



*defiance* **sail charters**

## ACCOMPANIMENTS

### VEGETABLES

Asparagus with tamari, butter sauce  
Asparagus with tarragon aioli  
Broccoli with tarragon vinaigrette  
Corn on the cob (when available)  
Scandinavian chilled cucumbers  
Grilled eggplant with roasted pepper, olives,  
Feta cheese & fried sage  
Green bean with onion & tomato  
Tuscan rainbow of grilled peppers with garlic &  
oregano  
Sautéed portabellas & zucchini with thyme  
Fiery spinach (garlic & hot red pepper flakes)  
Spinach with roasted garlic, sun dried tomato &  
feta cheese  
Tagine of Swiss chard (onions, garlic, paprika &  
cilantro)  
Sautéed cherry tomatoes with fresh marjoram  
Tomatoes with ripe olives in cumin dressing  
Broiled tomatoes with orange & rosemary butter  
Marinated herbed grilled vegetables  
Thai inspired stir-fried vegetables (peppers, bean  
sprouts & peanuts or pine nuts)  
Sautéed zucchini with onions & parmesan  
Roasted zucchini with minced garlic & parmesan

### STARCHES

Cilantro couscous  
Spicy vegetable (onion, turnip, carrots, tomatoes,  
zucchini, garbanzos) couscous (counts as two)  
Whole wheat colored pasta (bow ties, elbows,  
spirals)  
Warm new potatoes with balsamic vinaigrette,  
celery, red pepper, & chives  
Herbed baked, sliced potato  
Sautéed chive & scallion potatoes  
Pesto twice baked potatoes  
Roasted sweet potatoes with garlic  
Long grain & wild rice  
Rice pilaf  
Pecan rice pilaf with currants, mint & orange zest  
Caribbean rice & black beans  
Cajun rice & red beans  
Thai stir-fried rice noodles with egg, bean sprouts,  
cilantro & peanuts  
Risotto primavera with mushrooms, leeks, broccoli &  
peppers (counts as two)

### SALADS

Cole slaw with carrots, shredded green & red cabbage  
Red cabbage slaw with raisins, carrots, scallions, onion & capers  
Greek salad with tomato, pepper, red onion, olives, feta cheese & mint (anchovies – optional)  
Green bean & red onion salad  
Roasted red pepper, garlic & caper salad with fresh oregano  
Warm spinach salad with scallions  
Orange, ginger, spinach salad with red pepper & red onion  
Dilled tomato & cucumber salad with red onion & feta cheese

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Home Port: Beacon Marine Basin | 211 East Main Street | Gloucester, MA 01930  
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