



Luncheon

Monday, April 11, 2011

Crystal Dining Room, Crystal Symphony
In the Port of Santa Barbara, California, USA

Maitre d'Hôtel Norbert Tesar Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Steamed Black Mussels in Light Vegetable Beurre Blanc, Served with Garlic Bread

Cream of Broccoli with Vegetable Fritters and Toasted Almonds

**Country Fried Chicken Marinated with Fresh Herbs, Presented with Bacon Gravy,
Mashed Potatoes and Peach Filled with Lingonberries**

Mascarpone Cherry Clafoutis

VEGETARIAN SELECTIONS

Chopped Green and Red Leaf Lettuce with Gazpacho Dressing

Vegetable Broth with Wild Rice and Spinach Royale

**Vegetable Burritos – Sautéed Vegetables, Spinach and Tomato Rice,
Folded in a Flour Tortilla, Sprinkled with Mild Cheese,
Served with Guacamole and Salsa Verde**

Profiteroles New Style

ON THE LIGHTER SIDE

Crystal Cruises responds to today's trend toward dishes lighter in carbohydrates, cholesterol, fat and sodium by offering these choices:

Vegetable Broth with Wild Rice and Spinach Royale

**The Market Salad – Roasted Turkey Breast, Julienne of Swiss Cheese,
Sliced Eggs, Country Ham, Diced Tomatoes, Radishes and Cucumbers,
Served with Apple Cider Vinaigrette-Tossed Lettuce**

Sugar-Free Coconut Cream

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Albariño, Bodegas, Martin Codax, Rias Baixas, Spain 2008 \$8.50

Red Wine by the Glass:

Chianti Classico, Fattoria Fontodi, Tuscany Italy 2006 \$11.00

For our complete selection of fine wines by the glass, please ask your Sommelier.



APPETIZERS AND SALAD

Steamed Black Mussels in Light Vegetable Beurre Blanc, Served with Garlic Bread

Jumbo Shrimp Cocktail with Melon Balls and Palm Hearts

Charred Beef Salad with Jicama, Tomato, Cucumber, Chili, and Coriander

Chopped Green and Red Leaf Lettuce with Gazpacho Dressing

Traditional favorite dressings available, plus today's specials:

Fat-Free Tomato Basil Vinaigrette or Low-Calorie Ranch Dressing

SOUPS

Cream of Broccoli with Vegetable Fritters and Toasted Almonds

Vegetable Broth with Wild Rice and Spinach Royale

Low-sodium soups are available upon request

PASTA SPECIAL

Fettuccini Pasta with Chopped Clams, White Wine, Green Pepper Corn and Cream

Available as Appetizer or Main Fare

MAIN FARES

Crunchy Garden Greens Topped with Golden Fried Portobello Mushrooms

On Marinated Zucchini Salad, Tomatoes and Citrus Segments, Served with Ranch Dressing

Mexican Beef Fajita Salad – Sautéed Spicy Marinated Beef Strips, Bell Peppers,

Kernel Corn, Palm Hearts, Avocado and Tomato, Tossed with Cilantro-Tomato Dressing,

Topped with Mild Cheese and Crisp Flour Tortilla Chips

Mixed Grill of the Ocean – Salmon, Red Snapper, Jumbo Shrimp and Scallops

On Herb-Tomato Rice Pilaf, Served with Garden Vegetables and Chive Hollandaise

Country-Fried Chicken Marinated with Fresh Herbs,

Presented with Bacon Gravy, Mashed Potatoes and Peach Filled with Lingonberries

Sandwich of the Day – The Tuna Melt Tuna Salad on a Toasted English Muffin with

Melted American Cheese, Served with Fruit Garnish and Fried Potato Skins

American Hamburger or Cheeseburger – Freshly Ground Beef Burger,

Grilled to Your Order, Served on a Toasted Homemade Brioche or Whole Wheat Bun

With Kosher Dill Pickles, Tomatoes, Sliced Onion Rings and French Fried Potatoes

Additional Toppings of Applewood Smoked Bacon, Grilled Onions

And your Choice of Swiss, Blue or Cheddar Cheese are available upon request.

SIDE ORDERS

Assorted Vegetables Mash Potatoes Steamed Rice

Herb Tomato Rice Pilaf French Fried Potatoes Spaghetti with Tomato Sauce

Upon request, dishes are available without sauce, and main courses can be served as half portions.

Vegetables are also available steamed, without butter or salt.

DESSERTS

Mascarpone Cherry Clafoutis • Profiteroles New Style

Ice Cream Sundae “Peanut Butter Crunch” –

Peanut Butter Ice Cream, Chocolate Sauce, Peanut Butter Cookies and Whipped Cream

Sugar-Free Coffee Sour Cream Pound Cake • Sugar-Free Coconut Cream

Vanilla, Oreo, or Peanut Butter Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Freshly Frozen, Nonfat New York Cheesecake or Cookies n’ Cream Yogurt

Refreshing Black Currant Sherbet • Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits