



# Luncheon

Tuesday, March 10, 2009  
Crystal Dining Room, Crystal Symphony  
At Sea, en Route to Honolulu, Hawaii, USA

Maitre d'Hôtel Josef Widmar    Executive Chef Markus Nufer

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## CHEF'S SUGGESTIONS

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

**Tomato Half Filled with Creamy Tuna Salad and Sauce Grelette**

**Gingered Carrot Soup with Crème Fraîche and Sunflower Seeds**

**Mixed Grill of the Ocean**

Salmon, Red Snapper, Shrimp, and Scallops on Herb-Tomato Rice Pilaf,  
Served with Garden Vegetables and Dill Hollandaise

**Chocolate Marsala Cake à la Mode**

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## ON THE LIGHTER SIDE

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

**Vegetable Crudites with Blue Cheese Dip**

**Grilled BBQ Flank Steak**

On Wilted Greens, with Grilled Onions, and Mushrooms

**Sugar-Free Pineapple Pudding**

## VEGETARIAN SELECTIONS

**Marinated Cauliflower Salad with Macadamia Nuts on Radicchio Leaves**

**Gingered Carrot Soup with Crème Fraîche and Sunflower Seeds**

**Asparagus and Herb Omelette**

Filled with Forest Mushroom Ragoût,

Served with Parsley New Potatoes and Buttered Garden Vegetables

**Refreshing Apple Sherbet**

## HEAD SOMMELIER'S SUGGESTIONS

**White Wine by the Glass:**

Sauvignon Blanc, Selaks, Marlborough, New Zealand 2007 \$9.00

**Red Wine by the Glass:**

Syrah, Crossroads Vineyard "Curtis," Santa Barbara County, California 2005 \$9.50

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



## APPETIZERS AND SALAD

Tomato Half Filled with Creamy Tuna Salad and Sauce Grelette  
Vegetable Crudites with Blue Cheese Dip  
Steamed Fresh Black Mussels in a Light White Wine Sauce with Vegetables,  
Served with Garlic Bread  
Marinated Cauliflower Salad with Macadamia Nuts on Radicchio Leaves  
*Traditional favorite dressings available, plus today's specials*  
***Fat-Free Ranch Dressing and Low-Calorie Honey Lime Dressing***

## SOUPS

Gingered Carrot Soup with Crème Fraîche and Sunflower Seeds  
Tomato Consommé with Spring Vegetables and Won Ton  
Chilled Cream of Raspberry with Vanilla Mouseline  
*Low-sodium soups are available upon request*

## PASTA SPECIAL

Farfalle Pasta with Roasted Bell Peppers, Tomato and Parmesan Cheese  
*Available as Appetizer or Main Fare Portion*

## MAIN FARES

Smoked Salmon Salad  
Iceberg and Red Leaf Lettuce Tossed in Creamy Sour Cream Garlic Dressing,  
Topped with Smoked Salmon Rose, Paprika Croutons and Cheddar Cheese  
Sesame-Breaded Golden-Fried Turkey Fingers on Field Greens,  
Tossed in a Tangy Dressing, Garnished with Tropical Fruits  
Mixed Grill of the Ocean - Salmon, Red Snapper, Shrimps, and Scallops on  
Herb-Tomato Rice Pilaf, Served with Garden Vegetables and Dill Hollandaise  
Sandwich of the Day - Grilled BBQ Flank Steak  
On Toasted Six Grain Bread with Avocado, Lettuce,  
Tomatoes and Grilled Onions with Garlic Fries and Kernel Corn Slaw  
Quiche Lorraine - Oven-Baked French Onion Cheese and Bacon Tart,  
Served with Mixed Lettuce, Sliced Tomatoes, Mushrooms and Radishes  
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

Basmati Rice   Assorted Vegetables   Garlic Fries   Grilled Onions  
Mashed Potatoes   Linguine 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 Marsala Cake à la Mode • Passion Fruit Chiffon Tart  
Ice Cream Sundae "Eaton Mess"  
Sugar-Free Pineapple Pudding • Sugar-Free Kiwi Tartlet  
Vanilla, Rocky Road or Almond Fudge Ice Cream  
With your choice of Strawberry, Mango or Chocolate Topping  
Refreshing Apple Sherbet • Assortment of Fruit in Season  
Freshly Frozen, Nonfat Banana or Butter Pecan Yogurt  
International Cheeses, Served with Crackers and Biscuits