

## Sample Menus: Europe

Discovering new foods can be one of the best parts of traveling. The sample menus below are just a few examples of the types of traditional, local favorites you will have the opportunity to try on tour. Every meal will include table water (or bottled water if deemed necessary by locals) and you can usually buy other beverages if you wish. All meals are served as a group—not à la carte—and a vegetarian option will be available if requested in advance. Please notify EF of any other dietary restrictions or food allergies you may have. Enjoy!



### AUSTRIA

#### Menu 1

Soup  
Wiener schnitzel  
Chocolate cake

#### Menu 2

Traditional beef goulash with cheese spaetzle and mixed salad  
Traditional Austrian chocolate sheet cake

### SWITZERLAND

Soup  
Alpine Macaroni  
Chocolate mousse

### CZECH REPUBLIC

Soup  
Goulash  
Ice cream

### ICELAND

Meatballs, potatoes & brown sauce  
Fish balls with potatoes and butter  
Fried vegetables

### GERMANY

#### Menu 1

Meatloaf with potato-cucumber salad and sweet mustard  
Apple fritter with powdered sugar and berry sauce

#### Menu 2

Traditional German meatball with beans, mashed potatoes, and gravy  
Chocolate mousse with strawberry sauce

#### Menu 3

Pork sausages with sauerkraut and mashed potatoes  
Apple fritter with powdered sugar and berry sauce

### GREECE

Menu 1  
Spinach pie  
Moussaka  
Rice pudding  
Menu 2  
Greek salad  
Chicken with oven-baked pasta  
Walnut pie

### ITALY

#### Menu 1

Tomato bruschetta  
Mixed salad  
Lasagna  
Gelato

#### Menu 2

Spaghetti with pesto  
Pork loin with spinach and potatoes  
Fruit salad

### FRANCE

#### Menu 1

Traditional galette with salad  
Crepe au chocolat

#### Menu 2

Beef burgundy stew with potato gratin  
Crème brûlée

### IRELAND

Soup  
Chicken with mashed potatoes and gravy  
Fruit salad

### UNITED KINGDOM

#### Menu 1

Fish and chips  
Ice cream

#### Menu 2

Chicken and hummus  
Flan

#### Menu 3

Naan bread  
Chicken curry

### SPAIN

#### Menu 1

Bravas potatoes  
Pork loin with rice and mushroom sauce  
Ice cream

#### Menu 2

Tapas to share (e.g. bravas potatoes, croquetas, pinxos, etc)  
Crema Catalana

#### Menu 3

Mixed salad  
Fideua pasta  
Fruit salad