



Luncheon

Sunday, May 4, 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:

Indian Naan Bread with Tandoori Chicken & Raita

Navy Bean Soup with Crisp Bacon Bits

***Roasted Mahi Mahi Fillet**

Served on Steamed Rice, Garnished with Vegetables Julienne and Tomato-Kaffir Lime Broth

Gâteau Basque

VEGETARIAN SELECTIONS

Heart of Belgian Endive and Celery Filled with Boursin Cheese Dip

Vegetable Broth with Herb Toasties

Mushrooms à la Crème

Russet Potato Rösti Topped with Creamy Mushrooms,
Sprinkled with Cheddar Cheese and Broccoli Roses

Malva 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:

Chilled Tartar of Fresh Tuna with Capers, Onions

***Grilled Black Angus Beef Paillard**

With Pinot Gravy, Grilled Mushrooms and Oven-Roasted Vegetable Hash

Sugar-Free Raspberry Jell-O

COMPLIMENTARY WINE SELECTIONS

White Wine:

Sauvignon Blanc, Attitude, Pasca! Jolives Loire Valley, France 2012

Red Wine:

Red 4, Vina Robles, Paso Robles, California 2010

For our more extensive selection, please ask your Sommelier.

The Natura Water system is an environmentally friendly alternative to the waste associated with conventional bottled water. Be green, enjoy our pure, fresh and delicious water. It comes in both still or sparkling.



** 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

Indian Naan Bread with Tandoori Chicken & Raita
Chilled Tartar of Fresh Tuna with Capers, Onions and Rye Toast
Heart of Belgian Endive and Celery Filled with Boursin Cheese Dip
Crisp Butter Lettuce with Marinated Kernel Corn and Red Onion Rings

*Traditional favorite dressings available, plus today's specials:
Fat-Free Dill Yogurt or Low-Calorie Mango Passion Fruit Dressing*

SOUP AND SALAD

Navy Bean Soup with Crisp Bacon Bits
Vegetable Broth with Herb Toasties

Low-sodium soups are available upon request

PASTA SPECIAL

Linguine Pasta with Chicken Bolognese and Parmesan Cheese

Available as Appetizer or Main Course

MAIN FARES

Golden Fried Calamari Salad – Marinated Zucchini, Green Beans and Mushroom Salad, Topped with Fried Calamari and Served with Tomato Bruschetta and Garlic Aioli

Baby Spinach & Chicken Salad – Fresh Spinach, Sun-Dried Tomatoes, Roasted Orange Capsicums, Black Olives and Fresh Herbs, Tossed in Balsamic-Garlic Vinaigrette, Topped with Grilled Chicken Breast

*Roasted Mahi Mahi Fillet Served on Steamed Rice, Garnished with Vegetables Julienne and Tomato-Kaffir Lime Broth

Sandwich of the Day: The Executive Chef's Monte Cristo Sandwich – Turkey, Black Forrest Ham and Mozzarella Layered in a Fresh Sliced Brioche, Dipped in Egg and Golden Fried in Butter, Served with Fruit Garnish, Lingonberries & Creamy Potato Salad

*Grilled Black Angus Beef Paillard with Pinot Gravy, Potatoes O'Brien, Sautéed Mushrooms and Oven-Roasted 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

Steamed Vegetables Creamy Potato Salad French-Fried Potatoes

Steamed Rice Farfalle 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

Gâteau Basque • Malva Pudding • Sugar-Free Raspberry Jell-O
"Peanut Butter Crunch" Sundae – Cookies, Caramel Sauce, Peanut Butter Ice Cream, Peanut Butter Brittle, Crème Chantilly
Vanilla, Chocolate or Cookie Dough Ice Cream
With your choice of Strawberry, Mango or Chocolate Topping
Refreshing Pear Sherbet • Assortment of Fruit in Season
Freshly Frozen, Nonfat Lemon Yogurt • Soft-Serve Chocolate Ice Cream
International Cheeses, Served with Crackers and Biscuits