

Soul of the Caribbean Sailing Company

1404 Walnut Street
Owensboro, KY 42301
(877) 248-6812 toll free
(270) 926-3196 fax

Menu Selections Form

Please make your desired menu sections and fax back the form.

1. Breakfast- cooked to order

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> eggs | <input type="checkbox"/> English muffins |
| <input type="checkbox"/> bacon | <input type="checkbox"/> bagels – plain and assorted |
| <input type="checkbox"/> sausage | <input type="checkbox"/> cereal – assorted |
| <input type="checkbox"/> biscuits | <input type="checkbox"/> coffee – regular |
| <input type="checkbox"/> waffles | <input type="checkbox"/> orange juice |
| <input type="checkbox"/> omlettes | <input type="checkbox"/> milk |
| <input type="checkbox"/> French toast | |

2. Lunch- generally sandwiches

- | | |
|--|--|
| <input type="checkbox"/> turkey | <input type="checkbox"/> American cheese |
| <input type="checkbox"/> ham | <input type="checkbox"/> Swiss cheese |
| <input type="checkbox"/> bologna | <input type="checkbox"/> Provolone cheese |
| <input type="checkbox"/> peanut butter | <input type="checkbox"/> dill pickles |
| <input type="checkbox"/> grilled cheese | <input type="checkbox"/> chips – plain & bbg |
| <input type="checkbox"/> macaroni & cheese | <input type="checkbox"/> bread – white & wheat |

3. Dinner- choose three

- | | |
|--|---|
| <input type="checkbox"/> Grilled Chicken Breast
mashed potatoes
green beans
salad
wine | <input type="checkbox"/> Hamburgers/Hotdogs
w/cheese
baked beans
chips
pickles
fruit salad |
| <input type="checkbox"/> Spaghetti w/sauce
salad
garlic bread
wine | <input type="checkbox"/> Grilled Fish Filet
rice
vegetable
wine |
| <input type="checkbox"/> Steak (if available)
Baked potato
salad
wine | |

4. Snacks

- Tortilla chips w/ salsa
- cookies- Oreos, chocolate chips, etc.
- candy- Snickers, Kit Kats, etc.
- popcorn
- nuts & pretzel

5. Drinks-

- Coke
- Diet Coke
- Mt. Dew
- Dr. Pepper
- Orange Slice
- Sprite
- Bottled Water
- Tonic Water
- Rum Punch
- Capri Suns
- V8 juice

6. Staples

- Ketchup
- Mayonnaise
- Miracle Whip
- BBQ sauce
- Mustard
- Relish
- Tobasco
- Cream Cheese
- Yogurt
- Jam
- Syrup

7. Fruit

- Apples
- Oranges
- Grapes
- Limes
- Coconut
- Bananas
- Pineapple

8. Dairy

- Butter/Margerine
- Long Life Milk
- Cheeses – American, Swiss, Provolone
- Sour Cream
- Eggs
- Cream Cheese
- Yogurt
- Parmesan Cheese

9. Breads

- Hamburger buns
- Hot Dog buns
- Bagels
- English Muffins
- White Bread
- Wheat Bread
- Waffles

10. Wines

- Red – Dry or Med.
- White

11. Rum

- Cruz Bay Rum

Do you require a vegetarian diet? If so, please make suggestions for meat substitutes.
