

## **SAMPLE SHOOT MENUS**

### **CONTINENTAL BREAKFAST**

HOMEMADE CRUNCHY GRANOLA SERVED WITH  
NATURAL YOGURT AND FRESH FRUIT SALAD

BAGELS WITH WHIPPED CREAM CHEESE

FRESH BAKED MUFFINS AND BREAKFAST BREAD,  
'THE BEST' COFFEE CAKE OR CINNAMON CRUMB CAKE

OATMEAL (FOR A PARTICULARLY HUNGRY CREW!)

FRESH SQUEEZED ORANGE JUICE

COFFEE AND TEAS, BUTTER AND JELLY AND  
ANY OTHER LITTLE EXTRAS NEEDED

### **ADDITIONS TO THE ABOVE**

VEGETARIAN FRITTATAS, EGG ROULADE,  
OR SCRAMBLED EGGS

BEANS ON TOAST (FOR THE BRITS!)

SMOKED BACON, SAUSAGE, OR CANADIAN BACON

HARD BOILED EGGS

BUTTERMILK PANCAKES

STEAMY POTATO HASH

## **SAMPLE LUNCH**

FILET OF SALMON, HALIBUT, OR COD  
WITH GRILLED FENNEL AND CUCUMBER RAITE

ASIAN MARINATED CHICKEN BREAST  
OR LEMON CAPER CHICKEN,  
ALWAYS WITH A SALSA

SLICED TOMATO SALAD WITH BASIL

ROASTED BABY POTATO SALAD WITH FRESH HERBS  
AND STRING BEANS

CORN ON THE COB IN SEASON  
GRILLED AND TOSSED IN HERB BUTTER

GRILLED LOCAL SEASONAL VEGGIES: EGGPLANT,  
RED AND YELLOW PEPPERS, VIDALIA ONIONS, ZUCCHINI,  
AND TOMATOES SERVED WITH HERBED ORZO

FIELD GREEN SALAD WITH BALSAMICO

BAGUETTES, OR SOURDOUGH ROLLS

FRESH FRUIT PIES OR CRISPS

CHOCOLATE BROWNIES OR COOKIES

## **SAMPLE LUNCH**

SALAD NICOISE  
GRILLED CHUNKS OF YELLOW FIN TUNA  
WITH RED BLISS POTATOES, GREEN BEANS,  
HARD BOILED EGGS,  
NICOISE OLIVES, TOMATOES AND BASIL

CHICKEN ROULADE, CHICKEN BREAST  
STUFFED WITH RICOTTA AND SPINACH

ORZO WITH BROCCOLI RABE  
OR ISRAELI COUS COUS WITH  
CURRIED VINAIGRETTE

CARAMELIZED CARROTS AND ASPARAGUS WITH TOASTED PINIONS

SPINACH SALAD WITH JULIENNE ENDIVE

ROASTED BABY BEETS WITH ORANGE AND MINT

BAGUETTES

RASPBERRY BARS, BLONDIES AND CHOCOLATE CHIP COOKIES

**ADDITIONAL SALADS**

WHITE BEAN AND ARUGULA SALAD WITH CILANTRO PESTO  
AND SHAVED RED ONIONS

FARFALLE WITH ROASTED TOMATOES AND WILTED SPINACH

CAPRESE SALAD WITH BOCCONCINI AND BALSAMICO

BLACK BEAN AND CORN SALAD WITH CILANTRO

\*\*\*SALAD SELECTIONS CHANGE AS SUMMER APPROACHES AND  
LOCALLY GROWN PRODUCE BECOMES AVAILABLE\*\*\*

**WINTER MENU:**

A selection of the following to cheer and keep warm on a cold day's shooting.

CHICKEN POT PIE WITH HOMEMADE PASTRY  
CRUST IN A CREAMY VELOUTE SAUCE

CLASSIC SHEPHERD'S PIE  
WITH MASHED POTATOES

VEGETARIAN LASAGNA  
LAYERED WITH GRILLED VEGETABLES,  
RICOTTA, MOZZARELLA, AND MARINARA SAUCE

DELICIOUS HOMEMADE SOUP  
OR VEGETARIAN CHILI WITH CORN BREAD

ROSEMARY MARINATED ROASTED CHICKEN  
GRILLED AND SERVED ON THE BONE WITH CHUTNEYS

ASIAN GINGER MARINATED STEAK SLICED AND TOSSED WITH  
SNAP PEAS, JULIENNE PEPPERS, WAFER RADISHES, AND JICAMA

CLASSIC BEEF BOURGOUNION SERVED OVER ORZO

SLOW ROASTED WINTER ROOT VEGETABLES OR GRILLED VEGETABLES  
WITH ORZO

ROASTED BEETS WITH ORANGE ZEST OVER ARUGULA

ROASTED TOMATOES WITH GOAT CHEESE AND CARAMELIZED RED  
ONIONS

BABY SPINACH SALAD WITH ENDIVE OR  
CAESAR SALAD WITH  
PARMESAN CROUTONS.

HERBED FOCCACIA, ROLLS AND BAGUETTE

WARM COBBLERS OR CRISPS WITH  
A SELECTION OF BROWNIES AND COOKIES

**SANDWICH MENU:**

GRILLED CHICKEN SANDWICH - MARINATED CHICKEN BREAST  
ON BAGUETTE WITH PESTO, SAUTÉED SPINACH, AVOCADO  
AND TOMATOES

GRILLED VEGGIE SANDWICH - MARINATED ZUCCHINI, EGGPLANT,  
MOZZARELLA AND PESTO WITH TOMATOES, BABY GREENS  
ON BAGUETTE

ORZO, FARFALLE OR ZITI SALAD

RED BLISS POTATO SALAD

ROASTED LOCAL BEETS OR  
EQUALLY DELICIOUS VEGGIE SALAD

CAESAR SALAD WITH HERBED  
CROUTONS AND SHAVED PARMIGIANO

LEMON BARS, LINZER TORT,  
CAPPUCCINO BARS  
AND COOKIES

**BEVERAGES**

BREAKFAST INCLUDES  
COFFEE, TEA, AND  
FRESH SQUEEZED ORANGE JUICE

LUNCH INCLUDES BOTTLED SPRING WATER

WE CAN PROVIDE A COOLER OF SODAS, BOTTLED ICED TEAS, AND  
EXTRA SPRING WATER AND/OR HOT COFFEE FOR THE ENTIRE DAY,  
AT AN ADDITIONAL COST