

La Bella Verde

Menu del día

Bocadillos and Gourmet Sun Cream Salad

An assortment of deliciously hand-crafted Spanish baguettes accompanied by a locally sourced roast salad full of natural sun protection!

La Bella Verde Bocadillos

- Iberico ham, goats cheese, avocado and tomate
- Seared pork, roasted red pepper, rosemary and manchego cheese
- Smoked salmon, cream cheese, avocado and mixed leaves
- Homemade Falafel, manchego cheese, mushrooms and sprouts

... all to be served on freshly baked white and brown baguettes with the option to make any or all of these lovely flavour fusions strictly vegetarian....

Gourmet Sun Cream Salad:

In this delectable arrangement you'll find some of nature's finest edible sun protection, which is not only tasty but has the ability to reduce sun burn, keep the skin hydrated and prevent cancer. The salad consists of:

Roast vegetables such as honeyed carrots, red pepper and spiced sweet potato to provide the carotenes which reduce skin burn

Fresh chopped herbs and mixed salad greens for their array of antioxidants including xanthophylls to increase UVA and UVB protection

Roasted almonds provide vitamin E to repair skin damage

... and a creamy cheese dressing designed purely for flavour!

So as your sailing the mediterranean with the wind at your back and the sun on your face, you can feel confident in knowing that from the beautiful green in your salad bowl, and the beautiful green energy powering your journey, you are helping to protect yourself and mother earth.

☺ Happy Sailing ☺