



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.