



# Luncheon

Thursday, March 12, 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:*

**Smoked Chicken Breast on Rice Salad with Avocado and Citrus Dressing**

**Farmer's-Style Lentil Soup with Frankfurter Slices**

**Asian Style Seafood Pot**

With Shrimp, Scallops, Fish, Clams, Mein Noodles, and Wok-Fried Vegetables

**Pecan Pie 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:*

**Vegetable Broth with Cauliflower**

**Exotic Chicken Salad**

Chopped Mixed Greens, Chicken Cubes, Tomatoes,

Pineapple, Papaya and Macadamia Nuts, Tossed in Mango-Passion Fruit Dressing

**Sugar-Free Pineapple Pudding**

## VEGETARIAN SELECTIONS

**Leek & Mushroom Strudel with Warm Potato Dressing**

**Vegetable Broth with Cauliflower**

**Garden Vegetable and Grilled Tofu**

Served with Basil Jasmin Rice, Topped with Crisp Root Vegetable Chips,

Lemongrass and Ginger Dressing

**Sugar-Free Banana Split**

## 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

Smoked Chicken Breast on Rice Salad with Avocado and Citrus Dressing  
Chilled Tuna Cocktail with Onions, Baby Corn, Radish, Tomato and Crisp Lettuce  
Leek & Mushroom Strudel with Warm Potato Dressing  
Heart of Iceberg Lettuce with Tomatoes, Cucumber and Palm Hearts

*Traditional favorite dressings available, plus today's specials:*

*Fat-Free Red Beet Yogurt and Low-Calorie Thousand Island Dressing*

## SOUPS

Farmer's-Style Lentil Soup with Frankfurter Slices  
Vegetable Broth with Cauliflower  
Chilled Cappuccino of Bananas with Chocolate Foam

*Low-sodium soups are available upon request*

## PASTA SPECIAL

Sedanini alla Calabrese  
Italian Pasta with Anchovies, Olives, Buffalo Mozzarella Cheese and Fresh Tomatoes  
*Available as Appetizer or Main Fare Portion*

## MAIN FARES

Ocean Garden Basket  
King Crabmeat, Jumbo Prawns and Baby Shrimp in a Giant Lettuce Basket with Bell Peppers, Cucumber and Boiled Eggs, Served with Thousand Island Dressing  
Exotic Chicken Salad – Chopped Mixed Greens, Chicken Cubes, Tomatoes, Pineapple, Papaya and Macadamia Nuts, Tossed in Mango-Passion Fruit Dressing  
Asian Style Seafood Pot  
With Shrimp, Scallops, Fish, Clams, Mein Noodles, and Wok-Fried Vegetables  
Sandwich of the Day – Grilled Kilbasa Sausage Served on a Toasted Bun, Topped with Chili Con Carne and Shredded Cheddar Cheese, Accompanied by French Fried Potatoes  
Old Fashioned Pot Roast – Braised Beef Shoulder in Burgundy Red Wine, Served with Pickled Red Cabbage, Broccoli Roses and Bread Dumplings  
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

Spring Vegetables    Pickled Red Cabbage    Mashed Potatoes  
Bread Dumplings    Spaghetti 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

Pecan Pie à la Mode • Columbian Coffee Crème Brûlée  
Ice Cream Sundae “King Coconut”  
Sugar-Free Banana Split • Sugar-Free Pineapple Pudding  
Vanilla, Cinnamon, or Banana & Strawberry Swirl Ice Cream  
with your choice of Raspberry, Mango, or Chocolate Topping  
Refreshing Mai Tai Sherbet • Assortment of Fruit in Season  
Freshly Frozen, Nonfat Passion Peach or Coffee Yogurt  
International Cheeses Served with Crackers and Biscuits