

ASA CLASS MENU

West Coast Multihulls/Catamaran Sailing Adventures

Breakfast

Hot Cakes, Bacon & Fruit

Cheese Omelette & Fruit

French Toast and Fruit

Quesadillas W/ Refried Beans

Fruit, Granola, Yogurt

Scrambled Eggs, Bacon & Fruit



Lunch

Club Sandwich (Ham,panella,Avocado, lettuce)

Chicken Salad with Fresh Vegetables

Pasta Salad (Olives,Cheese,Cherry Tomatoes, Basil)

Fish Tacos & Pico De Gallo

BLT Sandwiches (Bacon, Lettuce, Tomato)

Ceviche con Mango & Pico De Gallo (Read The Instruction "you will love it")



Dinner

Fillet of fish with Garlic & Steamed Vegetables

Beef Tacos con Pico de Gallo

Spaghetti with Meatballs

Sauced Shrimp Over Rice and Side Salad

Hamburgers All The Fixings

Lemon Pepered Chicken (Grilled) Rice and Side Salad



ASA CLASS RECIPES

West Coast Multihulls/Catamaran Sailing Adventures

All Breakfasts: include main course plus, Yogurt, Granola, Fresh Fruit, Coffee



Fruit depending on Season:
Bananas, Mangos, Papayas,
Pineapple, Apples, Pears,
Cantaloupe

Pico De Gallo Recipe: Chop (6) Tomatoes, (1) Cucumber, Cilantro, (1/2) White Onion, Mango (Optional)



Ceviche Recipe: Finely chop the 2.2 lbs (1 kilo) fish. Cover all the fish with lime juice (drown). Finely chop (1) large red onion, salt & pepper to taste. Let sit for 1-2 hours. Occasionally stir/fold. Drain 90% of the juice. Dice & add mango. Make pico de gallo with crackers



Drinks: Cafe, Juice, Milk, Water, Mineral Water, Soda, Alcohol **Is not included** nor consumed until end of the day (Please ask your Instructor/Captain)