



Luncheon

Tuesday May 6, 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:

Rock Shrimp Salad with Mango, Papaya and Ponzu Dressing

Cream of Broccoli with Toasted Almonds

Nasi Goreng

Indonesian Fried Rice with Shredded Chicken, Beef and Shrimp in Spiced Peanut Sauce, Served with Fried Egg, Satay and Kroepek

Warm Rice Pudding

VEGETARIAN SELECTIONS

Mixed Garden Greens with Tomatoes, Cucumber, Red Cabbage and Toasted Pecan Nuts

Cream of Broccoli with Toasted Almonds

Vegetable Canneloni

Tube Pasta Filled with a Garden Vegetable Ragout, Mushrooms and Fresh Herbs, Oven Baked with Mozzarella, Served with Chunky Tomato Sauce

Rhubarb Crumble Tart

ON THE LIGHTER SIDE

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

Mixed Garden Greens with Tomatoes, Cucumber, Red Cabbage and Toasted Pecan Nuts

***Broiled Rock Cod**

Served with Grilled Vegetables and Tomato Lemon Salsa

Sugar-Free Cassis Parfait

COMPLIMENTARY WINE SELECTIONS

White Wine:

Sancerre, Le Mont, Foucher Lebrun, Loire Valley, France 2012

Red Wine:

Cabernet Sauvignon "Edge," North Coast, 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

Crisp Won Ton Stuffed with Brie Cheese, Served with Pineapple Marmalade
Rock Shrimp Salad with Mango, Papaya and Ponzu Dressing
Turkey High Roller with Pear-Cranberry Waldorf Salad, Rolled in a Honey Wheat Tortilla
Mixed Garden Greens with Tomatoes, Cucumber, Red Cabbage and Toasted Pecan Nuts
*Traditional favorite dressings available, plus today's specials:
Fat-Free Tomato Vinaigrette or Low-Calorie Papaya-Ginger Dressing*

SOUP AND SALAD

Cream of Broccoli with Toasted Almonds
Beef Broth with Sun Dried Tomato Pancakes
Low-sodium soups are available upon request

PASTA SPECIAL

Spaghetti Carbonara with Creamy Sauce, Pancetta and Parmesan Cheese
Available as Appetizer or Main Course

MAIN FARES

Smoked Salmon Salad – Iceberg and Red Leaf Lettuce, Tossed in Creamy Sour Cream Garlic Dressing, Topped with Smoked Salmon Rose, Paprika Croutons and Cheddar Cheese
Chef's Salad – Bed of Crisp Lettuce with Julienne of Roast Turkey, Swiss Cheese, Ham and Roast Beef, Garnished with Jumbo Prawns, Cucumber and Bell Pepper Sticks, Served with Thousand Island Dressing
*Broiled Rock Cod Served with Garlic Mashed Potatoes, Grilled Vegetables and Tomato Lemon Salsa
Sandwich of the Day – The Five Spiced Chicken Bahn Mi Grilled Asian Spices Marinated Chicken Breast on a Crisp Baguette Roll, with Quick Pickled Vegetables & Spicy Lime Mayonnaise, Served with Sweet Potato Fries
Nasi Goreng – Indonesian Fried Rice with Shredded Chicken, Beef and Shrimp in Spiced Peanut Sauce, Served with Fried Egg, Satay and Kroepek
*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

Mashed Potatoes French Fries Steamed Rice Steamed Vegetables
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

Warm Rice Pudding • Rhubarb Crumble Tart
"Brownie" Sundae – Brownie, Chocolate Sauce & Crème Chantilly
Sugar-Free Cassis Parfait • Refreshing Apple Sherbet
Vanilla, Chocolate Chip Cookie Dough or Green Tea Ice Cream
with your choice of Raspberry, Mango or Chocolate Topping
Freshly Frozen, Nonfat French Vanilla Yogurt • Soft Serve Chocolate Ice Cream
An Assortment of Fruit in Season
International Cheeses Served with Crackers and Biscuits