

SPIRIT

CRUISES

SPIRIT DINNER MENU

The Salads

Organic Mixed Field Greens

Grape Tomatoes | Cucumbers | Carrots | Corn | Feta Cheese | Black Olives | Kidney Beans | Sunflower Seeds | Herb Croutons | House-Made Ranch and Balsamic Vinaigrette | Low Fat Italian

Organic Spinach and Kale Salad

Parmesan Cheese | Peppers | Red Onions | Roast Garlic Lemon Dressing

Mediterranean Couscous and Chickpea Salad

Green Onions | Cumin-Paprika Vinaigrette

The Entrées

Roast Salmon and Tilapia

Garlic Parsley Crust | Tomatoes | Shallots | Capers

Chicken Parmesan Meatballs

Tomatoes | Thyme | Oregano

Twice Cooked Beef Short Ribs

Asian Chili Sauce | Soy Glaze | Ginger | Scallions | White Sesame Seeds

Baked Ziti

Cream Spinach Sauce | Parmesan Cheese

Roast Broccoli

Olive Oil | Garlic | Chili Flakes

The Desserts

Mini Pastries | Cookies | Brownies | Seasonal Fruit

**Menu subject to change. Please inform your server if anyone in your party has a food allergy.*