



# Luncheon

Wednesday, April 13, 2011

Crystal Dining Room, Crystal Symphony

At Sea, en Route to Astoria, Oregon, USA

Maitre d'Hôtel **Norbert Tesar** Executive Chef **Markus Nufer**

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## CHEF'S SUGGESTIONS

*Chef Markus Nufer has selected these special luncheon dishes:*

**Crispy Fried Calamari with Aioli and Tomato Bruschetta**

**Cajun Seafood Gumbo with Sticky Rice and Okra**

**The Reuben Sandwich** – Corned Beef Brisket, Swiss Cheese, Sauerkraut and Thousand Island Dressing, on Jewish Rye Bread, Grilled to a Golden Brown, with French Fried Potatoes and Marinated Red Beet Salad

**Rice Soufflé with Strawberries**

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## VEGETARIAN SELECTIONS

**Vegetable Broth Served with Vegetable Pearls**

**Romaine Lettuce with Celery, Tomato, Grapes and Crumbled Blue Cheese**

**Vegetarian Club Sandwich**

Toasted Layers of Sourdough Bread with a Vegetable Patty, Grilled Eggplant and Zucchini, Avocado and Roasted Garlic Aioli, Served with Bell Pepper Corn Slaw and Sweet Potato Fries

**Rum Baba with Fruit and Vanilla Ice Cream**

## ON THE LIGHTER SIDE

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

**Seafood en Gelée with Small Lettuce and Low-Fat Dill Sour Cream**

**Grilled Free Range Chicken Breast**

Served with Brown Rice, Steamed Garden Vegetables and Natural Gravy

**Sugar-Free Mango Cream Cocktail**

## HEAD SOMMELIER'S SUGGESTIONS

**White Wine by the Glass:**

Pinot Grigio, Santa Margherita, Valdadige, Italy 2009 \$9.50

**Red Wine by the Glass:**

Malbec, "Reserva", Bodega Norton, Mendoza, Argentina 2007 \$9.50

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



## APPETIZERS AND SALAD

Crispy Fried Calamari with Aioli and Tomato Bruschetta

Seafood en Gelée with Small Lettuce and Dill Sour Cream

Roast Beef Roll Filled with Creamy Egg Salad, Served with Vegetable Relish

Romaine Lettuce with Celery, Tomato, Grapes and Crumbled Blue Cheese

*Traditional favorite dressings available, plus today's specials:*

*Fat-Free Gazpacho Vinaigrette or Low Calorie Dill Sour Cream Dressing*

## SOUPS

Cajun Seafood Gumbo with Sticky Rice and Okra

Beef Consommé with Herb Celistine

*Low-sodium soups are available upon request*

## PASTA SPECIAL

Penne Lisce Pasta with Roasted Bell Peppers, Zucchini and Tomato Sauce

*Available as Appetizer or Main Fare*

## MAIN FARES

Smoked Salmon Salad – Iceberg and Lollo Rosso Lettuce Tossed in Creamy Sour Cream Garlic Dressing, Topped with Smoked Salmon, Paprika Croutons and White Cheddar Cheese

Grilled Steak Salad – Mixed Greens Tossed with French Dressing with Red Radish, Bell Peppers and Tomatoes, Topped with a Grilled Sirloin Steak and Fried Onion Rings

English Style Fish and Chips – Golden-Fried Cod Fish Fillet in Crisp Batter, Served with French Fried Potatoes, Crisp Slaw and Sauce Tartar

The Reuben Sandwich – Corned Beef Brisket, Swiss Cheese, Sauerkraut and Thousand Island Dressing, on Jewish Rye Bread, Grilled to a Golden Brown, with French Fried Potatoes and Marinated Red Beet Salad

Turkey Tostados – Sautéed Turkey Cubes in Spicy Tomato Sauce, Filled in a Corn Tortilla Cup, Gratinated with Mild Cheese, Served with Green Rice and Guacamole

**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

Crisp Slaw Baked Potato Mashed Potatoes Steamed Vegetables

Steamed Rice 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

Rice Soufflé with Strawberries • Rum Baba with Fruit and Vanilla Ice Cream

Ice Cream Sundae “Pina Colada” Coconut Sherbet, Malibu Rum-Marinated

Roasted Pineapple Cubes and Coconut Mousse Cream

Sugar-Free Sour Cherry Compote à la Mode • Sugar-Free Mango Cream Cocktail

Vanilla, M&M Vanilla or Chocolate Ice Cream

with your choice of Raspberry, Mango or Chocolate Topping

Refreshing Poire William Sherbet • Assortment of Fruit in Season

Freshly Frozen, Nonfat Butter Pecan or Double Dutch Yogurt

International Cheeses Served with Crackers and Biscuits