piquillos peppers, Tarbais bean cassoulet, Serrano ham

Organic free range roasted chicken, herbes de Provence (GC)

Roasted potatoes, jus de rotî

Veal scaloppine, Sorrento lemon sauce

Aubergine stiletto, stuffed artichokes, French beans

Rhodes-Style lamb shank kritharaki

Orzo pasta, feta cheese

Black angus de Castille, beef chunks *

Grilled and slowly roasted, garlic herb butter crusted, French fries, Provençale tomato

Roasted pumpkin ballotine (PB) (GC)

Roscoff pink onions, Spanish almond cream, za'atar, lemon confit

SIDE DISHES

Vegetables casserole / Roasted potatoes / French fries / French beans / Orzo pasta
/ Tarbais bean cassoulet

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DESSERTS

Freshly-baked tart of the day

Ask your host

Floating island ^(GC)

Pink pralines, Bronte pistachio

Piemonte hazelnut semifreddo

Salted caramel

Ice creams and sorbets of the day ^(GC)

Ask your host