



Luncheon

Friday, February 1, 2008

Crystal Dining Room, Crystal Symphony

At Sea, en Route to Oranjestad, Aruba, Netherlands Antilles, via the Panama Canal

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

**Fresh Pineapple Ring with Curried Chicken Salad,
Garnished with Tropical Fruit**

Creamy Leek and Potato Soup

Grilled Fresh Swordfish Sticks

On Basil Mashed Potatoes with Vegetable Minestrone

Strawberry Slice à la Mode

VEGETARIAN SELECTIONS

Homemade Vegetable Spring Roll with Sweet Chili Sauce

Vegetable Broth with Tofu and Vegetables

Grilled Split Pea Burger

**Served On a Toasted Bun with Grilled Portobello Mushrooms, Spicy Onions,
Tomato-Corn Salsa and Homemade Garlic Fries**

Ice Cream Sundae "Eaton Mess"

ON THE LIGHTER SIDE

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

Chopped Mixed Greens with Tomatoes, Olives, Red Onion Rings and Bell Peppers

Broiled Chicken Scaloppine

With Natural Gravy, Grilled Tomato, Broccoli Roses and Mushrooms

Sugar-Free Pineapple Pudding

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Pouilly-Fuissé, Louis Jadot, Burgundy, France 2006 \$8.50

Red Wine by the Glass:

Pinot Noir, Poppy, Monterey County, California 2006 \$8.00

For our complete selection of fine wines by the glass, please ask your Sommelier.



APPETIZERS AND SALAD

Fresh Pineapple Ring with Curried Chicken Salad, Garnished with Tropical Fruit
Poached Salmon on Creamy Egg Salad Tower with Trout Caviar
Homemade Vegetable Spring Roll with Sweet Chili Sauce
Chopped Mixed Greens with Tomatoes, Olives, Red Onion Rings and Bell Peppers
*Traditional favorite dressings available, plus today's specials:
Fat-Free Honey-Lime Vinaigrette or Low Calorie Garlic-Yogurt Dressing*

SOUPS

Spicy Thai Chicken and Shrimp Soup with Galangal and Lemon Grass
Creamy Leek and Potato Soup
Chilled Cream of Lychee Nuts with Tapioca Pearls
Low sodium soups are available upon request.

PASTA SPECIAL

Carganelle Pasta with Chicken Bolognese, Cocktail Tomatoes and
Grilled Portobello Mushrooms
Available as Appetizer or Main Fare

MAIN FARES

Traditional Caesar Salad Topped with Baby Shrimp, Herb Croutons,
and Parmesan Shavings
Thai Beef Salad – Sliced, Marinated Minute Steak on a Bed of Crisp Greens and
Asian Vegetables, Tossed with Thai Dressing, Garnished with Crisp Fried Noodles
Grilled Fresh Swordfish Sticks on Basil Mashed Potatoes with Vegetable Minestrone
Spicy Orange Chicken – Diced Chicken in a Spicy Orange Sauce,
Served with Steamed Broccoli and Sticky White Rice
Sandwich of the Day – Hot Pastrami
Thinly-Sliced Pastrami on Jewish Rye Bread, Served with Dill Pickles,
French Fried Potatoes and Coleslaw
American Hamburger or Cheeseburger
Freshly Ground Beef Burger, Grilled to Your Order, Served on a Toasted Bun with
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

French Fried Potatoes Baked Potato with Sour Cream and Chives
Broccoli Roses Steamed Vegetables Mafaldine 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

Strawberry Slice à la Mode • Irish Coffee Cream Cake
Ice Cream Sundae “Eaton Mess”
Sugar-Free Pineapple Pudding • Sugar-Free Kiwi Tartlet
Vanilla, Chocolate Chip, Strawberry Cheesecake or Mocha Almond Ice Cream
With your choice of Raspberry, Mango or Chocolate Topping
Refreshing Apple Sherbet • Assortment of Fruit in Season
Freshly Frozen, Nonfat Chocolate or Cappuccino Yogurt
International Cheeses Served with Crackers and Biscuits