



# Luncheon

Thursday, February 14, 2008  
Crystal Dining Room, Crystal Symphony  
At Sea, en Route to Cartagena, Colombia

Maitre d'Hôtel Remi Szutkiewicz    Executive Chef Markus Nufer

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## CHEF'S SUGGESTIONS

*Chef Markus Nufer has selected these special luncheon dishes:*

**Artichoke Bottoms, Filled with Seafood Salad and Cocktail Sauce**

**Mexican Spicy Corn and Tortilla Soup**

**Chicken Enchiladas**

Sautéed Chicken Strips in Spicy Cream Cheese Sauce,  
Folded in a Soft Tortilla, Served with Guacamole and Refried Beans

**Honey Almond Tart à la Mode**

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## VEGETARIAN SELECTIONS

**Artichoke Bottoms, Filled with Seafood Salad and Cocktail Sauce**

**Mexican Spicy Corn and Tortilla Soup**

**Vegetarian Taco**

Vegetable Lentil Stew in a Crisp Taco with Shredded Lettuce, Goat Cheese, Tomatoes,  
Peppers and Sour Cream, Served with Tomato Salsa and Guacamole

**Chocolate Pecan Nut Roulade**

## ON THE LIGHTER SIDE

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

**Heart of Romaine Lettuce with Marinated White Cabbage Salad and Pineapple Bits**

**Grilled Chicken Breast**

With Steamed New Potatoes, Vegetables and Natural Jus

**Ice Cream Sundae "Pear Helene"**

## HEAD SOMMELIER'S SUGGESTIONS

**White Wine by the Glass:**

Pinot Bianco, Cantina Terlano, Alto Adige, Italy 2006 \$9.00

**Red Wine by the Glass:**

Syrah, Crossroads Vineyard "Curtis," Santa Barbara County, California 2005 \$8.50

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



## APPETIZERS AND SALAD

Artichoke Bottoms, Filled with Seafood Salad and Cocktail Sauce  
Cornets of Ham, Filled with Black Pepper Boursin Cheese and Cornichons  
Breaded and Golden-Fried Crab Croquettes, Served on Jalapeno Cole Slaw  
Heart of Romaine Lettuce with Marinated White Cabbage Salad and Pineapple Bits

*Traditional favorite dressings available, plus today's specials:  
Fat-Free Bella Vista or Low-Calorie Red Wine Dressing*

## SOUPS

Mexican Spicy Corn and Tortilla Soup  
Beef Broth with Liver Dumplings and Fresh Chives  
Avocado Gazpacho with Crabmeat

*Low sodium soups are available upon request*

## PASTA SPECIAL

Capellini Aglio, Olio e Pepperoncino  
Capellini with Roasted Garlic, Italian Flat Leaf Parsley, Red Chili Flakes and Olive Oil

*Available as Appetizer or Main Fare*

## MAIN FARES

Pasta and Grilled Vegetable Salad – Farfalle with Grilled Vegetables, Tomatoes, and Crunchy Greens, Marinated in Tomato Vinaigrette, Sprinkled with Sunflower Seeds

Traditional Chef's Salad – Bed of Crisp Iceberg Julienne, Topped with Jarlsberg Cheese, Roast Beef, Ham and Bell Pepper Rings, Garnished with Jumbo Prawns and Egg Slices, Served with Thousand Island Dressing

Fresh Tilapia Fillet on Green Rice Pilaf and Grilled Eggplant,  
Served with Mango-Coconut Salsa

Sandwich of the Day – BBQ Short Rib Sandwich with Fresh Horseradish and Shredded Lettuce in a Toasted Onion Bun with French-Fried Potatoes and Crisp Slaw

Chicken Enchiladas – Sautéed Chicken Strips in Spicy Cream Cheese Sauce,  
Folded in a Soft Tortilla, Served with Guacamole and Refried Beans

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

Steamed Vegetables   Refried Beans   Parsley Potatoes  
Country-Fried Potatoes   Capellini 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

Honey Almond Tart à la Mode

Chocolate Pecan Nut Roulade • Ice Cream Sundae "Pear Helene"

Sugar-Free Almond Panna Cotta • Sugar-Free Coconut Snowball

Vanilla, Chocolate, Strawberry Cheesecake or Mocha Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Refreshing Watermelon Sherbet • Assortment of Fruit in Season

Freshly Frozen, Nonfat Butter Pecan or Cherry Vanilla Yogurt

International Cheeses Served with Crackers and Biscuits