



7-Day Typical Menu

Breakfast Every Day

Granola, Yoghurt, Honey/Agave, Fruit Platter and Fresh Juice

Homemade Breads

Day 1

Welcome snack

Cheese Platter with Melon Jam, Tomato Chutney, Hummus and Flatbread

Dinner

Goats Cheese with Roasted Beet Tartare, Pickled Mango and Honeyed Cashews

Belizean Baked Chicken with Rice, Beans and Chili Mint Yoghurt

Lime Posset with Pineapple and Mango



Day 2

Smashed Avocado on Homemade Toast with Feta and Cucumber Salsa

Lunch

Shrimp Quesadilla with Mango Salsa and Coriander Sour Cream

Dinner

Fresh Grouper or Snapper with Mojo Verde, Fried Potatoes, Ginger White Cabbage and Broccoli

Chocolate Cake with Caramel Sauce



Day 3

Belizean Breakfast

Eggs, Sausage, Bacon, re-fried Beans and Fried Jacks

Lunch

Pulled Pork Tacos with Red Cabbage, Pineapple Salsa, Pickled Red Onion and Chipotle Mayonnaise

Dinner

Bang Bang Cauliflower (or shrimp) with Sweet Chilli Sauce

Garlic Lobster (seasonal) with Spinach and Chickpea Tagine, Couscous and Lemon Yoghurt

Pineapple and Rum Trifle with Vodka and Pineapple Shot



Day 4

Bacon and Spinach Waffles with Fried Egg

Lunch

Herbed Chicken Salad with Mango, Goats Cheese, Prosciutto and Ginger Soy Dressing

Dinner

Conch Fritters with Lime Chili Sauce

Catch of the Day with Zucchini, Sweet Peppers, Potatoes and Chili Mint Dressing

Lime and Banana Cheesecake with Caramel Sauce

Day 5

Belizean Stuffed Fried Jack with Chicken, re-fried Beans and Spinach

Lunch

Daily Catch Burger with Slaw, Pickled Cucumber and Tartare Sauce

Dinner

Shrimp with Sweetcorn Puree, Mango Salsa and Chili Butter

Ribeye Steak with Chimichurri, Roasted Vegetables and Rosemary New Potatoes

Cinnamon Re-fried Jacks with Baileys Chocolate Sauce



Day 6

Lionfish or Crab Eggs Benedict

Lunch

Pizza

Dinner

Ceviche

Catch of the Day with Rice, Pineapple Salsa and Chili, Ginger, Cilantro Butter

Tropical Eton Mess



Day 7

Cheese and Vegetable Frittata

Lunch

Island Shrimp Burrito

Dinner

Dips (Sweet Pepper, Corn, Guacamole, Tzatziki and Hummus) with Cassava Chips

Pan fried Catch of the Day with Belizean Beet and Potato Curry and Green Bean Mallum

Coconut and Lime Cake with Pina Colada Sauce



Blue Reef

Island