

# LUNCH

# Lilboa

## STARTERS

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**Beet Pickled Devilled Eggs With Crispy Bacon (G)**

**Oven Roasted Zucchini**  
Goat Cheese | Roasted Pine Seeds

**Roasted Artichoke Salad With Frisée And Grapefruit**

## SOUPS

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**Sweetcorn Chowder | Shrimp (G)**

**Iced Melon | Sweet Wine (G)**



## MAIN COURSES

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**Grilled Sea Bream**  
lemon | chervil sauce (N)

**Veal Loin Stew**  
Mushrooms | Brandy

**Slow Cooked Pork Tenderloin (G,L)**

**Sweet potatoes**  
Braised Balsamic Cherry Tomatoes and Rocket (G,L,N)

## DESSERTS

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**Crème brûlée | Almond Tuille**

**Pecan Pie**  
Salted Caramel Pecans

(G) Gluten-Free, (V) Vegetarian, (L) Lactose-Free, (N) No Sugar Added

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## STARTERS

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**Chargrilled Leeks**  
Salsa dip (G,L)

## SOUPS

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**Broccoli Cream soup** (G,L)

## SALAD

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**Mixed Green Lettuce**  
Shredded Carrots | French Dressing (G,L,N)

**Panzanella Salad**  
Sour Dough Bread Croutons (G,L)



## MAIN COURSES

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**Sicilian Tuna Steak**  
Tomato-Olive-Ragout | Barley Stew (L)

**Herb Breaded Chicken Breast**  
Tartar Sauce (N)

**Roasted Landuro Pork Tenderloin** (G,L)  
Lemon Roasted Carrots

## DESSERTS

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**Paris Brest**  
Praline Cream Mousseline

**Homemade Macaroons**

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## STARTERS

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**Crostini**  
Avocado Pea Cream (L)

## SOUPS

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**Chicken Consommé**  
Noodles (L)

**Potato Mushroom Soup (G,N)**

## SALAD

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**Grilled Chicken Fillets**  
Apples | Chili Ginger Salsa (G,L,N)

**Arugula Salad**  
Fried Chanterelles (G,L)



## MAIN COURSES

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**Grilled Pike Perch**  
Bacon Butter | Savoy Cabbage | Potato Cream (G),(N)

**Teriyaki Chicken (L)**  
Roasted Root Vegetables | Steamed Basmati Rice (L)

**Lamb Shepperd Pie (G,N)**

## DESSERTS

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**Zuppa Inglese**  
Italian Trifle

**Italian Semifreddo**  
Layered Fruit Loaf

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## STARTERS

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**Marinated Fennel**  
Smoked Salmon | Fresh Grapefruit (L,N,G)

## SOUP

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**French Lentil Soup**   
Coriander Sesame (G,N)

**Vegetable Cream Soup**  
Parmesan Crackers

## SALAD

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**Lamb Lettuce**  
Potato Bacon Dressing (N,G)



## MAIN COURSES

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**Fried Pike perch**  
Bean cassoulet | Dried tomatoes

**Wild Boar Ragout**  
Braised Cherry Tomato (L,N)

**Pink Duck Breast.**  
Ratatouille | Mushrooms

## DESSERTS

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**Flan Parisien | Berries**

**Caramel Profiteroles**

**Lemon Cream**

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## STARTERS

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Filled bresaola rolls (N,G)  
Cream cheese | Kohlrabi carpaccio

## SOUPS

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Broccoli Cream Soup

## SALAD

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Green Mixed Lettuce (G,L,N)



## MAIN COURSES

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Coconut-Fried Shrimp  
Mango Cilantro Salsa

Poppyseed Crust Salmon  
Stir-Fry Vegetables | Garlic fried rice (L)

Wiener schnitzel | Breaded Veal  
Cranberry Jam (L)

Chicken and mushroom ragout with vegetables (N)

## DESSERTS

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Pistachio Financier  
Raspberry Compote

Vanilla Eclairs | Vanilla cream patisserie

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## STARTERS

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### Pumpernickel

Deep Fried Eel Roll | Dill Cream (N)

### Boiled veal breast

Sturgeon Caviar | Baby potatoes (N,G,L)

## SOUPS

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### Oxtail Consommé

### Beetroot Soup



## MAIN COURSES

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### Fried Squid with Garlic Mayo (N,L)

### Grilled Cod Fillet

Fried Cauliflower (N,L)

### Tuscan Beef Casserole

Vegetables | Rosemary potatoes (N,G)

### Roasted Root Vegetables

Spinach | Yoghurt (N,G,L)



## DESSERTS

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### Chilean Torta Mil Hojas

Layer Pastry

### Alfajor

Short Cookies | Dulce de Leche | Chocolate

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# LUNCH MENU

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## APPETIZERS

Bulgur Chicken Salad  
Vegetarian Quesadilla (L,G)

## SOUPS

Miso soup  
Cream Of White Cabbage (O,U,L,H)

## SALADS

Pumpkin Spaghetti Salad (L,G)

## MAIN COURSES

Fish and Chips (C,O,U)  
Beef Pot-au-Feu with Vegetables (A,O,U,N)  
Chicken Piri-Piri  
Spicy Chicken A,O,U

Live Cooking : Truffle Risotto

Carving : Roast Pork Neck | Natural Jus (G,L)

## SIDES

Steamed Peas | Sauteed Spinach  
Sauteed Bokchoy Cabbage

## DESSERTS

Chocolate Raspberry Tart | Coconut Flan (G)  
Mix Berries Ragout | Crumble | Almonds (L)

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### The 14 Allergens Guidance:

(A) Celery, (B) Nuts, (C) Crustacea  
(E) Poultry Eggs, (F) Fish, (G) Gluten, (H) Sesame,  
(L) Lactose, (M) Mustard, (O) Sulphites, (P) Peanuts,  
(R) Molecules, (S) Soya, (U) Lupins

(L) Lactose Free • (G) Gluten Free • (V) Vegetarian • (N) No Sugar Added

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### NOTE:

\*Consuming raw or undercooked meats, seafood, shellfish, eggs, milk or poultry may increase your risk for foodborne illness, especially if you have certain medical conditions.  
Restaurant Managers if you have any food allergies or intolerances

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## STARTERS

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**Buffalo Chicken Wings**  
Celery Sticks

**Kartofelnie**  
Potato | Sour cream | Chives | Bacon Bites

## SOUPS

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**Pistou Soup**  
Shrimp



## MAIN COURSES

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**Sauteed Garlic Shrimps**

**Turkey Parmigiana**

**Leg of Lamb Provençale**  
Grilled Vegetables | Spicy Potato Wedges

## DESSERTS

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**Carrot Cake**  
Cream Cheese Frosting

**White Chocolate mousse**  
Blueberry sauce and vanilla custard | glass verrine

(G) Gluten-Free, (V) Vegan, (L) Lactose-Free, (N) No Sugar Added



# Starters

## APPETIZERS

Plaice Roulade | Olives | Spinach Leaves | Mustard Dressing L,O,U

Mushroom Ceviche

Pickled raw oyster mushrooms | Citrus juice | Cilantro cress | Chili peppers

Corn Kernels | Sweet Potato Puree O,U,C

## Soups

Potato Leeks Soup O,U,L

## Salad

Summer Tomato Salad | Lemon Dressing O,G,U,L

## Main Courses

Grilled Turbot O,U,N

Rosemary Grass-Fed Lamb Chops

Mint Apple Sauce A,O,G,U,L

Herb Grilled Chicken Breast O,G,U,L,N

"Impossible Meat" Balls | Pumpkin O,U,L

## Sides

Lemon Roasted Carrots | Steamed Mixed Vegetables

Red Potatoes | Sautéed Spinach | Wild Rice

Live Cooking : Mussels In Lemon Butter Sauce

Carving : Suckling Pig

## Desserts

St. Honore | Caramel Vanilla cream | Puff pastry | Caramel profiterole O,U,G,L

Vegan coffee Panna Cotta (L,G)

Bavarian Cream | Mango Passion Fruit Compote

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### The 14 Allergens Guidance

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(F) Fish, (G) Gluten, (H) Sesame, (L) Lactose, (M) Mustard,

(O) Sulphites, (P) Peanuts, (R) Molecules, (S) Soya, (U) Lupins

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# Lunch Menu

## Starters

Smoked Duck Breast  
Marinated Pears | Roquefort O,U,L

Thai Minced Pork  
Noodle Salad C,O,U,G,L

## Soup

Cream of Broccoli A,O,U,G,L

Watermelon Gazpacho G,L

## Main Courses

Grilled Fish  
Potato Crust | Pommery Mustard Sauce A,O,U,G,N

Stuffed Chicken Breast  
Mushrooms | Cashew Nuts | Rosemary Potatoes A,O,U,G,L

Mushroom Stroganoff  
Gerkins | Briny Capers | Basmati Rice  
Rich Whiskey Sauce G,L,N

Live Cooking : Suugo Suqaar (Somalian Pasta)

Carving : Slow Cooked Striploin

## Desserts

Linzer Torte

Apple Strudel O,U,L

Tapioca Pudding O,U,L,G

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(O) Sulphites, (P) Peanuts, (R) Molecules, (S) Soya, (U) Lupins

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At Atlas Ocean Voyages, we take maximum food precautionary measures to ensure the safest quality product is offered to our guests- Worldwide Public Health Services advise that consuming raw or undercooked meats, seafood, shellfish, eggs, milk or poultry may increase your risk of food-borne illness, especially if you have certain medical conditions.

**\*\*Before placing the order, please inform us if you have any food allergies or intolerances.**