



Luncheon

Friday, May 2, 2014

Crystal Dining Room, Crystal Symphony

At Sea en Route to Honolulu, Hawaii

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Peter Degner

CHEF'S SUGGESTIONS

Chef Peter Degner has selected these special luncheon dishes:

Steamed Black Mussels in Lemon Grass Flavoured Vegetable Beurre Blanc,
Served with Toasted Garlic Bread

Lentil Soup with Sliced Frankfurter Sausage

Chicken Chow Mein

Marinated Sliced Chicken, Asian Vegetables and Mushrooms, Tossed with Crisp Egg
Noodles & Delicious Stir Fry Sauce

Vanilla Brioche

VEGETARIAN SELECTIONS

**Heart of Boston Lettuce with Melon Balls, Cherry Tomatoes & Toasted Macadamia
Nuts, Served with Bella Vista Dressing**

Tomato Broth with Peas, Asparagus and Fennel

Vegetable Samosas

With Cucumber Raita, Curry Lime Aioli and Tossed Greens

Chocolate Mousse

ON THE LIGHTER SIDE

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

Grilled Peppers, Zucchini and Eggplant Salad with Mint-Red Onion Relish,
Garnished with Kalamata Olives

***Pan-Fried Snapper Fillet**

Accompanied by Steamed Potato Balls & Young Vegetables

Refreshing Apricot Sherbet

COMPLIMENTARY WINE SELECTIONS

White Wine:

Sauvignon Blanc, Los Vascos, Domains Barons De Rothschild, Casablanca, Chile 2011

Red Wine:

Cabernet/ Merlot, Bernard Griffin, Columbia Valley, Washington State, US NV

For our more extensive selection, please ask your Sommelier.

** United States Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.*



APPETIZERS AND SALAD

Profiteroles Filled with Three Kinds of Smoked Fish Mousse

**Steamed Black Mussels in Lemon Grass Flavoured Vegetable Beurre Blanc,
Served with Toasted Garlic Bread**

**Grilled Peppers, Zucchini and Eggplant Salad with Mint-Red Onion Relish,
Garnished with Kalamata Olives**

**Heart of Boston Lettuce with Melon Balls, Cherry Tomatoes & Toasted Macadamia
Nuts, Served with Bella Vista Dressing**

Traditional favorite dressings available, plus today's specials:

Fat-Free Mango-Passion Fruit Dressing or Low-Calorie Lemon-Herb Vinaigrette

SOUPS

Lentil Soup with Sliced Frankfurter Sausage

Tomato Broth with Peas, Asparagus and Fennel

Low sodium soups are available upon request.

PASTA SPECIAL

**Spinach Fettuccine Pasta with Roasted Pepper, Sun-Dried Tomato,
Portobelo Mushrooms and Turkey Polpetta**

Available as Appetizer or Main Fare

MAIN FARES

**Grapefruit, Arugula & Bresaola Salad – Grapefruit Segments, Red Onions, Cherry
Tomatoes and Arugula, Tossed with Raspberry-Balsamic Dressing, Garnished with
Sliced Bresaola and Parmesan Shavings**

**Papaya Wedge Filled with Creamy Baby Shrimp Salad, on Top of Butter Lettuce Leaves,
Served with Hearts of Palm, Green Asparagus, Baby Tomatoes & Pomelo Segments**

**Mixed Grill of the Ocean – Grilled Salmon, Red Snapper, Shrimp and Scallops on
Herb-Tomato-Rice Pilaf, Served with Garden Vegetables and Dill Hollandaise**

**Sandwich of the Day: The Tuna Melt – Creamy Tuna Salad on Toasted English Muffin
With Melted American Cheese, Served with Fried Potato Skins and Fruit Garnish**

**Chicken Chow Main – Marinated Sliced Chicken, Asian Vegetables and Mushrooms,
Tossed with Crisp Egg Noodles & Delicious Stir Fry Sauce**

***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 Applewood Smoked Bacon, Grilled Onions and your Choice of Swiss, Blue or Cheddar Cheese is
available upon request.*

SIDE ORDERS

Steamed Vegetables French Fried Potatoes Steamed Rice

Baked Potato with Sour Cream Penne 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

Vanilla Brioche • Chocolate Mousse

“Viennese Ice Coffee” Sundae – Vanilla & Coffee Ice Cream, Espresso Coffee &

Crème Chantilly • Sugar-Free Marinated Strawberries with Vanilla Ice Cream

Refreshing Apricot Sherbet • Freshly Frozen, Nonfat Simply Vanilla & Pistachio Yogurt

Vanilla, Chocolate Chunk or Peanut Butter Swirl Ice Cream

With your choice of Raspberry, Mango, or Chocolate Topping

Assortment of Fruit in Season • International Cheeses Served with Crackers & Biscuits