



# Luncheon

Tuesday, February 19, 2008  
Crystal Dining Room, Crystal Symphony  
At Sea, en Route to Acapulco, Mexico  
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:*

Chicken Patties "El Presidio" Topped with Tossed Lettuce  
Cream of New England Roasted Vegetable Soup  
Seafood Gratin  
Squid, Fresh Fish Fillets and Black Mussels in a Light White Wine Sauce  
With Assorted Vegetables and a Noodle Sheet, Gratinated with Sauce Hollandaise  
Pear Almond Tart à la Mode

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## VEGETARIAN SELECTIONS

Spicy Eggplant Dip with Crisp Corn Chips  
Chilled Cream of Mango and Lime  
Homemade Vegetable Strudel  
With Assorted Vegetable Medley, Carrot and Cabbage Puree Sauce  
Crunchy Vanilla Mousse

## ON THE LIGHTER SIDE

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

Beef Broth with Vegetables and Poached Egg  
Vegetable Burger Salad  
Crunchy Garden Greens Topped with a Mini-Vegetable Burger,  
Garnished with Sliced Mushrooms, Radishes and Chopped Eggs  
Refreshing Tropical Fruit Sherbet

## HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:  
Sauvignon Blanc, "Lahn," St. Michael Eppan, Alto Adige, Italy 2006 \$9.50

Red Wine by the Glass:  
Pinot Noir, Candela Vineyards, Monterey County, California 2005 \$9.00

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



## APPETIZERS AND SALAD

Timbale of Smoked Trout with Pumpernickel and Lingonberry Mousseline  
Spicy Eggplant Dip with Crisp Corn Chips  
Chicken Patties "El Presidio" Topped with Tossed Lettuce  
Heart of Boston Lettuce with Tomatoes, Cucumbers, Garbanzo Beans and  
Marinated Feta Cheese

*Traditional favorite dressings available, plus today's specials:  
Fat-Free Tomato-Basil or Low-Calorie Ginger-Lime Dressing*

## SOUPS

Cream of New England Roasted Vegetable Soup  
Beef Broth with Vegetables and Poached Egg  
Chilled Cream of Mango and Lime

*Low sodium soups are available upon request*

## PASTA SPECIAL

Lasagna Verde alla Casalinga – Layers of Ground Meat, Fresh Herbs,  
Chopped Spinach and Pasta, Oven-Baked with Mozzarella Cheese,  
Served with Fresh Tomato Sauce and Creamy Herb Sauce

*Available as Appetizer or Main Fare*

## MAIN FARES

Tuna Cobb Salad – Tuna Chunks, Diced Tomatoes, Iceberg Lettuce, Red Onions,  
Celery, Cucumber and Hard-Boiled Egg, Tossed with a Light Herb Vinaigrette

Vegetable Burger Salad – Crunchy Garden Greens Topped with a Mini-Vegetable Burger,  
Garnished with Sliced Mushrooms, Radishes and Chopped Eggs

Seafood Gratin – Squid, Fresh Fish Fillets and Black Mussels

In a Light White Wine Sauce with Assorted Vegetables and a Noodle Sheet,  
Gratinated with Sauce Hollandaise

Pot Roast – Braised Beef in Burgundy Red Wine Sauce,  
Served with Pickled Red Cabbage and Potato Pancakes

Sandwich of the Day: Cajun Chicken Sandwich

Sourdough Bun with Crisp Caesar Salad, Cajun Chicken Breast and Tomatoes,  
Served with Home-Fried Potatoes and Pickled Vegetables

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

Mashed Potatoes   Pickled Red Cabbage   Potato Pancakes

Steamed Carrots   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

Pear Almond Tart à la Mode • Crunchy Vanilla Mousse

Ice Cream Sundae "French Nougatine"

Sugar-Free Chocolate Cornet • Sugar-Free Frozen Lilikoi Cake

Vanilla, Butter Pecan, Rum Raisin or Chocolate Ice Cream  
with Your Choice of Strawberry, Mango or Chocolate Sauce

Freshly Frozen, Nonfat Peach or Cappuccino Yogurt

Refreshing Tropical Fruit Sherbet • An Assortment of Fruit in Season

International Cheeses, Served with Crackers and Biscuits