



Luncheon

Wednesday, March 11, 2009

Crystal Dining Room, Crystal Symphony

At Sea, en Route to Honolulu, Hawaii, USA

Maitre d'Hôtel Josef Widmar Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Cucumber Boat Filled with Marinated Baby Shrimp and Poached Salmon Flakes

Corn and Tortilla Soup with Shredded Monterrey Jack Cheese

Chicken Enchiladas

Sautéed Chicken Strips in Spicy Cream Sauce, Folded in a Soft Tortilla,

Served with Guacamole and Refried Beans

Rhubarb Streusel Tart à la Mode

ON THE LIGHTER SIDE

Crystal Cruises responds to today's trend toward dishes lighter in cholesterol, fat and sodium

by offering these choices:

Butter Lettuce with Vegetable Sticks, Cocktail Tomatoes and Black Beans

Pan-Fried Trout Fillet

On Vegetable-Pine Nut Brown Rice, Served with Snow Peas and Tomato Sauce

Angel Food Cake with Strawberry Sauce

VEGETARIAN SELECTIONS

Chilled Avocado Purée Soup with Salsa Fresco

Penne Pasta with Roasted Bell Peppers, Tomatoes and Parmesan Cheese

Fricassee of Wild Mushrooms

On Crisp Potato Rösti and Mixed Garden Vegetables

Ice Cream Sundae "Rum Runner"

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Pinot Grigio, Santa Margherita, Valdadige, Italy 2007 \$9.00

Red Wine by the Glass:

Pinot Noir, Poppy, California 2006 \$8.50

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



APPETIZERS AND SALAD

Cucumber Boat Filled with Marinated Baby Shrimp and Poached Salmon Flakes
Picadillo Beef Empañadas - Baked Spicy Beef Turnovers with Mango Salsa
Black Pepper Boursin Cheese Stuffed Eggplant Roll
On Tossed Lettuce with Tomato Chutney
Butter Lettuce with Vegetable Sticks, Cocktail Tomatoes and Black Beans

*Traditional favorite dressings available, plus today's specials:
Fat-Free Dijon Mustard-Yogurt or Low Calorie Passion Fruit Dressing*

SOUPS

Corn and Tortilla Soup with Shredded Monterrey Jack Cheese
Beef Consommé with Glass Noodles and Shiitake Mushrooms
Chilled Avocado Purée Soup with Salsa Fresco

Low-sodium soups are available upon request

PASTA SPECIAL

Spaghetti "Carbonara" – Spaghetti with Bacon, Cream, Parsley and Parmesan Cheese
Available as Appetizer or Main Fare Portion

MAIN FARES

Grilled Lamb Kofta Salad – Marinated Garbanzo Beans, Onions, Tomatoes and Feta Cheese on a Bed of Crunchy Greens, Tossed in Cucumber Dressing, Topped with Marinated Grilled Lamb Kofta

Tortilla Basket filled with Garden Greens, Sliced Turkey, Prawns, Hearts of Palm, Avocado and Tomatoes, Served with Light Herb Dressing

Pan-Fried Trout Fillet "Grenobloise"
Melted Butter with Capers, Lemon Segments and Carrots,
Accompanied with Parsley Potatoes and Glazed Cucumbers

Sandwich of the Day – Toast "Hawaii"
Hormel Ham, Swiss Cheese and Golden Pineapple on Sourdough Bread,
Served with Garlic Fries and Orange Coleslaw

Chicken Enchiladas – Sautéed Chicken Strips in Spicy Cream 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

Orange Coleslaw Carrots Mashed Potatoes
Steamed Rice 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

Rhubarb Streusel Tart à la Mode • Angel Food Cake with Strawberry Sauce
Ice Cream Sundae "Rum Runner"
Sugar-Free Blueberry Tartlet • Sugar-Free Sour Cherry Compote
Vanilla, Cookies 'n' Cream or Blueberry Cheesecake Ice Cream
with your choice of Raspberry, Mango, or Chocolate Topping
Refreshing Apricot Sherbet • Assortment of Fruit in Season
Freshly Frozen, Nonfat Orange or White Chocolate Mousse Yogurt
International Cheeses Served with Crackers and Biscuits