



Luncheon

Thursday, April 14, 2011

Crystal Dining Room, Crystal Symphony

In the Port of Astoria, Oregon, USA

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

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Three Kinds of Herring Served with Dark Finn Bread

Farmer's Style Lentil Soup with Nathan's Beef Frank Slices

Veal Liver "Venetian Style"

Pan-Fried Sliced Veal Liver with Onions in Balsamic Flavored Demi Glaze,
Served with Rice Pilaf, and Steamed Spring Vegetables

Raspberry Éclair

VEGETARIAN SELECTIONS

Vegetarian Frito Misto – Golden Fried Mushrooms, Onions, Cauliflower and Zucchini,
Served with Cucumber Remoulade

Farmer's Style Lentil Soup

Wild Mushroom Burger Served on a Toasted Homemade Brioche Bun
with Apple-Jicama Slaw, Mixed Greens, Garlic Aioli and Parmesan Fries

Chocolate Custard with Caramelized Banana

ON THE LIGHTER SIDE

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

Butter Lettuce with Marinated Bell Peppers, Pearl Onions,
Cucumbers, Tomatoes and Olives

Grilled Almond-Crusted Tilapia

Served with Steamed Vegetables, Capers, Pearl Onions and Tomatoes

Sugar-Free Blackberry 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:

Pinot Noir, Rex Hill Vineyards, Willamette Valley, Oregon 2007 \$10.50

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



APPETIZERS AND SALAD

Vegetarian Frito Misto – Golden Fried Mushrooms, Onions, Cauliflower and Zucchini,
Served with Cucumber Remoulade

Smoked Mackerel on Small Potato Roesti with Creamy Cucumber-Dill Salad

Three Kinds of Herring Served with Dark Finn Bread

Butter Lettuce with Marinated Bell Peppers, Pearl Onions,
Cucumbers, Tomatoes and Olives

Traditional favorite dressings available, plus today's specials:

Fat-Free Roasted Bell Pepper Vinaigrette or Low-Calorie Ranch Dressing

SOUPS

Farmer's Style Lentil Soup with Nathan's Beef Frank Slices

Chicken Broth with Semolina Quenelle

Low-sodium soups are available upon request

PASTA SPECIAL

Cavatappi alla Calabrese – Italian Pasta with Anchovies, Olives,
Buffalo Mozzarella Cheese and Fresh Tomatoes

Available as Appetizer or Main Fare

MAIN FARES

Ocean Garden Basket – King Crab Meat, Jumbo Prawns, Bay Scallops and Baby Shrimp
In a Giant Lettuce Basket, Served with Thousand Island Dressing

Farmer's Vegetable & Chicken Salad – Onion, Red and Green Bell Peppers, Cucumbers,
Tomatoes, Black and Green Olives and Feta Cheese, Marinated in Herb Vinaigrette
Topped with a Grilled Chicken Breast

Grilled Almond-Crusted Tilapia Served with Capers, Pearl Onions,
Tomatoes, Potato Cakes and Parsley Butter

Sandwich of the Day – Grilled BBQ Flank Steak

On Toasted Six Grain Bread with Monterey Jack Cheese, Lettuce,
Tomatoes and Grilled Onions, Served with Orchiette Pasta Salad

Veal Liver "Venetian Style" – Pan-Fried Sliced Veal Liver with Onions in Balsamic
Flavored Demi Glaze, Served with Rice Pilaf, and Steamed Spring Vegetables

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

Vegetables of the Day **Steamed White Rice** **Mashed Potatoes**

French Fried Potatoes **Fettuccine Pasta 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

Raspberry Éclair • **Chocolate Custard with Caramelized Banana**
Ice Cream Sundae "Peach Melba"

Vanilla Ice Cream, Peach, Strawberry Sauce and Crème Chantilly

Sugar-Free Walnut Brownie • **Sugar-Free Blackberry Cream**

Vanilla, Chocolate Chip or Strawberry Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Refreshing Strawberry Sherbet • **Assortment of Fruit in Season**

Freshly Frozen, Nonfat Vanilla or Orange Yogurt

International Cheeses Served with Crackers and Biscuits