



Luncheon

Saturday, April 16, 2011

Crystal Dining Room, Crystal Symphony

In the Port of Victoria, British Columbia, Canada

Maitre d'Hôtel Norbert Tesar Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Papaya Wedge with Creamy Tuna Salad

Vegetable Purée Soup with Toasted Almonds

Sandwich of the Day: Six-Star Ham and Cheese

Grilled Ham, Mozzarella and Red Onions on Toasted Sourdough Bread,
Served with Fried Onion Rings and Carrot-Corn Slaw

Toasted Banana Bread with Rum Butter, Bananas and Vanilla Ice Cream

VEGETARIAN SELECTIONS

Assorted Smoked Fish with Horseradish Cranberry Mousseline

Vegetable Purée Soup with Toasted Almonds

Baked Eggplant Parmigiana – Breaded and Golden Fried Eggplants, Layered with
Fresh Tomato Sauce, Mozzarella and Parmesan Cheese, Served with Tossed Greens

Coconut Crème Brûlée with Almond Tuile

ON THE LIGHTER SIDE

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

Marinated Red Cabbage Salad with Feta Cheese and Toasted Sunflower Seeds

**Grilled Beef Paillard with Mushroom-Leek & Potato Hash,
Creamed Spinach, and Sauce Diablo**

Sugar-Free Vanilla Custard à la Mode

HEAD SOMMELIER'S SUGGESTIONS

Rosé Wine by the Glass:

Zweigelt Rosé, Alois Kracher, Burgenland, Austria 2008 \$9.00

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

Spicy Chicken Wings with Celery and Blue Cheese Dip

Papaya Wedge with Creamy Tuna Salad

Assorted Smoked Fish with Horseradish Cranberry Mousseline

Marinated Red Cabbage Salad with Feta Cheese and Toasted Sunflower Seeds

Traditional favorite dressings available, plus today's specials:

Fat-Free Red Beet Yogurt and Low-Calorie Roasted Red Bell Pepper Dressing

SOUPS

Vegetable Purée Soup with Toasted Almonds

Beef Consommé with Tomato and Spinach Royale

Low-sodium soups are available upon request

PASTA SPECIAL

Spaghetti "Carbonara" with Bacon, Parsley, Cream and Parmesan Cheese

Available as Appetizer or Main Fare

MAIN FARES

Salad Niçoise "Moderne" – Anchovies, Sardines, Olives, Fresh String Beans, Spring Onions and Potatoes, Marinated in French Vinaigrette, Served on Red and Green Salad Leaves, Topped with a Seared Tuna Medallion and a Fried Quail Egg

The Chef's Salad – A Bed of Crisp Lettuce with Julienne of Turkey, Jarlsberg Cheese and Roast Beef, Garnished with Jumbo Prawns, Sliced Eggs, Cucumber and Bell Peppers, Served with Thousand Island Dressing

Captain's Seafood Basket – Crisp Calamari, Jumbo Shrimp, Cod Fish and Oysters in a Crisp Basket, Served with Country Fried Potatoes and Cucumber Rémoulade

Sandwich of the Day: Six-Star Ham and Cheese

Grilled Ham, Mozzarella and Red Onions on Toasted Sourdough Bread, Served with Fried Onion Rings and Carrot-Corn Slaw

Grilled Beef Paillard with Mushroom-Leek & Potato Hash, Creamed Spinach, and Sauce Diablo

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

Spring Vegetables Country Fried Potatoes Mashed Potatoes

Steamed Rice Sedaninni with Tomato Sauce Creamed Spinach

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

Toasted Banana Bread with Rum Butter, Bananas and Vanilla Ice Cream

Coconut Crème Brûlée with Almond Tuile • Ice Cream Sundae "Fudge Brownie"

Vanilla Ice Cream, Brownies, Chocolate Sauce and Crème Chantilly

Sugar-Free Vanilla Custard à la Mode • Sugar-Free Marble Cake with Rhubarb Stew

Vanilla, Coffee or Strawberry Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Refreshing Pumpkin Sherbet • Assortment of Fruit in Season

Freshly Frozen, Nonfat Simply Vanilla or Cappuccino Yogurt

International Cheeses Served with Crackers and Biscuits