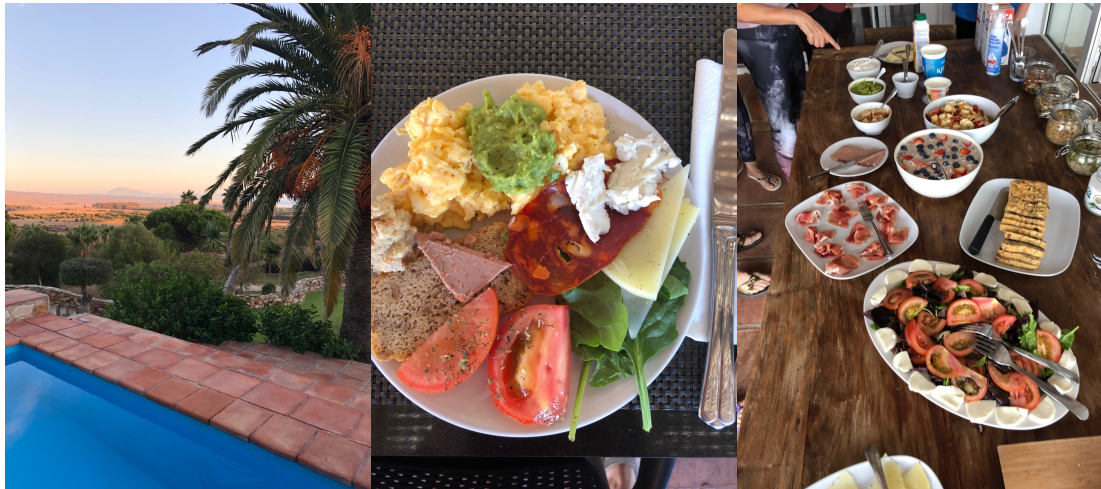


# Tarifa 2019

## Breakfast

Buffet of bircher muesli, almond bread, cold meats, cheeses, eggs, fresh fruit salad, yoghurt, kefir and salad. Tea, coffee and fresh orange juice.



## Day 1 dinner

Artichokes with salsa verde

Hake with mashed cassava, butternut squash & runner beans





## Day 2 lunch

Grilled sardines. Greek salad with avo ( cucumber, tomato, red onion, feta), stir fried courgette & mushroom with ginger, garlic & tamari; butter & bitter lettuce with goats cheese, leeks, cucumber, pomegranate & figs in a raspberry dressing



## Day 2 dinner

Watermelon & feta gazpacho

Roast local pork with sweet potato gratin, green beans, stir fried cabbage & roasted cauliflower





### Day 3 lunch

Melva fish with black olives, red onion & roasted peppers; Avo, pomegranate & papaya salad with grated courgette, broad beans & tahini dressing; Beetroot, feta & walnut salad; Warm green veg (sprouts, broccoli, green beans) with Roquefort cream dressing.



### Day 3 dinner

green & feta gazpacho

Chicken, olive & lemon tagine, quinoa, roasted root veg and a mint & bean sprout salad





## Day 4 lunch

At the beach



## Day 4 dinner

Mango & papaya salad with peanuts and spicy satay sauce

Thai coconut chicken, garlic king prawns, Cauliflower rice with leeks and sunflower seeds, Thai vegetables, roast butternut squash with toasted coconut





## Day 5 lunch

Beef carpaccio with rocket & parmesan, baked roast potatoes, roasted cherry tomatoes in balsamic dressing, green salad with avocado, eggs with anchovies



## Day 5 dinner

Mozzarella, tomato & basil salad

Seared tuna with mango, chilli & papaya salsa, pickled ginger, mashed cassava with coconut oil, cauliflower in tamari sauce, broccoli & pistachio





## Day 6 lunch

Cauliflower & broccoli with melted goats cheese, tomato ceviche, Boccaroni (white bait), carrot, blackberry & apple salad with an orange sauce, mushroom & chard in a cream sauce



## Day 6 Dinner

Dinner at Meson SigloXIX in Tarifa





## Day 7 lunch

Mackerel, Marinated fish, baked potato, pea, mint & feta, shitake mushrooms, tzatziki & mixed salad



## Day 7 dinner

Spanish courgetti soup

Spanish tapas – roast peppers with sheep cheese, tomato & spicy olives; sweet patatas bravos; aubergine with goats cheese; artichokes, chorizo, cucumber & dill salad, homemade fish cakes with mint basil & parsley, & a mango chutney

