



d e f i a n c e sail charters

ACCOMPANIMENTS

VEGETABLES

Asparagus with tamari, butter sauce
Asparagus with tarragon aioli
Broccoli with tarragon vinaigrette
Corn on the cob (when available)
Scandinavian chilled cucumbers
Grilled eggplant with roasted pepper, olives,
Feta cheese & fried sage
Green bean with onion & tomato
Tuscan rainbow of grilled peppers with
garlic & oregano
Sautéed portabellas & zucchini with thyme
Fiery spinach (garlic & hot red pepper flakes)
Spinach with roasted garlic, sun dried
tomato & feta cheese
Tagine of Swiss chard (onions, garlic,
paprika & cilantro)
Sautéed cherry tomatoes with fresh marjoram
Tomatoes with ripe olives in cumin dressing
Broiled tomatoes with orange & rosemary butter
Marinated herbed grilled vegetables
Thai inspired stir-fried vegetables (peppers,
bean sprouts & peanuts or pine nuts)
Sautéed zucchini with onions & Parmesan
Roasted zucchini with minced
garlic & parmesan

STARCHES

Cilantro couscous
Spicy vegetable (onion, turnip,
carrots, tomatoes, zucchini,
garbanzos) couscous
Whole wheat colored pasta (bow ties,
elbows, spirals)
Warm new potatoes with balsamic vinaigrette,
celery, red pepper, & chives
Herbed baked, sliced potato
Sautéed chive & scallion potatoes
Pesto twice baked potatoes
Roasted sweet potatoes with garlic
Long grain & wild rice
Rice pilaf
Pecan rice pilaf with currants, mint &
orange zest
Caribbean rice & black beans
Cajun rice & red beans
Thai stir-fried rice noodles with egg,
bean sprouts, cilantro & peanuts
Risotto primavera with mushrooms,
leeks, broccoli & peppers

SALADS

Cole slaw with carrots, shredded green & red cabbage
Red cabbage slaw with raisins, carrots, scallions, onion & capers
Greek salad with tomato, pepper, red onion, olives, feta cheese & mint (anchovies – optional)
Green bean & red onion salad
Roasted red pepper, garlic & caper salad with fresh oregano
Warm spinach salad with scallions
Orange, ginger, spinach salad with red pepper & red onion
Dilled tomato & cucumber salad with red onion & feta cheese

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