



# Luncheon

Saturday, May 3, 2014

Crystal Dining Room, Crystal Symphony

At Sea en Route to Honolulu, Hawaii

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Peter Degner

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## CHEF'S SUGGESTIONS

*Chef Peter Degner has selected these special luncheon dishes:*

**Home Made Vegetable Spring Roll with Soy Dipping Sauce**

**Thai Chicken & Shrimp Soup with Galangal and Lemon Grass**

**Spicy Orange Chicken**

Diced Chicken in a Spicy Orange Sauce, Served with Steamed Broccoli and Sticky White Rice

**Apple Jalousie**

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## VEGETARIAN SELECTIONS

**Mixed Garden Greens with Plum Tomatoes, Cucumber and Marinated Red Cabbage**

**Cream of New Potato and Leek with Whole Wheat Croutons**

**Vegetable Chow Mein**

Stir-Fried Asian Vegetables, Fried Mein Noodles and Mushrooms,  
Tossed in a Soy Oyster Sauce, Topped with Tofu

**Coconut Tapioca Pudding**

## ON THE LIGHTER SIDE

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

**Thai Chicken and Shrimp Soup with Galangal and Lemon Grass**

**\*Pan Fried Trout Fillet**

Accompanied by Steamed Potatoes and Young Vegetables, Served with Lemon-Caper Relish

**Sugar-Free Raspberry Jell-O**

## COMPLIMENTARY WINE SELECTIONS

**White Wine:**

Chardonnay "C" Reserve, Arroyo Seco, California 2012

**Red Wine:**

Cabernet Sauvignon "C" Reserve, Paso Robles, California 2011

*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

\*Smoked Salmon Parcels on Lime-Honey Sauce with Tossed Greens

\*Avocado with Air Dried Beef and Horseradish Mouseline

Home Made Vegetable Spring Roll with Soy Dipping Sauce

Mixed Garden Greens with Plum Tomatoes, Cucumber and Marinated Red Cabbage

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

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

## SOUPS

Cream of New Potato and Leek with Whole Wheat Croutons

Thai Chicken and Shrimp Soup with Galangal and Lemon Grass

*Low sodium soups are available upon request.*

## PASTA SPECIAL

Rigatoni Pasta Calabrese – Pasta with Anchovies, Olives, Buffalo Mozzarella Cheese & Fresh Tomatoes

*Available as Appetizer or Main Fare*

## MAIN FARES

\*Thai Beef Salad – Sliced, \*Marinated Minute Steak on a Bed of Crisp Greens and Asian Vegetables, Tossed with Creamy Peanut Dressing, Garnished with Crisp Fried Noodles

Exotic Chicken Salad – Chopped Mixed Greens, Chicken Cubes, Tomatoes, Pineapple, Papaya and Macadamia Nuts, Tossed in Mango-Passion Fruit Dressing

\*Pan Fried Trout Fillet “Grenoblois” Accompanied by Parsley Potatoes and Young Vegetables, Served with Lemon-Caper Butter

Sandwich of the Day: Hot Pastrami Sandwich – Thinly Sliced Pastrami on Jewish Rye Bread, Served with Dill Pickles, Roasted Potatoes and Cole Slaw

Spicy Orange Chicken – Diced Chicken in a Spicy Orange Sauce, Served with Steamed Broccoli and Sticky White Rice

\*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

Broccoli Steamed Vegetables French Fried Potatoes

Baked Potato with Sour Cream Spaghetti 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

Apple Jalousie • Coconut Tapioca Pudding

“Mango” Sundae – Vanilla Ice Cream, Mango Duxcell, Crème Chantilly, Mango Coulis

Sugar-Free Raspberry Jell-O • Refreshing Pear Sherbet

Vanilla, Cookie Dough or Chocolate Ice Cream

With your choice of Raspberry, Mango, or Chocolate Topping

Freshly Frozen, Nonfat Lemon Yogurt • Chocolate Soft Serve Ice Cream

Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits