



Luncheon

Friday, March 13, 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 Marcus Nufer has selected these special luncheon dishes:

**Tomato Stuffed with a Salad of Wild Rice and Vegetables,
With Saffron-Dill Mayonnaise**

Cajun Seafood Gumbo with Sticky Rice and Okra

New Orleans Chicken and Shrimp Jambalaya

With Chicken, Jumbo Shrimp, Sausage, Onions, Tomatoes, Vegetables and Rice

Pistachio Truffle 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:*

Red Oak Leaf Lettuce with Red Radishes, Bell Pepper Sticks and Mixed Olives

Broiled Fresh Red Snapper Fillet Served with Vegetable and Couscous Minestrone

Sugar-Free Strawberry Milk Shake Sundae

VEGETARIAN SELECTIONS

**Tomato Stuffed with a Salad of Wild Rice and Vegetables,
With Saffron-Dill Mayonnaise**

Vegetable Broth with Sun-Dried Tomato Pan Cake

Grilled Vegetable Burger

On a Toasted Bun, Topped with Grilled Portobello Mushrooms and Curry-Tomato
Chutney, Served with Pickled Mustard Vegetables and French Fried Potatoes

Sugar-Free Chocolate Fudge Cake

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

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

Red Wine by the Glass:

Chianti Classico, Fattoria Fontodi, Tuscany, Italy 2005 \$10.00

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



APPETIZERS AND SALAD

Southern Chicken Pies Served with Balsamico-Tossed Greens
Marinated Baby Shrimp and Pineapple Salad
Tomato Stuffed with a Salad of Wild Rice and Vegetables, with Saffron-Dill Mayonnaise
Red Oak Leaf Lettuce with Red Radishes, Bell Pepper Sticks and Mixed Olives

Traditional favorite dressings available, plus today's specials:

Fat-Free Cucumber Garlic Yogurt Dressing and Low-Calorie Herb Vinaigrette

SOUPS

Cajun Seafood Gumbo with Sticky Rice and Okra
Beef Consommé with Sun-Dried Tomato Pan Cake
Chilled Cucumber Soup with Baby Shrimp and Fresh Dill

Low-sodium soups are available upon request

PASTA SPECIAL

Tortiglioni Tossed with Italian Broccoli Pesto with Roasted Eggplant and Gorgonzola Fondue

Available as Appetizer or Main Fare Portion

MAIN FARES

Salade Niçoise - Tuna, Anchovies, Olives, Sardines, String Beans, Onion Rings, Boiled Potatoes and Eggs on a Bed of Spring Greens, Tossed in Creamy Mustard-Garlic Dressing and Topped with Grilled Salmon Medallions

Honey and Sesame Grilled Duck Salad

Papaya, Palm Hearts, Avocado, Red Onions, Sweet Peppers and Asparagus, Tossed with Sweet Lime-Chili Vinaigrette, Topped with Grilled Duck Breast

Broiled Fresh Red Snapper Fillet

Served with Vegetable and Couscous Minestrone, and Basil Mashed Potatoes

Grilled Steak and Cheddar Cheese Sandwich

Grilled Sirloin Steak with Sautéed Green Peppers, Mushrooms and Onions,

On a Toasted French Roll, Topped with Melted Cheddar Cheese,

Served with Country-Fried Potatoes and Creamy Cabbage Slaw

New Orleans Chicken and Shrimp Jambalaya

With Chicken, Jumbo Shrimp, Sausage, Onions, Tomatoes, Vegetables and Rice

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

Vegetables of the Day Creamy Cabbage Slaw Country-Fried Potatoes

Steamed Rice Cavatappi 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

Crema Catalan • Pistachio Truffle Tart à la Mode

Ice Cream Sundae "Fruit Jell-O"

Sugar-Free Strawberry Milk Shake Sundae • Sugar-Free Chocolate Fudge Cake

Vanilla, Butter Pecan or Coffee Cream

with your choice of Raspberry, Mango or Chocolate Topping

Freshly Frozen, Nonfat New York Cheesecake or Cherry Vanilla Yogurt

Refreshing Strawberry Sherbet • An Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits