



## Sail Ningaloo Sample Menu 4 Day / 3 Night Tour

### Day 1

- Afternoon:** Cheese platter with olives, artichokes & sundried tomatoes.
- Dinner:** Local fish with a Mango salsa served with Coconut rice & Garlic Roasted Bok Choy
- Dessert:** Persian Love Cake served with vanilla ice cream



### Day 2

- Breakfast:** Continental breakfast & fruit salad.
- Morning Tea:** Coconut & Berry Muffins
- Lunch:** Tuscan Beef Burgers  
Variety of freshly cut salads, caramelised onions, crunchy noodle salad and sweet potato wedges
- Afternoon:** Homemade dip platter
- Entree:** Fresh rice paper rolls with dipping sauce
- Dinner:** Cream cheese, sundried tomato & bacon stuffed chicken breast served with green beans & roasted pumpkin salad.



### Day 3

- Breakfast:** Baked Eggs with bacon and mushrooms.
- Morning tea:** Fresh fruit platter.
- Lunch:** Fresh local lemon & parsley fish  
Spinach & Feta Pie, Selection of salads & parmesan & sundried tomato scrolls.
- Afternoon:** Cheese platter with marinated asparagus, gherkins & pan-fried salami
- Dinner:** Fillet steak with balsamic reduction & cherry tomatoes  
Served with creamy potato stacks & Greek salad
- Dessert:** Red Wine Chocolate Cake with vanilla ice cream

### Day 4

- Breakfast:** Continental breakfast & fruit salad.
- Morning Tea:** Freshly made cookies
- Lunch:** Lemon & thyme chicken & felafel souvlaki wraps.  
Variety of freshly cut salads.  
Mixed bean & brown rice salad.



**Please note:** This is a sample menu only and is subject to change.  
We happily cater for specific dietary requirements. Please notify Sail Ningaloo at time of booking of any allergies or dietary preferences to ensure we can best cater to your needs.