ASA CLASS MENU

West Coast Multihulls/Catamaran Sailing Adventures



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

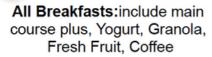
Hamburgers All The Fixings



Lemon Peppered Chicken (Grilled) Rice and Side Salad

ASA CLASS RECIPES

West Coast Multihulls/Catamaran Sailing Adventures





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





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