



Luncheon

Saturday, February 23, 2008
Crystal Dining Room, Crystal Symphony
In the Port of Cabo San Lucas, Mexico

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Cucumber Boat Filled with Baby Shrimp with Sauce Marie Louise

Farmer's Style Lentil Soup with Sliced Frankfurters

Country-Fried Chicken

Marinated with Herbs, Presented with Light Bacon Gravy,
Peach Filled with Lingonberries and Mashed Potatoes

Pecan Pie à la Mode

VEGETARIAN SELECTIONS

Crisp Butter Lettuce with Red Skin Potatoes, Artichoke Hearts and Tomatoes

Chilled Papaya Soup with Lime Segment and Water Melon Cubes

Vegetable Chow Mein

Stir-Fried Garden Vegetables and Asian Mushrooms in Oyster-Soy Sauce,
Served on Fried Mein Noodles, Topped with Tofu

Ice Cream Sundae "Taste of Hawaii"

ON THE LIGHTER SIDE

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

Vegetable Consommé "Printanière"

Pan-Fried Fresh Flounder

On Glazed Dill Cucumbers with Riesling Beurre Blanc

Sugar-Free Mango-Custard Pie

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Sauvignon Blanc, Selaks, Marlborough, New Zealand 2006 \$7.50

Red Wine by the Glass:

Merlot, Crystal Cruises Vineyards & Winery "C" Reserve,
Sommelier's Selection, Napa Valley, California 2004 \$10.00

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



APPETIZERS AND SALAD

Cucumber Boat Filled with Baby Shrimp with Sauce Marie Louise
Turkey-Avocado Roll in a Honey-Wheat Wrapper on Tossed Greens
Grilled Eggplant Tower with Sprout-Noodle Salad and Peanut Dressing
Crisp Butter Lettuce with Red Skin Potatoes, Artichoke Hearts and Tomatoes
*Traditional favorite dressings available, plus today's specials:
Fat-Free Lemon-Basil or Low-Calorie Thousand Island Dressing*

SOUPS

Farmer's Style Lentil Soup with Sliced Frankfurters
Vegetable Consommé "Printanière"
Chilled Papaya Soup with Lime Segment and Water Melon Cubes
Low sodium soups are available upon request

PASTA SPECIAL

Tubetti Pasta au Gratin – Pasta with Ham, Spinach, Mushrooms and Cream,
Gratinated with Mozzarella Cheese
Available as Appetizer or Main Fare

MAIN FARES

Smoked Salmon Salad – Crunchy Romaine Lettuce Tossed with Sour Cream-Garlic-Herb Dressing, Topped with Smoked Salmon Roses, Garlic Croutons and Little Cheddar Cheese Sandwich Sticks
Lamb Kofta and Couscous Salad – Chopped Vegetable and Burghul Salad and Crunchy Lettuce, with Lemon-Olive Oil Vinaigrette, Topped with Lamb Kofta Brochette and Cucumber Mint Tip
Fresh Fillet of Flounder "Parisienne" Served with Dill Cucumbers, Glazed Carrot Sticks, Boiled Potatoes and Tartar Sauce
Sandwich of the Day – Grilled Cajun Chicken Breast with Crisp Bacon, Grilled Onions, Avocados and Lettuce on Freshly Toasted Sun-Dried Tomato Sourdough Roll, Served with Potato Chips
Country-Fried Chicken Marinated with Herbs, Presented with Light Bacon Gravy, Peach Filled with Lingonberries and Mashed Potatoes
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

Seasonal Vegetables French Fried Potatoes Sautéed Dill Cucumbers
Baked Potato with Sour Cream Spaghetti 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

Pecan Pie à la Mode • Strawberry Roulade with Fudge Sauce
Ice Cream Sundae "Taste of Hawaii"
Sugar-Free Mango-Custard Pie • Sugar-Free Cappuccino Ice Parfait
Vanilla, Coconut or Cherry Vanilla Ice Cream
With Your Choice of Raspberry, Mango or Chocolate Topping
Freshly Frozen, Nonfat White Chocolate or Cookies 'n' Cream Yogurt
Refreshing Strawberry Sherbet • An Assortment of Fruit in Season
International Cheeses, Served with Crackers and Biscuits