



Luncheon

Saturday May 10, 2014

Crystal Dining Room, Crystal Symphony

At Sea en Route to Los Angeles, USA

Maitre d'Hôtel **Remi Szutkiewicz** Executive Chef **Peter Degner**

CHEF'S SUGGESTIONS

Chef Peter Degner has selected these special luncheon dishes:

BBQ Chicken Wings with Blue Cheese Dip and Vegetable Sticks

Gingered Cream of Carrots

***Miso and Sesame Glazed Cod**

Served on Pineapple Fried Rice with Wok Fried Vegetables

Chocolate Soufflé Cake

VEGETARIAN SELECTIONS

Marinated Cucumber Salad in Sour Cream-Dill Dressing

Mushroom Broth with Peas, Asparagus and Fennel

Freshly Baked Quiche

With Mushroom, Leeks, Confit Tomatoes, Shallots and Chevre, Served with Roasted Pepper Aioli and Tossed Mesclun Lettuce

Coconut Meringue Tart

ON THE LIGHTER SIDE

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

Mushroom Broth with Peas, Asparagus and Fennel

Pan Fried Turkey Scallopini

On Whole Wheat Pasta with Tomato-Basil Ragoût & Steamed Broccoli

Sugar-Free Blueberry Cheesecake

COMPLIMENTARY WINE SELECTIONS

White Wine:

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

Red Wine:

Château Queyssard, Côte de Bordeaux 2009

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

BBQ Chicken Wings with Blue Cheese Dip and Vegetable Sticks

Tuna Confit – Poached Tomato, Lemon-Garlic Aioli & Salsa Verde

Deviled Eggs on French Vegetable Salad

Marinated Cucumber Salad in Sour Cream-Dill Dressing

Traditional favorite dressings available, plus today's specials:

Fat-Free Mango Balsamico Vinaigrette or Low-Calorie Banana & Poppy Seed Dressing

SOUPS

Gingered Cream of Carrots

Mushroom Broth with Peas, Asparagus and Fennel

Low-sodium soups are available upon request

PASTA SPECIAL

Spaghetti "Bolognese" – Italian Pasta with Meat Sauce and Parmesan Cheese

Available as Appetizer and Main Fare

MAIN FARES

*BBQ Salmon Wrap – Barbecue Marinated, Grilled Salmon Filets, Roasted Sweet Corn, Black Beans, Lettuce, Cheddar Cheese, Avocado, and Spring Onions, in a Tomato-Herb Wrapper, Ranch Dressing & Potato Chips

Freshly Roasted Turkey Breast – Papaya-Nectarine & Cabbage Slaw, Coriander-Curry Dressing, Avocado, Hearts of Palm, Heirloom Tomatoes and Crisp Tortilla Chips

Roasted Fillet of Fresh Haddock – Poached Egg, Crushed Potatoes, Chive Butter & Watercress

Sandwich of the Day – Chicken Caesar Focaccia, Grilled Chicken Breast, Romaine Lettuce, Caesar Dressing and Sliced Tomatoes on a Focaccia Bread Roll, Served with Sweet Potato Fries

Turkey Piccata – Pan Fried Turkey Scallopini in Parmesan-Egg Batter, Spaghetti with Tomato-Basil Sauce & Broccoli

*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 Mashed Potatoes 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

Chocolate Soufflé Cake • Coconut Meringue Tart

Peach Melba Sundae: Vanilla Ice Cream, Peach Compote, Strawberry Sauce & Whipped Cream & Toasted Almonds • Sugar-Free Blueberry Cheesecake

Vanilla, Rum Raisin or Chocolate Ice Cream

with your choice of Raspberry, Mango or Chocolate Topping

Freshly Frozen, Nonfat Banana & Double Dutch Yogurt

Refreshing Red Grape Sherbet • An Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits