

Fred Thomas Memorial Regatta  
November 5<sup>th</sup>, 2016

**Passed HD 5.30pm**

- ginger glazed salmon  
on wafer cracker
- seared chicken w/ pineapple cilantro salsa
- caribbean shrimp cakes  
w/ smoked chipotle dip

**Buffet 6.30pm**

mango papaya salad  
w/ crab, avocado,  
red onions & romaine salad  
in lime dressing

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baked red snapper  
w/ coconut shrimp sauce

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bell pepper turmeric rice

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slow roasted pork loin  
marinated in jerk spice, tomato & brown rum

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sweet potato mash  
topped w/ corn rings

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mini corn bread muffins,  
bread & butter

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cacao mousse w/ guava orange topping



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