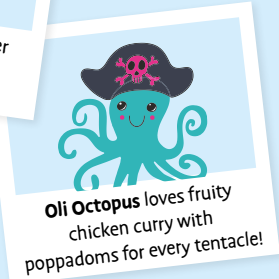


MINI EXPLORERS



Sammy Starfish fuels her ocean adventures with mighty mac and cheese.



Oli Octopus loves fruity chicken curry with poppadoms for every tentacle!



Colin Crab is a nippy little chap who likes getting his claws on a fish finger or two.



ANNABEL KARMEL

Delicious and nutritious dishes designed for your holiday by Annabel Karmel, MBE, bestselling children's cookery author and global food expert.

(v) vegetarian. (ve) vegan. (veo) vegan option available. (gf) gluten free. (ls) low sugar.

Some of our products may contain allergens. If you are sensitive to any allergens, please speak to a member of staff before ordering. Please note that some of these dishes may contain nuts or nut extracts. *While all the food we serve on board is prepared to the highest health and safety standards, public health services have determined that eating uncooked or partially cooked meats, poultry, fish, eggs, milk and shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.

To start

Tomato soup (ve) (gf)

Hummus with cheesy pitta fingers, cucumber and carrot sticks (v) (veo)

Taco with salad and your choice of cheddar cheese (v) or grilled chicken



Mains

Crispy breaded fish fingers

Fruity chicken curry with rice and mini poppadoms

Super spaghetti bolognese (veo)

Sticky honey and soy chicken strips

All-American cheeseburger with lettuce, tomato and ketchup

Tasty tomato penne pasta with butternut squash (v) (veo)

Mighty mac and cheese (v)

Mini grills

Served with your choice of gravy or sticky teriyaki sauce

Salmon fillet (gf)

Chicken breast (gf)

Fillet steak* (gf)

Sides

Choose up to three sides to go with your main or mini grill

Green veggies of the day (ve) (gf)

Mashed potatoes (v) (gf)

Waffle fries (ve)

Baked beans (ve) (gf)

Sweetcorn (ve) (gf)

Desserts

Fresh fruit salad or watermelon wedges (ve) (gf) (ls)

Golden crêpes with Nutella and banana (v)

Milk chocolate fridge cake with red berries

Raspberry and red fruit jelly

Vanilla ice cream (v) (gf) (veo)

Drinks

	A C D
Belvoir Farm Raspberry Lemonade 330ml	£3.30
Frobishers Jubilant Juices 250ml Orange or Apple	£3.20
Pip Organic Juice 180ml Blackcurrant, Raspberry & Apple	£3.05
Water – still or sparkling 330ml	£2.20

Tiny tummies

Please ask your waiter about our daily fresh purée.



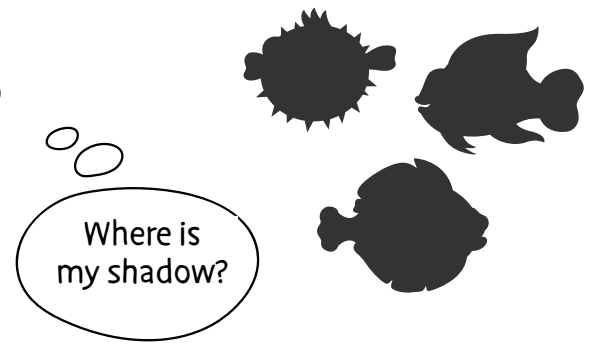
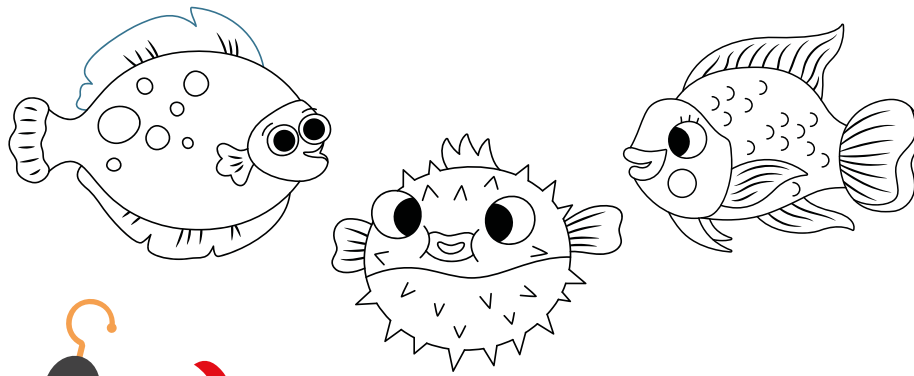
Dive over to the next page for fun colouring and tasty teasers...



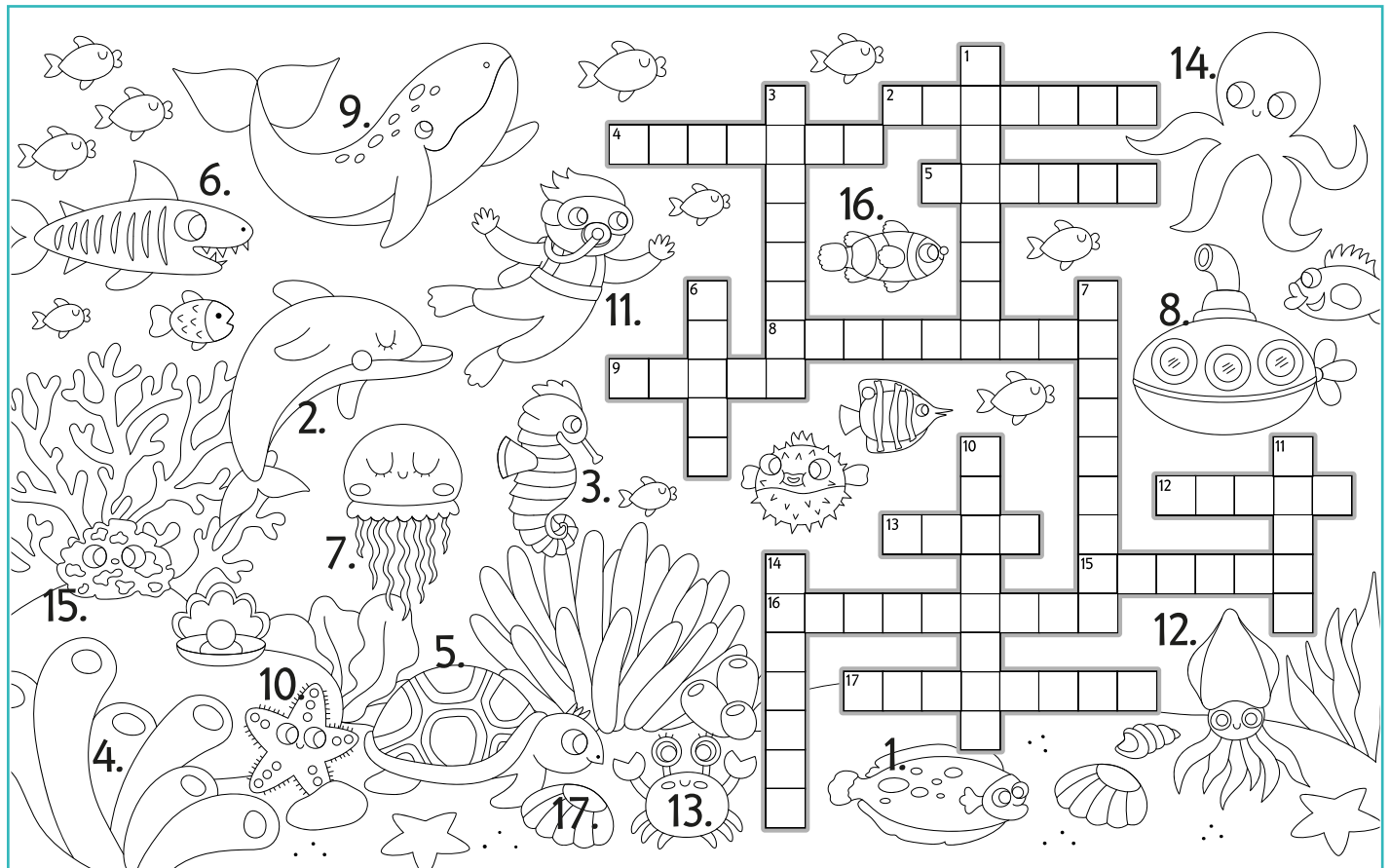


Tasty teasers

Can you help Sammy, Oli and Colin with the pictures and puzzles on this page?



Under-the-sea crossword



Draw your own sea creature

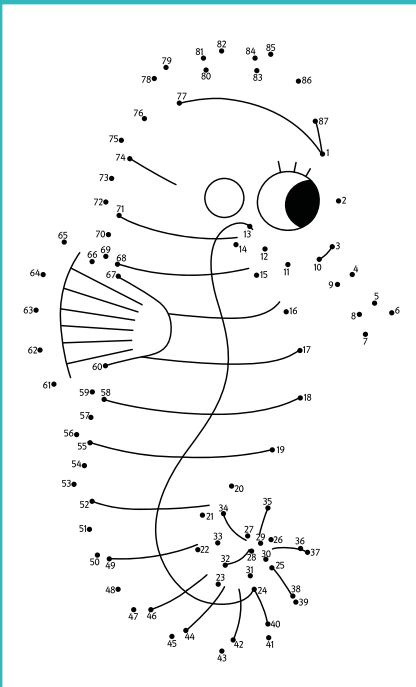
Cracking fact! A crab's shell is actually its skeleton!

1. Flounder 2. Dolphin 3. Seahorse 4. Seaweed 5. Turtle 6. Shark 7. Dolphin 8. Submarine 9. Whale 10. Starfish 11. Diver 12. Squid 13. Crab 14. Octopus 15. Sponge 16. Clownfish 17. Seashell

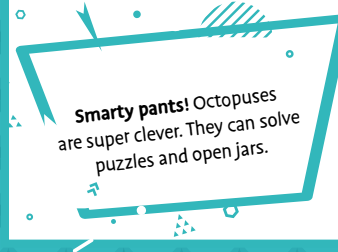


Tasty teasers

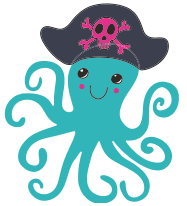
Can you help Sammy, Oli and Colin with the pictures and puzzles on this page?



Why not draw a ship here? Can you label the bow and stern?



Smarty pants! Octopuses are super clever. They can solve puzzles and open jars.

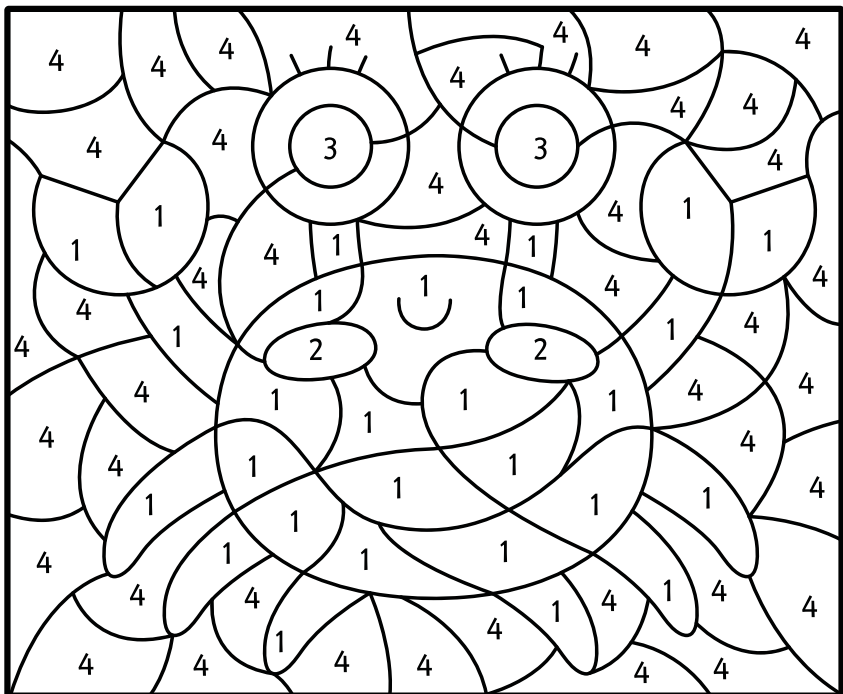


Under-the-sea word search

Y	A	H	I	S	F	L	L	I	H	R	A	F	I	S	H	M	R	E	U
A	S	S	T	O	D	O	L	P	H	I	N	D	P	W	H	A	L	N	E
R	Q	I	Q	L	R	E	T	S	B	O	L	T	U	R	I	C	A	O	T
P	U	F	F	E	R	F	I	S	H	D	M	C	F	C	B	K	E	M	A
W	I	L	H	I	O	F	E	I	E	G	N	O	P	S	A	E	S	E	N
C	D	L	A	D	E	A	W	F	L	A	Y	N	P	E	R	R	O	N	A
R	O	I	D	L	H	P	R	E	N	S	W	M	S	A	A	E	R	A	M
E	L	B	T	O	U	O	L	F	T	T	I	E	Q	H	C	L	L	A	P
B	C	T	R	D	L	Y	U	E	I	R	A	G	E	L	U	O	N	E	B
A	U	S	J	E	L	K	R	A	H	S	E	R	T	D	N	T	H	S	H
C	E	K	T	E	R	W	C	S	H	M	H	T	E	N	A	U	E	T	P
L	A	M	C	A	L	R	A	E	P	A	U	P	U	R	U	A	P	A	C
O	T	R	Y	O	W	A	L	L	E	C	F	B	A	F	T	F	U	R	S
W	N	U	A	R	D	L	H	O	B	L	O	Y	S	U	I	L	A	F	E
N	A	U	R	A	R	D	W	W	O	Y	S	T	R	D	L	B	O	I	A
F	M	P	G	L	D	I	A	U	U	O	C	T	O	P	U	S	H	S	W
I	H	A	N	A	T	L	N	H	Q	P	L	O	A	E	S	T	U	H	E
S	Q	U	I	E	R	D	A	T	S	E	A	U	R	C	H	I	N	I	E
H	A	L	T	U	E	P	E	G	R	A	M	A	N	A	T	E	E	L	B
M	R	H	S	R	U	N	S	I	H	S	I	F	Y	L	L	E	J	S	O

- JELLYFISH
- DOLPHIN
- CORAL
- FLOUNDER
- SEAHORSE
- SHARK
- PUFFERFISH
- SEASHELL
- STINGRAY
- LOBSTER
- SEAWEED
- OCTOPUS
- STARFISH
- EEL
- WHALE
- CRAB
- OYSTER
- SHRIMP
- SQUID
- PEARL

Colour by numbers



- 1 = RED
- 2 = PINK
- 3 = BLACK
- 4 = BLUE



Tasty teasers

Can you help Sammy, Oli and Colin with the pictures and puzzles on this page?

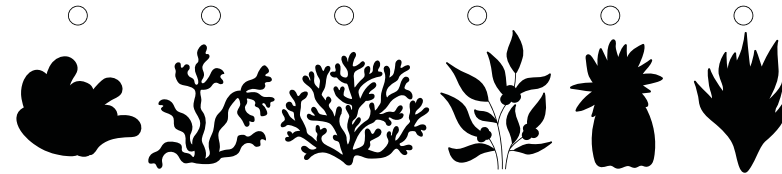
Can you draw your ship in this space?

Don't forget the funnel!

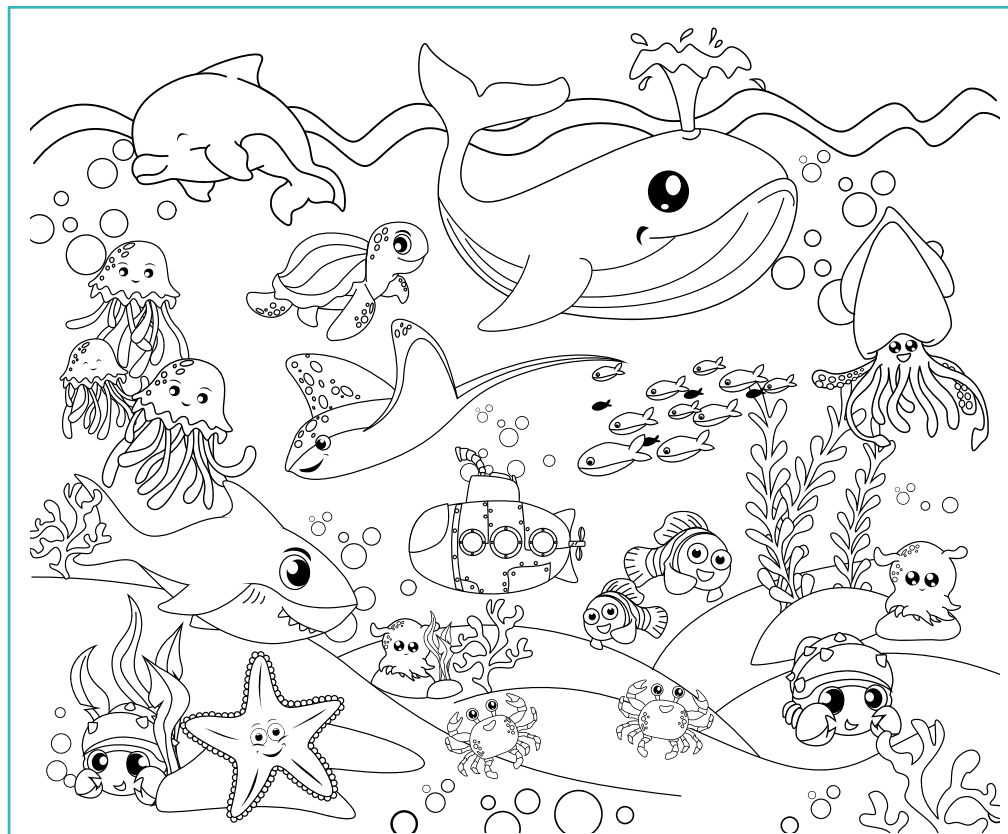
That's handy! Most starfish have five arms, but some can have as many as 40!



Shadow match



Under-the-sea colouring





Tasty teasers



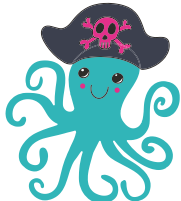


Can you help Sammy, Oli and Colin with the pictures and puzzles on this page?

How about drawing a self-portrait here?

Weird or wonderful?
An octopus has three hearts and blue blood.

Sudoku

Draw the characters in each square so that no character is repeated in each line.



Tasty teasers

Can you help Sammy, Oli and Colin with the pictures and puzzles on this page?

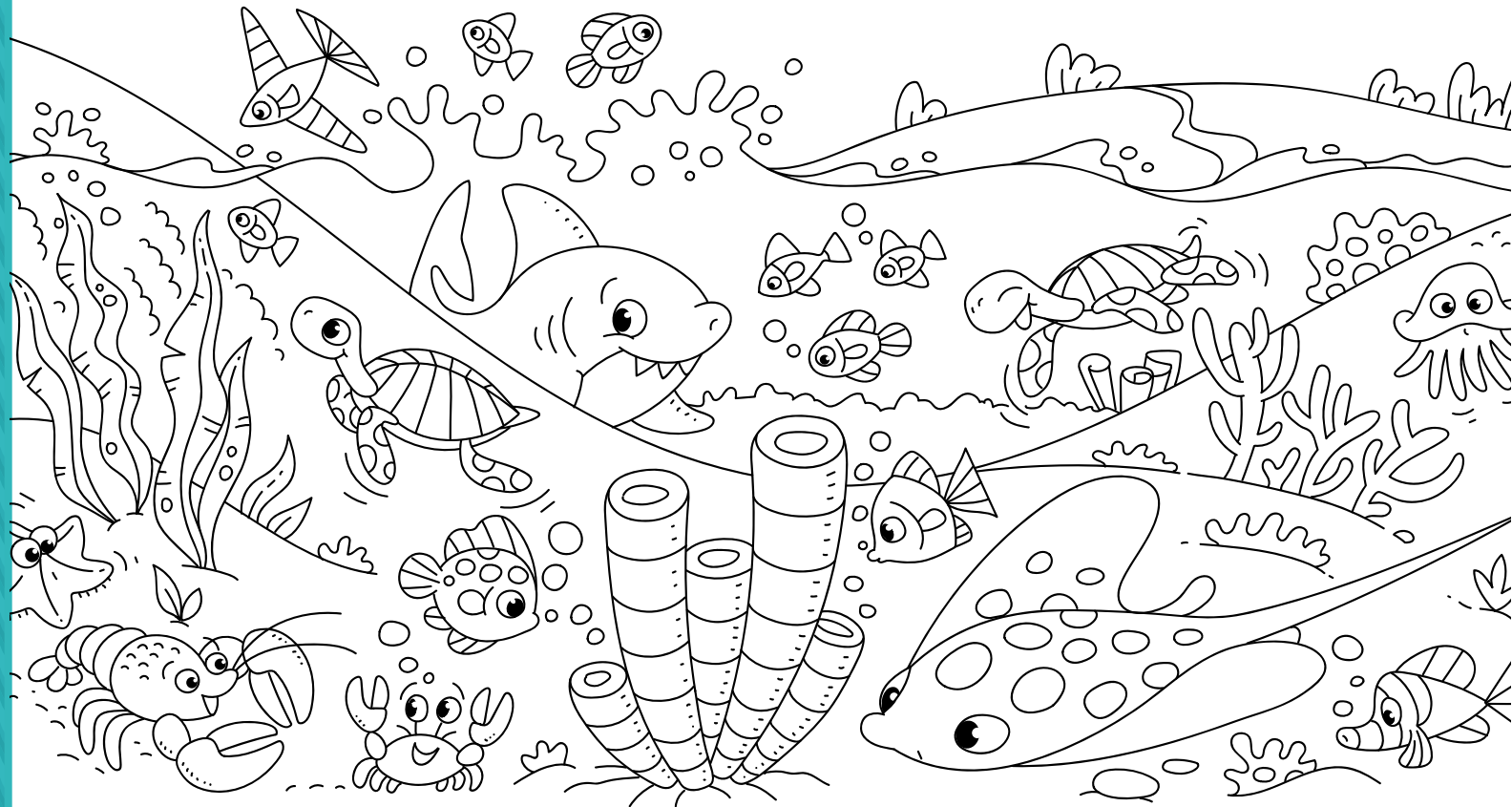
Can you recreate the P&O Cruises 'sunrise' logo in here?

Let's bring this to life!

Colour in the coral and all of the sea creatures.



Eye eye, Captain! Crabs have little eyes on stalks, which means they can see all around them without moving their heads. Clever!

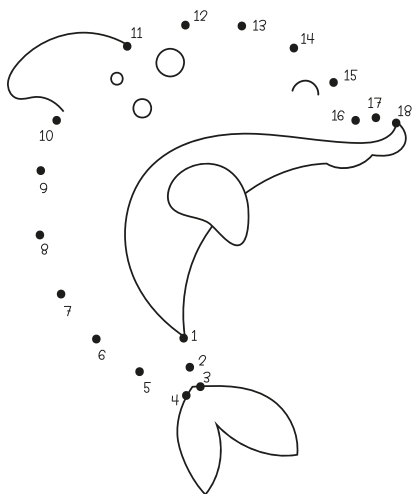




Tasty teasers

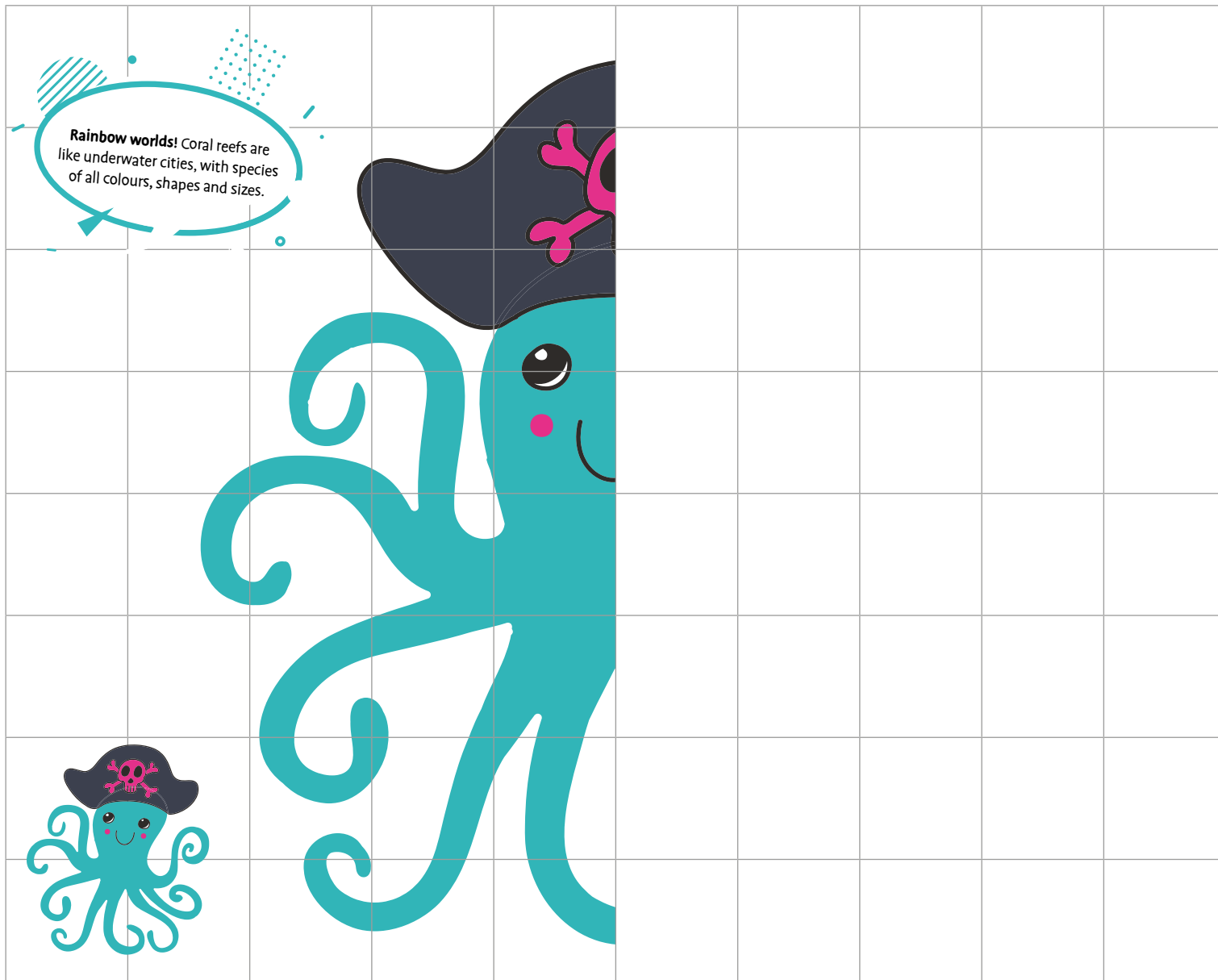
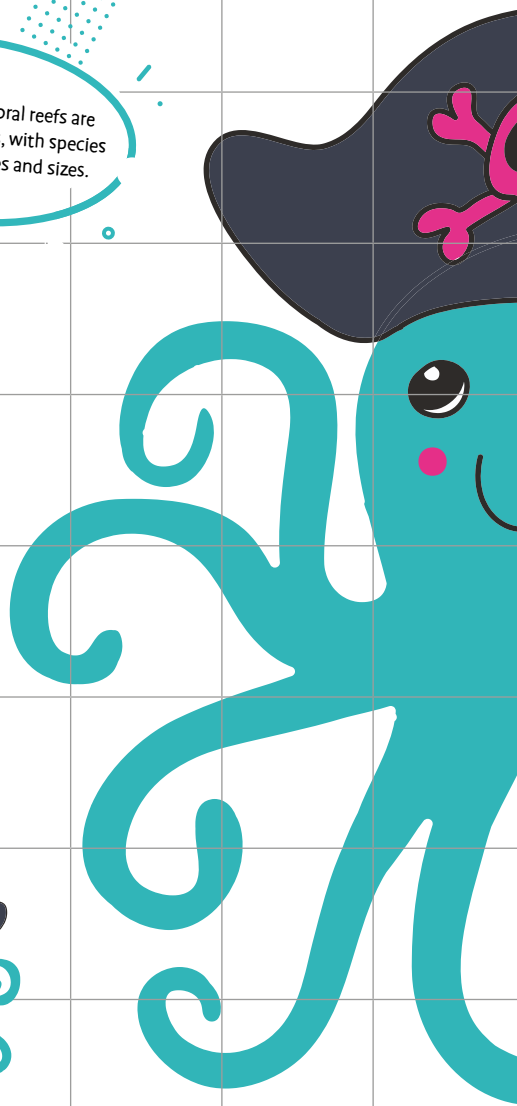
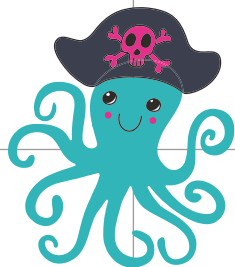
Can you help Sammy, Oli and Colin with the pictures and puzzles on this page?

Join the dots



Can you complete Oli Octopus?

Rainbow worlds! Coral reefs are like underwater cities, with species of all colours, shapes and sizes.





Tasty teasers

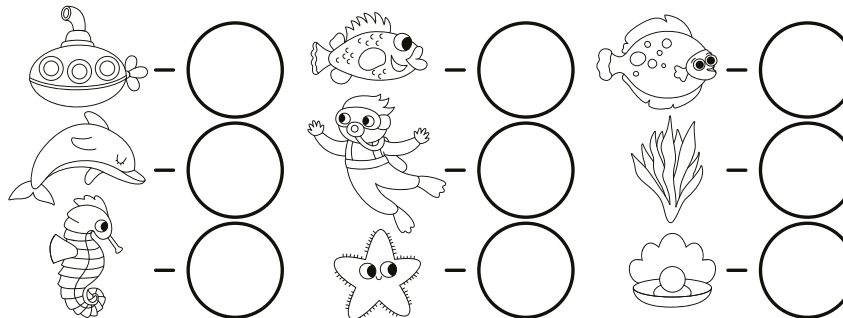
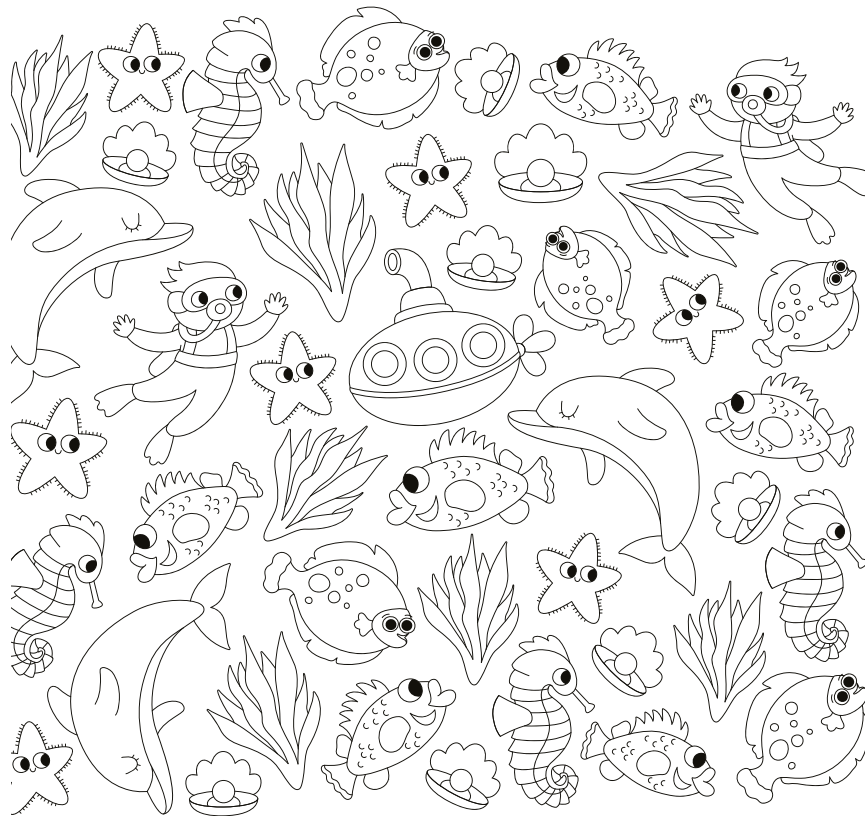
Can you help Sammy, Oli and Colin with the pictures and puzzles on this page?

Why not draw your favourite food here?

Wow! What a star! Starfish can live for up to 35 years, and can regenerate limbs.

Under-the-sea counting

How many of these under-sea sights can you find?
Why not colour them in, too?



Find two cards the same

