



## ***II Dolphins Sailing***

### ***ASA 104 Bareboat Chartering Menu***

*Breakfast foods provided are cereal, fruit, yogurt, eggs and whatever creation or concoction you can dream up – as we will not go hungry.*

*Eight O'clock Coffee and several blends of hot tea flavors can be prepared as desired along with juices, sodas, 2% milk and water. No alcohol will be provided by II Dolphins Sailing or will be consumed by anyone during class hours. You may wish to purchase either beer or wine and bring along but nothing stronger will be allowed aboard during our three-day trip.*

*Numerous types of bread will be provided for lunch sandwiches with a mixture of black forest ham, turkey breast and rotisserie chicken slices with a variety of cheeses to include swiss, cheddar, provolone, pickles, mayo, brown mustard etc. Sailing is very hard work and may require adding a few pounds for brain food before test time rolls around.*

*PBJ is also provided along with food bars, trail mix, cookies, chips & salsa.*

*First night evening meal while anchored in Durchmann's Creek, will consist of boneless chicken breast, sliced red potatoes, onions & carrots prepared as an aluminum foil bundle cooked on the grill, seasoned with salt, pepper and Tony Chachere's Original Creole Seasoning. I'm getting hungry just thinking about all of this good stuff...*

*Second night evening meal while docked at Baldhead Island is a shrimp boil to include 2 pounds of large shrimp, red potatoes, sausage slices and corn on the cob...Ummmm You will not want desert – I promise!*

*Third day return trip breakfast meal will be omelets, hash brown potatoes with sliced sausage, and your choice of sliced fruit and juice or fresh brewed Eight O'clock coffee.*

*If you can think of anything else please bring it along, it may fit in the dingy!*