



SAILORS GOURMET PRE-COOKED MEALS

Meals are packaged with sailing in mind. Easy to prepare outside so as not to heat up the saloons. Restaurant gourmet meals made to be enjoyed on-board.

Fresh Fish Pouches

Gently deboned, filet of fresh locally caught fish & garden grown organic veggies, carefully pre-seasoned and packaged in foil for easy on the grill, all in one cooking in only 10 minutes.

\$60 USD for 2(min)

Pork B-B-Q Baby Back Ribs with Jack Daniel's B-B-Q Sauce

Carefully Slow cooked and wrapped in foil ready to be finished on the B-B-Q in only 10 minutes time. Comes with our own special "Jack Daniel's" B-B-Q sauce on the side.

\$75 for 2

Butcher Choice Ground 6oz Burgers

Pre-seasoned and pattied, ready for your B-B-Q. We include some bacon and cheddar cheese to add as you please. Lettuce, tomato and our Bakery made buns are all packaged separately to stay fresh for you.

\$35 for 2



Stuffed Chicken Breast Roulade

specially seasoned boneless, skinless, chicken breast stuffed with fresh spinach, cream cheese and bacon. Carefully packaged in foil and ready for the grill. Cook time is only 15 minutes. Comes with our own special spicy guava sauce to top off.

\$60 for 2

Bolognese

Traditional classic Italian style made with red wine and choice select ground beef. Slow cooked and simply ready to re-heat. Comes with whole wheat pasta. The whole meal cooks in 10 minutes.

\$45 for 2

Spicy Veg Marinara

Classic slow cooked Marinara with fresh basil, roasted sweet peppers, onion, garlic and marinated tomatoes. Comes with whole wheat pasta.

The whole meal cooks in 10 minutes.

\$45 for 2

Marinated-Seasoned Chicken Breasts

Carefully marinated and chef seasoned, pounded flat for fast easy preparation on the grill. Can be used by it-self or over salad, pasta, or as a sandwich.

\$45 for 2



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Order Form - Please print this page, enter in your quantities and email it to bookings@barefootyachts.com

Name: _____

Phone: _____

Email: _____

Gourmet Pre-Cooked Meal	Quantities
Fresh Fish Pouches	
Pork B-B-Q Baby Back Ribs with Jack Daniel's B-B-Q Sauce	
Butcher Choice Ground 6oz Burgers	
Stuffed Chicken Breast Roulade	
Bolognese	
Spicy Veg Marinara	
Marinated-Seasoned Chicken Breasts	