



Luncheon

Monday, May 5, 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:

Baked Camembert in a Filo Pastry Parcel with Apricot Chutney & Caramelized Walnuts

Country Vegetable Soup with Pancetta and Parmesan

Lamb Curry

With Vegetable Cous Cous, Fried Bananas, Pappadams, and Traditional Condiments

Cherry Cheese Strudel

VEGETARIAN SELECTIONS

Shaved Fennel, Watermelon & Onion Salad

Hot and Sour Broth with Won Tons and Tofu

Three Bean and Vegetable Chili

Nestled in a Cilantro Rice Pilaf Ring with Sour Cream, Guacamole, Tomato Salsa and Crisp Tortilla Chips

Honey Scented Panna Cotta with Blueberry Syrup

ON THE LIGHTER SIDE

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

Shaved Fennel, Watermelon & Onion Salad

Plain Grilled Chicken Scaloppini

Served with Brown Rice, Steamed Green Vegetables and Tomato-Basil Sauce

Sugar-Free Pineapple Cream

COMPLIMENTARY WINE SELECTIONS

White Wine:

Grüner Veltliner, Stadt Krems "Losterrassen," Austria 2012

Red Wine:

Merlot, "C" Reserva, Sonoma County 2011

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 AND SALAD

Baked Camembert in a Filo Pastry Parcel with Apricot Chutney & Caramelized Walnuts

Warm Glass Noodle Salad with Roasted Duck and Bean Sprouts

Tower of Creamy Egg Salad Topped with Smoked Salmon Rose and Trout Caviar

Shaved Fennel, Watermelon & Onion Salad

Traditional favorite dressings available, plus today's specials:

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

SOUPS

Country Vegetable Soup with Pancetta and Parmesan

Hot and Sour Broth with Won Tons and Tofu

Low-sodium soups are available upon request

PASTA SPECIAL

Fusilli Pasta "Ravenna Style" with White Wine Sauce, Tomato Concassée, Bell Peppers, Cured Ham, Herbs and Parmesan Cheese

Available as Appetizer or Main Fare

MAIN FARES

Napa Slaw Chicken Wrap – Sliced Grilled Chicken Breast and Napa Cabbage Slaw, With Dried Cranberries and Pine Nuts, Folded in a Tomato Wrapper, Served with Potato Chips

Farmer's Vegetable and *Grilled Steak Salad – Diced Tomatoes, Cucumbers, Red and Green Bell Peppers, Red Onions, Olives, Feta Cheese and Iceberg Lettuce, Tossed in Herb Vinaigrette, Topped with *Grilled Sliced Sirloin Steak

Fish & Chips – Whiting Fish Fillets Dipped in Egg Batter and Golden-Fried, Served with French Fried Potatoes and Sauce Rémoûlade

Sandwich of the Day: Crystal's Ham and Cheese – Grilled Ham, Buffalo Mozzarella and Caramelized Red Onions on Italian Bread, Served with Warm Potato-Cucumber Salad

Lamb Curry with Vegetable Cous Cous, Fried Bananas, Pappadams and Traditional Condiments

*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 are available upon request.

SIDE ORDERS

Spring Vegetables Brown Rice Mashed Potatoes

Spaghetti Pasta with Tomato Sauce Baked Potato

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

Cherry Cheese Strudel • Honey Scented Panna Cotta with Blueberry Syrup

"Apple Strudel" Sundae – Filo Crisp, Vanilla Ice Cream, Apple Compote, Crème Chantilly

Sugar-Free Pineapple Cream • Refreshing Mango Sherbet

Vanilla, Strawberry Cheesecake or Green Tea Ice Cream

With your choice of Strawberry, Mango or Chocolate Topping

Freshly Frozen, Nonfat Simply Vanilla Yogurt

Lemon Soft Serve Ice Cream • Assortment of Fruit in Season

International Cheeses, Served with Crackers and Biscuits