



East Anglian Sailing Trust

Galley Menu 2023

Main Meals:

Homemade Special, see chalk board, from:

Jacket Potatoes with either Baked Beans,
Grated Cheddar or Tuna mayonnaise.

Filled Omelettes with either Grated Cheese,
Mushrooms, tomato, mixed peppers, served
With a salad garnish.

All day Breakfast: Cracknel Sausage, Bacon Rashers,
Grilled Tomato, Mushrooms, Hash Browns, Baked Beans
and Egg.

Homemade Soup served with thick cut Granary Bread.

4oz Beef Burger or Cheese Burger served in a sesame bun
Chips and salad garnish.

Sandwiches/Panini:

Thick cut Granary Sandwich or Panini, with either Grated Cheese,
Grated Cheese and Tomato, Grated Cheese and Pickle,
Ham, Ham and Pickle, Ham & Tomato or Grilled Bacon.

Toasted Sandwich

50/50 sliced bread with either Grated Cheese,
Grated Cheese and Tomato, Ham, Ham & Tomato or
Grilled Bacon.

Fish Finger Baguette served with salad garnish.

Homemade Cakes

Hot Beverages:

Tea
Speciality Tea

Coffee
Speciality Coffee
(Americano, Cappuccino, Latte)

Cold Drinks

Canned drinks

Bottled Water

J2O