

PRINCESS GRILL AND BRITANNIA GRILL

LUNCH

FITNESS SPA SUGGESTION

Mixed Garden Greens with Your Choice of Fat Free Dressing

Vegetable Broth with Vegetable Brunoise and Chives

Fresh Rainbow Trout Meuniere with Lemon-Almond Butter
Seasonal Fresh Vegetables, Parsley Potatoes

Chilled Assorted Fresh Fruits

TO ACCOMPANY YOUR MEAL

2002	Matanzas Creek, Sauvignon Blanc, California	by the glass	\$8.00
1999	Chateau Coufran, Haut Medoc France,	by the glass	\$9.00

LUNCHEON

HOME MADE BREAD FROM OUR BAKER'S SHOP

STARTERS

Poached Salmon Flakes, Boston Lettuce, Egg, Cress and Lemon Vinaigrette
Roast Chicken Salad with Papaya, Cherry Tomatoes and Lentils
Short Crust Pastry Filled with Beef, Potatoes, Onions and Turnips
Vegetable Minestrone
Chilled Pineapple Soup with Biscotti
Mixed Garden Greens with Your Choice of Dressing

MAIN COURSES FROM CHEF WINKLER'S RECIPES

Prepared by your Maitre d' in the Restaurant

Pipe Rigate a la Capriccioso
*Pasta with Tomato Sauce, Ham, Artichokes, Mushrooms, Olives,
Oregano and Mozzarella*

Fresh Rainbow Trout Meuniere with Lemon-Almond Butter
Seasonal Fresh Vegetables, Parsley Potatoes

Roast Leg of Pork with Sautéed Apples and Prunes
Almond Brussels Sprouts, Herb Gravy, Caraway Potatoes

Veal Paillard, Roasted Asparagus on Arugula Risotto

Scrambled Eggs with Chives on Toasted Croissant

Vegetarian – Vegetable Pizza with Tomatoes, Zucchini and Mushrooms

FROM THE BARBEQUE GRILL

Grilled Minute Steak, Herb Butter, Grilled Tomato and
Parmesan Rosemarie Fried Potatoes

Grilled California Turkey Burger with Bacon, Cheese and Avocado

PANTRY CHEF'S RECOMMENDATION

Monte Cristo Sandwich

*Baked Turkey, Ham and Cheese Sandwich with Tomato, Lettuce,
Thousand Island Dressing*

A Selection of Marinated Swedish Herrings

With Red Beet and Apple Salad, Chopped, Chives, Onions and Hard Boiled Egg

International and Domestic Cheese

FOR THE SWEET TOOTH

Fresh Fruit Meringue with Cream Chantilly on Fruit Coulis

Hot Love Sunday - Vanilla Ice Cream with Hot Raspberry Sauce

Apple Pie with Walnut Ice Cream

Sugar Free Peach Crumble with Vanilla Sauce

FROM THE ICE CREAM PARLOUR

SORBET

Sparkling Peach

ICE CREAM

Vanilla
Strawberry

FROZEN YOGHURT

Mixed Berry

SAUCES

Caramel
Rum Anglaise
Peach