Harbour View

CAPTAIN COOK CRUISES

LONG LUNCH

ENTRÉE

Smoked Salmon with rocket, shaved fennel and watercress, dressed in a bright lemon and caper vinaigrette **(Contains: Fish)**

Pumpkin, Sage & Goat's Cheese Ravioli in a rustic tomato and vegetable sauce, toasted almonds and shaved Grana Padano parmesan **(V) (Contains: Milk, Egg, Almond, Wheat, Gluten)**

Roasted Chickpea & Kale Salad with sweet potato, dried cranberries, toasted pepitas and sesame seeds, dressed in a vibrant ginger and carrot dressing **(VG) (Contains: Sesame)**

Bread Roll Served with butter portion **(V) (Contains: Milk, Soy, Wheat, Gluten, Barley, Oats, Rye)**

MAIN

Roasted NSW Free-Range Chicken Breast with creamy garlic mash, thyme-roasted carrots, seasonal greens, mushroom jus **(Contains: Milk)**

Oven-Roasted Tasmanian Salmon with classic salsa verde, sea salt chat potatoes, cherry tomatoes and seasonal greens **(Contains: Fish)**

Slow Cooked NSW Lamb Shoulder with Dijon and crème fraîche mash, seasonal greens, honey roasted carrot and Barossa shiraz jus **(Contains: Milk, Sulphite)**

Slow Roasted Eggplant with a vibrant Bombay-spiced curry of chickpeas, seasonal vegetables and fresh herbs, accompanied by crisp pappadum, sweet mango chutney and refreshing cucumber yoghurt **(V, VG AVAILABLE)(Contains: Milk)**

DESSERT

Passionfruit Meringue Tart crisp shell with tangy passionfruit curd and toasted meringue **(Contains: Milk, Egg)**

Chocolate & Mandarin Dome velvety dark chocolate mousse with bright mandarin centre **(VG) (Contains: Soy)**

Tropical Mango & Coconut Pillow coconut mousse with a mango center in a light tropical finish **(VG) (Contains: Soy)**

Dark Chocolate Caramel Dome rich dark chocolate with an indulgent flowing caramel centre **(Contains: Milk, Egg, Soy)**

(VG) Vegan **(V) Vegetarian**

It is each individual's responsibility to safely manage their own allergies. Information on allergen content is available upon request from the crew. There is always a risk that allergens may be transferred to menu items during processing, storage or preparation. Sealink is unable to guarantee that any food item served is free from traces of allergens. Ingredients may change due to seasonal availability.