



## East Down Yacht Club Members' Lunch

Sunday, 29th March 2026 at 13:30

Mac Robert Room, Clubhouse

### Guest Speaker

Trevor Thompson – "From the Western Isles to St Kilda: A Wayfarer's Journey"

## Menu

### Starters

- Roasted Red Pepper and Tomato Soup – served with warm sourdough bread.
- Classic Caesar Salad – crisp romaine, creamy dressing, and golden croutons.

### Mains

- (V) Oven Roasted Bell Pepper – stuffed with Moroccan cous-cous, served with rocket and tomato salad.
- Slow Cooked Daube of Beef – with a rich red wine and mushroom jus.
- Fillet of Salmon – finished with a delicate lemon butter sauce.
- Fillet of Chicken – served with a brandy and peppercorn sauce.
- All mains (except vegetarian) are accompanied by fresh market potatoes and seasonal vegetables.
- all sauces are gluten free

### Desserts

- (Vegan/GF) Chocolate Fudge Cake – with chocolate sauce and berries.
- Trio of miniature desserts: Irish Cream Cheesecake, Tiramisu, and Lemon Cheesecake.

