

CHEF MICHAEL DAFOE / FIVE DAY MENU PLAN



Breakfast

Mexican omelet- Avocados, bacon, jalapenos and cheese folded

Lunch

Tuna steak salad

Chili pepper gazpacho with sourdough croutons

Soft shell steak tacos with Smokey tomatillo salsa

Appetizers

Lemon grass chicken screws

Garbanzo and chili pepper dip with pita

Sicilian artichoke buttons with provolone and capers

Dinner

Steak Madagascar with roasted rosemary spuds and seasonal veggies

Seafood linguini served fresh cheese bread

Seared cinnamon duck with mango chutney and poppa Dom

Desert

Passion fruit truffle with strawberries and mascarpone



Breakfast

Saltspring island Benny, deer sausage, saffron hollandaise and homemade biscuit

Appetizers

Glass noodle salad with black pepper chicken

Spinach and yogurt dip with caramelized onions

Beef skewers with sticky cucumber and peanut sauce

Lunch

Mexican chimichangas with fresh Salsa and guacamole

Spinach Salad with grilled portabellas and candied bacon with a honey Dijon dressing

Marco polo pizza with sun dried tomatoes grilled chicken and homemade pesto

Dinner

Baked west coast halibut with seafood mousse, herbed rice and seasonal veggies

Seared beef carpaccio with mustard mint sauce and arugula

Chicken keivs stuffed with garlic and cheese served with creamy farfalli and seasonal veggies

Desert

Chocolate Frangelico pudding with hazelnuts

Breakfast

Vegetarian frittata with home fries

Appetizers

Crispy coconut Prawns served with a lime Thai dipping sauce

Chopped tomatoes and cucumber salad with mint and feta cheese

Beef Civichi salad with shallots and cilantro

Lunch

Toasted Raven Panini with roast beef, jalapenos black olives and Monterey jack cheese

Japanese salad, Fresh Salmon Chirashi

Peking seared duck rolls with plum sauce

Dinner

Authentic Pad Thai served with chicken shrimp and tofu

Marinated Rack lamb served with orzo and grilled vegetable salad

Gado Gado warm salad with satay dressing, Thai noodles and grilled chicken

Desert

Fruit Cobbler

Breakfast

Steak and eggs Rancheros

Lunch

Crispy Scallops with wasabi mayonnaise served with Japanese sticky rice

Lebanese falafel with tzeki feta pita tomatoes onion

Three Tomato Salad with goat cheese and croutons

Appetizer

Almond crusted chicken tenders with a honey soy dipping sauce

Thai Prawn Salad wraps with sweet peanut sauce

Crab and Gruyere nachos with charred tomato salsa

Dinner

Cedar Salmon with Horseradish crust with grilled, tomatoes and zucchini and pecorino pasta salad

Chinese chicken Salad

Penne with summer squash spicy sausage and goat cheese

Desert

Deep fried bananas drizzled in honey sesame coolie with coconut ice cream

Breakfast

Country scramblers with spicy Italians sausage tomatoes and four cheese mix

Lunch

Thai chicken jungle served over cabbage and rice in a rich green coconut curry sauce

Butter lettuce with cilantro poppy seed dressing topped with lobster

Spice rubbed tenderloin with Salsa Criolla

Appetizers

Chicken Siam noodle salad

Seared sesame tuna with sweet soy and chili dressing

Caribbean Rum Ribs

Dinner

Sushi and sashimi platter including Maki, Chirashi-zushi and Nigiri with Miso soup and seaweed salad

Beef tenderloin wrapped in bacon served with garlic mash, grilled asparagus and spaghetti squash

Poached sea bass with lime Holland sauce madras rice and seasonal veggies

Desert

Mexican One thousand layer cake

This five day menu plan takes into consideration any allergies, diets and specific request of both guests and my crew My objective as a Chef is to satisfy the desires of my audience while providing both nutritious and enjoyable cuisine. I enthusiastically anticipate sharing my Knowledge of authentic international taste of fine foods from around the world .

