

sample menu

on board



360° Virtual Tour



M/Y  
**QUESTA è VITA**  
Aicon 77  
Luxury Charter Yacht  
Base: Greece

## breakfast

Eggs “sur le plat” with sorrel tsiantila cheese & tomato coulis ▪ Eggs cooked in fresh tomato sauce with staka cheese ▪ Omelet with pickled pears & cinnamon ▪ Milk-rice pudding with cinnamon ▪ “Diples” fried crunchy dough with honey ▪ Various homemade marmalades, petimezi (made from grape must), local honey, whole grain tahini (condiment made of toasted ground sesame seeds) ▪ Pancakes ▪ Superfood Muesli with goat or traditional Greek yoghurt ▪ Pasteli (traditional sesame seed candy) ▪ Olive bread, fennel bread, carob rusks & all kinds of bread ▪ “Ultimate Fruit Breakfast” (oranges, lime, granola, bio-live yoghurt, banana, berries).

*Pies:* “Psiantra”(chard, spinach, hartwort, local white cheese) ▪ Pepper Pie (sweet red pepper, leek, feta cheese, aged graviera cheese) ▪ Milk Pie (milk, semolina, orange zest and cinnamon) ▪ Watermelon Pie

*Juices & Smoothies:* ‘Melon Boat’ smoothie (oranges, banana, honeydew melon, cinnamon), “Clear Skin” smoothie (apples, pineapple, fresh ginger root, lemon, cucumber, avocado, mixed seeds, Udo’s oil), “Tahini Choco” (raw cocoa powder, whole grain tahini, black pine honey, banana, bio-almond milk)

## salads

- Beetroot & beetroot leaves , feta cheese, mint and vinaigrette dressing
- Bulgur with rucola, cherry tomatoes, ladotiri Mytilini island cheese, white balsamic dressing
- Green season salad with avocado, feta cheese, dates, honey-spearmint dressing
- Green season salad with pastirma, French goat cheese, wild berries dressing, dark balsamic glaze
- Potato salad with white tuna from Alonissos island, kritamo, fresh onion, vine leaf edges, lemon or red grapefruit from Crete island



## starters

Beef carpaccio with parmiggiano cheese, rucola, sweet-sour black truffle glaze, extra virgin olive oil ▪ Tartlets with tomato-sweet pepper coulis, sardines flavored with province herbs & caper leaves or with roquefort cheese & caramelized pears. ▪ Eggplant caviar with scamorza & feta cheese ▪ Baked goat cheese with sweet-sour wild berries sauce, spearmint & green pistachios ▪ Bird livers marinated in citrus fruits, sauté & flamed with cognac, with orange flesh, baby rucola & wild oregano ▪ Santorini’s yellow lentils with caper leaves, red & black cherry tomatoes



## greek traditional

“**Lagoto**” pork meat in the oven, cooked in tomato red wine sauce – strong flavors cinnamon, clove, pimento & walnuts

“**Country Lamb Exohiko**” cooked in back paper in the oven with fresh broad beans, potatoes, semi hard cheese kefalotyri, garlic, lemon & oregano

“**Spetsofai**” village sausages (pork, beef & lamb meat), cooked in tomato red wine sauce with green peppers, red hot chilli peppers, eggplant & fresh spearmint

**Pork with Leeks and Celery**, cooked in pot in egg-lemon sauce

“**Gkaroufa**” barbell fish or similar fish, cooked in pot with potatoes, tomatoes & walnut sauce

“**Prasotigania**” pork belly meat in pan with fried leeks & semi-hard cheese

“**Hare Stifado**” casserole baked with pearl – onions, tomatoes, red wine, garlic, rosemary, cinnamon, bay leaf, clove, pimento

“**Matsata from Folegandros island**” rooster in casserole with homemade pasta, red wine sauce bay leaves & pimento

“**Fish soup from Aegean**” several rockfish, john dory or red mullets, mussels, cockles, tomatoes, courgettes, celery, saffron

“**Sofrito**” veal cooked in casserole, vinegar, white wine & garlic-parsley

“**Aliada from Kefalonia island**” codfish with fragrant vegetables-potato puree

“**Giaourtotavas**” Lamb baked with orzo and gratinated yoghurt crust

“**Mousaka**” eggplants, veal minced meat, feta cheese & béchamel

“**Stuffed Vegetables with sour Frumenty**, eggplants, tomatoes, spearmint, garlic, parsley, spring onions

“**Sardines filled with lemon, rolled in vine leaves**, baked in oven

“**Shrimps Saganaki**” tomato sauce, white wine, feta cheese, parsley

## main courses



## main courses



## fish & seafood

- Octopus on roasting spits, marinated in aged balsamic vinegar & thyme, served with yellow lentils puree, dried tomatoes & caper
- Cooked cuttlefish with fennel
- Sea bream cooked in egg-lemon-celery sauce or Roasted Sea bream filled with lemon verbena
- Red mullets rolled in vine leaves and then grilled
- Shrimps sauté, mixed with fresh tomatoes sauce, crushed feta cheese, all together gratinated
- Sea bass baked in seasalt-thymian crust
- Brill filet poached in milk flavored with green cardamom, served with hollandaise sauce

## meat

Lamb baked in bake paper with kefalotyri cheese, vine leaves, potatoes, lemon and garlic or with orzo and gratinated yoghurt crust

- Beef (chest-ribs part) with caramelized mushrooms, dark sweet-sour sauce, served with buttered potatoes
- Beef filet with mixed peppercorns, flamed, served with merlot sauce & fresh butter
- Pork tenderloin cooked in bread Rusk, white cream sauce with mozzarella, roquefort cheese & cherry sauce
- Prasotigania (Pork belly meat in pan with fried leeks and semi hard cheese)
- Chicken breast filet, curcuma sauce, portobello mushrooms, green apple slices
- Chicken breast filet served sweet potato puree, black raisins, balsamic vinegar & thyme



## main courses

## pasta & risotto

- Pappardelle, white cream, truffle, black trumpets, parmesan
- Spaggetini baked in back paper with beef meatballs, tomato red wine sauce flavored with cumin & anis, feta cheese
- Black sepia risotto, sepia ink, cuttlefish, mastiha or with octopus & synglino (pork tenderloin smoked in olivewood)
- Risotto with yellow melon, prosciutto, spearmint & parmesan
- Shellfish linguini, with lobster, crabs sauté in orange juice, crayfish, shrimps with fresh tomato - basil sauce & season vegetables
- Orzo with mussels, spicy feta cheese & dill



## side dishes

- Baked potatoes with flavored figs
- Baked buttered potatoes
- Wild Rice with pine seeds & raisins
- Grilled marinated vegetables
- Sweet Potato puree
- Long corn rice with saffron & pomegranate seeds



## deserts

- Ravani with saffron & lavender semi-freddo cream
- Season fruits sorbet
- Watermelon pie
- Ekmek cantaifi with mastiha cream
- Ice cream mille-feuille with honey rum sauce & roasted almonds
- Chocolate tart, mascarpone, red fruits
- Walnut pie with cheese cream & espresso sauce
- Chocolate mastiha cream with milk-rice mousse & white chocolate





The talented CHEF will make your cruise a culinary experience!







