

# LIR

Sample menus



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"I strive to prepare meals using fresh, locally sourced ingredients, tailored to the guest's needs and the availability of seasonal produce. For instance, fish dishes feature locally caught seafood whenever possible.

I can also create gluten-free, vegetarian, or vegan options and adapt meals to accommodate specific preferences, allergies, or intolerances."

Sophie Ferguson

## Sample menus

### Breakfasts



Breakfast bagels with crispy bacon, scrambled eggs, pan-seared mushrooms, and jalapeño cream cheese

Shakshuka with crumbled feta, mint and coriander yogurt, and fresh flatbreads

Poached eggs with hollandaise, avocado, salmon, and toasted English muffins

Fluffy banana and oat pancakes with caramelized bananas, whipped cream, and toasted nut crunch

Mango smoothie bowls topped with toasted nuts and seeds, fresh fruit, granola, and dried fruit

Breakfast burritos with guacamole, pico de gallo, breakfast potatoes, and coriander crema

French toast with crispy bacon, Chantilly cream, and fresh berries

Cinnamon crunch overnight oats served with a fruit platter and mango yogurt lassi

Spinach, cheddar, and egg frittata with tomato salsa and potato rösti

Homemade cinnamon buns with toasted nut and coconut granola, yogurt, and berry compote

Baked carrot cake oats topped with cashew cream, chia berry puddings, fresh fruit, and homemade cinnamon granola



## Sample menu

### Lunches



Fresh pesto pasta with roasted lemon herb chicken, broccolini topped with toasted hazelnuts, and caprese salad

Sesame-crusted seared tuna poke bowls with seaweed, spring onions, edamame, avocado, pickled vegetables, and jasmine rice

Pan-fried mahi mahi served with Pad Thai noodles, Som Tam salad, crispy tofu, and garlic stir-fried vegetables

Salt and pepper squid with chicken in black bean sauce, fried rice, and steamed bok choy

Pulled pork burgers with sweet potato fries, summer slaw, and grilled corn on the cob

Fish tacos with guacamole, charred corn salsa, coriander and garlic crema, and three-bean salad

Lamb kofta and falafel wraps with Greek salad, tabbouleh salad, hummus, and baba ganoush

Jerk chicken served with plantain tostadas, rice and peas, and slaw salad

## Sample menus

### Dinner canapes



Goat cheese, beetroot, and  
rosemary tartlets

Vietnamese fresh spring rolls with  
vermicelli, mango, and prawn

Classic prawn cocktail with Thousand  
Island dressing

Roasted red pepper hummus and  
baba ganoush served with crunchy  
vegetables and crisps

Samosas served with mango  
chutney and mint sauce

Feta filo parcels with sesame  
seeds and a hot honey drizzle

Thai chicken skewers with  
satay sauce

Smoked salmon blinis

## Sample menus

### Dinner starters



Pan-fried scallops with crispy lardons  
and pea purée

Whipped goat cheese and roasted beetroot  
salad with toasted pecans and mixed leaves

Roasted butternut squash soup with  
rosemary croutons and toasted seeds

Fresh burrata with grilled grapes, toasted  
pine nuts, and balsamic glaze

Tomato bruschetta with basil oil

Juniper berry-cured salmon with pickled  
cucumber and whipped cream cheese

Pea and leek soup with roasted potato  
and bacon crumble

Ceviche tostada with toasted corn,  
avocado crema, and pickled chilies

Pork and crab soup dumplings with  
ginger soy dipping sauce

## Sample menus

### Dinner main courses



Harissa slow-roasted lamb leg with couscous salad, pomegranates, and toasted pine nuts

Green Thai prawn curry with coconut rice and sautéed tenderstem broccoli

Goan fish curry served with lentil dahl, steamed rice, garlic naan, mango chutney, and lime pickle

Grilled steak with chimichurri sauce, potato wedges, roasted mushrooms, and wilted spinach

Venison stew with creamy polenta, roasted carrots, and parsnips

Pesto-crumbed hake with pan-fried asparagus, Parmesan-crusted roast potatoes, and pea purée

Birria tacos with consommé, corn ribs, and green salad with avocado dressing

Brown butter and sage ravioli with roasted butternut squash, toasted walnuts, and fresh basil

Roast pork loin with fondant potatoes, pork jus, caramelized apple purée, and roasted carrots

Five-spice duck breast with rice noodles, peanut sauce, pickled chilies, pan-fried spinach, cabbage, and carrot

Porcini mushroom risotto with Parmesan crisp and garden peas

Toasted coconut-crusted cod with laksa sauce, jasmine rice, and seasonal vegetables

Roasted rack of lamb with dauphinoise potatoes, green beans, lamb jus, and mint sauce



## Sample menu

### Desserts



Chocolate fondants with candied hazelnuts and fresh cream

Lemon polenta puddings with Chantilly cream and toasted pistachios

Lemon tart with strawberries and Chantilly cream

Tropical Eton mess with mango and passion fruit

Key lime pie with Italian meringue and lime-macerated strawberries

Dark chocolate mousse with miso caramel and peanut sesame crumble

White chocolate mousse with sour cherry and caramelized white chocolate

Basil panna cotta with basil oil





**LIR**

We look forward to  
welcoming you aboard