

Tall Ship Lunch Cruise Menu

Starters

- BBQ Chorizo Slices
- Spinach and Cheese Triangles

Salads

- Roast pumpkin, zucchini, mixed bean with sultanas, sunflower seeds & coconut – *Gluten Free*
- Eastern spiced cous cous (made from wheat) with lemon, corn, peas, carrot & fresh herbs
- Wild rice salad with sultanas, sun dried tomato, shallots & mint – *Gluten Free*

Main Dishes

- Mild spiced chicken with mushroom, capsicum, baby spinach & Spanish onion – *Gluten Free*
- Sweet potato, eggplant & tomato with lentils – *Vegetarian and Gluten Free*

Dessert

- Chocolate brownies

* Menu is subject to change, to ensure fresh produce of premium quality. *

(V) - Vegetarian (GF) – Gluten Free

† Please note these vegetarian options are not vegan. If you require vegan or any specific dietary requirements, please contact us on 1800 TALLSHIP (1800 825 574) when you book your cruise