



CREW SAMPLE MENU





CREW MENU - WEEK 1

Mediterranean & Exotic Flavors

Focus: Fresh Greek, Turkish, and Italian inspirations.

- Day 1: Hawaiian Poke Bowls for lunch, followed by a Greek Feast featuring slow-roasted leg of lamb, juicy grilled chicken, and authentic Fasolakia Lathera.
- Day 2: Italian classics like Fish Puttanesca and Arancini, transitioning to a Chinese dinner of Orange Chicken, Pork Dumplings, and whole baked fish.
- Day 3: A Turkish spread with Chicken Shawarma, Dolma, and İçli Köfte. Dinner is refined French cuisine: Pistachio-crusted rack of lamb and John Dory.
- Day 4: American BBQ lunch (burgers and wings) followed by a fragrant Moroccan dinner featuring Chickpea Pumpkin Tagine and Spicy Lamb Chops.
- Day 5: Italian lunch with Smoked Bistecca Alla Fiorentina and a Mexican dinner of Beef Nachos, Chicken Quesadillas, and fresh Churros.
- Day 6: Thai lunch (Pad Thai and Pineapple Fried Rice) followed by a South African dinner of Beef Stew, Roosterkoek, and Pampoenkoekies.
- Day 7: Italian Gnocchi and Lasagna lunch ending with an Indian dinner of Butter Chicken, Chana Masala, and Rice Kheer.

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CREW MENU - WEEK 2

Hearty Classics & Coastal Bites

Focus: Comforting European dishes and fresh seafood.

- Day 1: USA BBQ lunch (Steakhouse Burgers) and an Italian dinner of Spaghetti Bolognese and Minestrone.
- Day 2: Middle Eastern lunch with Chicken Kabsa and Kunafeh followed by Chinese Braised Pork Belly and Spring Rolls.
- Day 3: Spanish Sea Bass lunch and a hearty German/Dutch dinner featuring Schnitzel, Bitterballen, and Eisbein.
- Day 4: Hawaiian Poke Bowl lunch and a British dinner of Beer Battered Fish and Chips with Chicken Pot Pie.
- Day 5: Greek lunch (Prawn Saganaki and Octopus Salad) followed by a dedicated Italian Pizza Night.
- Day 6: South African Bobotie and Vetkoek lunch and a Thai dinner featuring Chicken Satay and Fried Bananas.
- Day 7: Mexican Slow Cooker Pulled Beef Burritos and an Indian dinner of Lamb and Red Lentil Curries.

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CREW MENU - WEEK 3

Global Bistro & Fusion

Focus: Authentic French, Brazilian, and Portuguese specialties.

- Day 1: Middle Eastern Shawarma lunch and a French dinner of Coq Au Vin and French Onion Soup.
- Day 2: Italian Chicken Parmesan lunch followed by a Greek dinner of Roasted Branzino and Spanakopita.
- Day 3: American BBQ (Smoked Brisket and Corn Dogs) and a Chinese dinner of Asian Ribs and Coconut Prawns.
- Day 4: Mexican Chicken Burrito Bowls and a traditional British Roast Beef and Yorkshire Pudding dinner.
- Day 5: Spanish Seafood Paella lunch and a vibrant Brazilian dinner featuring Feijoada, Moqueca, and Brigadeiros.
- Day 6: Vietnamese/Thai Spring Roll lunch and a Portuguese dinner of Bacalau, Piri-Piri Chicken, and Pasteis de Nata.
- Day 7: Italian Pizza lunch and an Indian dinner featuring Goan Prawn Curry and Cape Malay Samosas.

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CREW MENU - WEEK 4

Island Spice & Nordic Freshness

Focus: Jamaican, Korean, and Scandinavian highlights.

- Day 1: Italian Deli Sandwich lunch and a Turkish dinner of Kebabs, Pide, and Falafel.
- Day 2: Mexican Tacos and Tamales lunch and a Thai dinner of Green Curry and Fish Cakes.
- Day 3: Italian Chicken Parmesan and Mushroom Orzo lunch followed by a Korean feast of Fried Chicken, Tteokbokki, and Kimchi.
- Day 4: Hawaiian Poke Bowl lunch and British Bangers and Mash or Beef Wellington for dinner.
- Day 5: Jamaican lunch featuring Jerk Chicken, Oxtail Stew, and Banoffee Cups and a Japanese Sushi Night for dinner.
- Day 6: Nordic lunch of Swedish Meatballs and Salmon Pie followed by a Greek dinner of Yogurt-Marinated Salmon and grilled skewers.
- Day 7: Italian Pizza Day lunch and an Indian dinner of Chicken Korma, Palak Paneer, and Naan.

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DRAFT BUDGET

Provisioning Costs vary from Big Cities to Remote Islands.
 Approximately €190 – €210 per day for 10 crew members,
 or roughly **€20 per person per day** for "Feast Menu" level catering.
 Menu can be adjusted to €10 pp "Basic Menu" or €15 pp "Balanced".

Category	Weekly Estimate (EUR)	Monthly Total (EUR)
Premium Proteins (Lamb, Beef Wellington, Duck, Sea Bass)	€400	€1600
Specialized Seafood (John Dory, Dorado, Prawns, Mussels)	€300	€1200
Fresh Produce & Artisanal Bakery (Organic Veg, Brioche, Baguettes)	€200	€800
Dairy & Pastry Essentials (French Butter, Cream, Special Sugars)	€300	€1200
Dry Goods & Global Spices (Thai, Mexican, Indian, Turkish)	€200	€800
Beverages & Crew Snacks	(Interior Budget)	(Interior Budget)
TOTAL ESTIMATED BUDGET	€1'400	€5'600

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DRAFT BUDGET

Provisioning Costs vary from Big Cities to Remote Islands.
 Approximately €150 – €160 per day for 10 crew members,
 or roughly **€15 per person per day** for "Balanced Menu" level catering.
 Menu can be adjusted to €10 pp "Basic Menu" or €20 pp "Feast Menu".

Category	Weekly Estimate (EUR)	Monthly Total (EUR)
Premium Proteins (Lamb, Beef Wellington, Duck, Sea Bass)	€300	€1200
Specialized Seafood (John Dory, Dorado, Prawns, Mussels)	€225	€900
Fresh Produce & Artisanal Bakery (Organic Veg, Brioche, Baguettes)	€150	€600
Dairy & Pastry Essentials (French Butter, Cream, Special Sugars)	€225	€900
Dry Goods & Global Spices (Thai, Mexican, Indian, Turkish)	€150	€600
Beverages & Crew Snacks	(Interior Budget)	(Interior Budget)
TOTAL ESTIMATED BUDGET	€1'050	€4'200

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DRAFT BUDGET

Provisioning Costs vary from Big Cities to Remote Islands.
 Approximately €95 – €105 per day for 10 crew members,
 or roughly **€10 per person per day** for "Basic Menu" level catering.
 Menu can be adjusted to €15 pp "Balanced" or €20 pp "Feast Menu".

Category	Weekly Estimate (EUR)	Monthly Total (EUR)
Premium Proteins (Lamb, Beef Wellington, Duck, Sea Bass)	€200	€800
Specialized Seafood (John Dory, Dorado, Prawns, Mussels)	€150	€600
Fresh Produce & Artisanal Bakery (Organic Veg, Brioche, Baguettes)	€100	€400
Dairy & Pastry Essentials (French Butter, Cream, Special Sugars)	€150	€600
Dry Goods & Global Spices (Thai, Mexican, Indian, Turkish)	€100	€400
Beverages & Crew Snacks	(Interior Budget)	(Interior Budget)
TOTAL ESTIMATED BUDGET	€700	€2'800

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