

TOUR/DIVE LUNCH MENU

SANDWICHES

Classic Tuna Sandwich

Fresh tuna meat blended in traditional tuna salad ingredients

Grilled Fish Sandwich

Fresh seasonal fish fillets grilled to perfection & accompanied with tartar sauce

Chicken Sandwich

Grilled chicken breast marinated in barbecue sauce & served with caramelized onions

Fred's BLC Sandwich

Chef's special bacon, lettuce & cucumber sandwich

Vegetarian Delight Sandwich

Pan seared caramelized carrots, mushrooms & onion rings topped off with mozzarella cheese & sliced boiled egg

Your choice of white or whole wheat bread

SALADS

Italian Pasta Salad

Pasta noodles served with mayonnaise dressing with carrots & cucumber

Jacinta's Taro Salad

Yap's staple food served with ranch dressing & fresh green onions

Potato Salad

Potato salad with a crunchy mix of apple, onion, green onion & mayonnaise

Asian Rice Noodles Salad

Rice noodle marinated in a sweet & spicy soya and sesame oil dressing

Green Bean Salad

Fresh green beans served with fresh carrots and a vinaigrette dressing

