

EPICUREAN

Welcome...

Prepare yourself for an extraordinary gastronomic journey to the very heart of fine dining. The Epicurean fuses classic dining elements with the best of modern British dining to create a sensuous menu, uniquely presented in a sophisticated and contemporary setting.

Our emphasis is on grand style and flawless service. The menu features dishes that are skilfully prepared table-side in a performance worthy of the West End and, with time to thoroughly appreciate each course, you can relax and revel in The Epicurean's special atmosphere.

We only use the finest produce and present it with great skill to achieve maximum flavour. Although exceptional, our dishes are not overcomplicated or fussy – they simply allow the ingredients to be the stars of the show.

If the menu proves too delicious to decide, your knowledgeable waiter is on hand to take you through each captivating choice. All our staff are highly trained and dedicated to the pursuit of dining pleasure. Their passion for food is an inspiration for guests, and is as much a part of The Epicurean experience as the food itself.

We hope you will enjoy our selection of both classic dishes and our soon-to-be-discovered secrets.

Starters

Alaskan Snow Crab, Langoustine and Salmon Caviar* Cocktail

Pea and Chervil Custard, Parchment Bread and a Cucumber Mojito

Seared King Scallops and Scallop Tartare*

Charred Cucumber, Kohlrabi and Cucumber Ketchup (gf)

Chicken and Morel Mushroom Mousseline with Pistachio Crumble

Duck Liver Parfait, Sweet and Sour Pickled Vegetables and Spinach Anglaise

Jamón Pata Negra Ibérico de Bellota

Aged Manchego Cheese, Fine Spanish Olives, Country Bread and Freshly Pressed
Almond Oil

Hand-carved at your table

24 Hour Slow Cooked Ox Cheek

in a Bone Canoe with Parsley Sponge and Beef Flavoured Mayonnaise

Roasted Red Pepper Parfait

Goat's Milk Curd, Sun-blush Tomatoes and a Spinach and Basil Purée (v) (gf)

Seasonal Soup

Cream of Celeriac and Italian White Truffle (v) (gf)

(v) – Denotes vegetarian. (gf) Denotes gluten free. (ls) Denotes low sugar.

* Whilst 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 food-borne illness, especially if you have certain medical conditions.

Some of our products may contain allergens. If you are sensitive to any of these, please speak to a member of staff before dining.

Please note that some of these dishes may contain nuts or nut extracts.

Main Courses

**Black Cod and Canadian Cold Water Lobster Tail
with Avruga Caviar* Gratin**

Bouillabaisse Fondue and Bee Pollen Dressed House Salad (gf)

Torchon of Wild Atlantic Halibut Grenobloise for Two

Saffron Poached Fennel and Petit Salad (gf)

Prepared at your table

Miso Glazed Rack* and Slow Cooked Lamb Belly

Caramelised Aubergine and Cauliflower Tabbouleh (gf)

Redman Limousin Irish Beef Fillet*

Confit of Smoked Cured Bacon, Celeriac and Horseradish, Mushroom Purée
and Oyster Emulsion (gf)

Emmental Cheese Soufflé*

Maris Piper Potato Terrine and Creamed Baby Spinach (v)

Prime Grills

Giant Indonesian Tiger Prawns

Split and Grilled in their shells with Red Chilli and Garlic Butter
Soy Noodles and Stir-fried Oriental Greens

Maple Glazed Saddleback Pork T-Bone

Air Crackling and Scrumpy Jus (gf)

28 Day Aged Grain Finished Australian Black Angus Sirloin Steak*

Plum Tomato Ragout and Bordelaise Sauce (gf)

Onley Grounds 14oz Beef Rib Eye Steak* for Two

Madeira and Béarnaise Sauce (gf)

Hand-carved at your table

Sides

Tenderstem Broccoli (gf)

Baby Spinach Leaf (gf)

Thick Cut Chips (gf)

New Potatoes (gf)

Desserts

Crêpes Suzette

Vanilla Pod Ice Cream

Prepared at your table

Apple and Juniper Berry Crumble

Granny Smith Apple Sorbet and Elderflower Parfait (gf)

Baked Valrhona Chocolate Cheesecake

Poached Amarena Cherries, Aged Balsamic Vinegar and Sour Cream

Lemon Meringue Tart

Lavender Meringue, Raspberries and Shortbread

Belgian Chocolate Jaffa Cake

Orange Sauce and Pistachio Ice Cream (ls)

Taster for Two

Apple and Juniper Berry Crumble, Baked Valrhona Chocolate Cheesecake,
Lemon Meringue Tart

Selection of Artisan British and European Cheese

Acacia Truffle Honey, Dulce de Membrillo, Medjool Date and Nut Fruit Cake
and Fine Biscuits



FOOD HEROES

KJARTAN SKJELDE



Kjartan was born and raised in Stavanger, Norway, and still lives and works there today as the founder and owner of two restaurants: Tango and Fish & Cow brasserie. He is a high-profile chef locally, having appeared as a judge on TV series **MasterChef Norway** and **Camp Kulinaris** and has penned four cook books. He places his focus on produce and provenance, good ingredients and cooking from scratch. He uses seasonal produce, making the most of the wilds of Norway and he is keen to bring Nordic fine dining to the world stage. He is creating a bespoke six-course taster menu exclusively for The Epicurean.

“What is most important for me is to build a strong Nordic cuisine that comes across in every dish I create. Working with P&O Cruises, I want guests to be able to smell, taste and see that each dish of my six-course taster menu for The Epicurean is truly Norwegian. I use local, seasonal ingredients in all of my dishes along with traditional Norwegian cooking methods. Our cuisine is built on the produce of our land and the methods used to preserve through the long winters. Traditionally we eat a lot of dried fish but with a long coastline and fish so readily available, today’s Nordic chefs are looking at new ways of cooking fresh fish. Using fish that swim in our cold mountain water, lambs that graze on our salt marshes, beetroots picked from a small local island and cooking these ingredients with traditional Norwegian methods – guests will be able to taste Norway through every bite.”



Norwegian Taster Menu

This menu is only available on the fifth night of all Norwegian cruises in place of the regular Epicurean Menu.

Amuse

Crispy Chicken Skin, White Fish Caviar*, Watercress Mayonnaise
Cabbage Shoots, Marigold Petals and Vinaigrette (gf)

Starter

Pickled Beets, Goat's Cheese Cream and Apple
Crisp Rye (v)



These beets are from Brims, an island outside Stavanger, and are prepared using a traditional Norwegian cooking method of pickling.

Gluten-free option available

Fish

Fillet of Lightly Smoked Mountain Trout*

Horseradish Cream, Pickled Cucumber and Puffed Rye



This brown trout is reared in Røldalsfjellet and weighs approximately 500-600grams. In this dish, the trout is lightly smoked, served together with a fresh cucumber salad and a rich horseradish cream – a classic Norwegian combination.

Gluten-free option available

Main Course

Fillet of Jaeren Coastal Lamb*

Potato Cream Mayonnaise, White Onions, Baby Carrots, Hispi Cabbage
Chive Oil, Jus Gras and Butter Emulsion (gf)



The lamb gets its unique taste from the 'salty' soil and is crispened and accompanied with a powerful potato cream mayonnaise and a shredded lamb garnish.

Pre-Dessert

Cream Cheese Ice Cream, Buerre Noisette and a Sweet Crumb

The ice cream is made from a delicate local cheese.

Dessert

White Chocolate Espuma and Cloudberry Sorbet

Meringue, Caramelised White Chocolate, Cloudberries (gf)



This is a modified variant of the classic Norwegian dessert cloudberry and cream. Cloudberries are very juicy with a similar taste to a raspberry or a redcurrant. They can be fairly tart when eaten raw but with a hint of floral sweetness.

Coffee and Petit Fours

Caramel and Forest Mushroom Fudge (gf)



This Finnish fudge has a light aroma of cep mushrooms.

(v) Denotes vegetarian. (gf) Denotes gluten free.

Some of our products may contain allergens. If you are sensitive to any of these, please speak to a member of staff before dining.

Please note that some of these dishes may contain nuts or nut extracts.

* Whilst 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 food-borne illness, especially if you have certain medical conditions.



Norwegian Vegetarian Taster Menu

This menu is only available on the fifth night of all Norwegian cruises in place of the regular Epicurean Menu.

Amuse

Crispy Green Cabbage, Watercress Mayonnaise
Cabbage Shoots, Marigold Petals and Vinaigrette (gf)

Starter

Pickled Beets, Goat's Cheese Cream and Apple
Crisp Rye



These beets are from Brims, an island outside Stavanger, and are prepared using a traditional Norwegian cooking method of pickling.

Gluten-free option available

Salad

Cucumber Salad
Horseradish Cream and Puffed Rye
Gluten-free option available

Main Course

Salad of Roasted Celeriac, Creamed Potatoes, White Onions, Baby Carrots, Hispi Cabbage Cabbage
Chive Oil, Butter Emulsion (gf)

Pre-Dessert

Cream Cheese Ice Cream, Buerre Noisette and a Sweet Crumb



The ice cream is made from a delicate local cheese.

Dessert

White Chocolate Espuma and Cloudberry Sorbet
Meringue, Caramelised White Chocolate, Cloudberries (gf)



This is a modified variant of the classic Norwegian dessert cloudberry and cream. Cloudberries are very juicy with a similar taste to a raspberry or a redcurrant. They can be fairly tart when eaten raw but with a hint of floral sweetness.

Coffee and Petit Fours

Caramel and Forest Mushroom Fudge (gf)



This Finnish fudge has a light aroma of cep mushrooms.

(gf) Denotes gluten free.

Some of our products may contain allergens. If you are sensitive to any of these, please speak to a member of staff before dining.

Please note that some of these dishes may contain nuts or nut extracts.

* Whilst 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 food-borne illness, especially if you have certain medical conditions.

