



Luncheon

Saturday, March 14, 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:

Little Rosemary Chicken Satay with Spicy Chunky Peanut Dip

Black Bean and Sausage Soup with Sour Cream

Thai Seafood Curry

With Mussels, Fish, and Shrimp,

Served with Steamed Basmati Rice and Bok Choy

Lemon Almond 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:

Vegetable Consommé "Diablotine"

Jerk Spice-Marinated Grilled Chicken Breast on Crisp Romaine Lettuce,

Tossed with Low Calorie Caesar Dressing,

Topped with Ciabatta Bread Chips and Parmesan Shavings

Sugar-Free Fruit Jell-O

VEGETARIAN SELECTIONS

Grilled Forrest Mushrooms on Toasted Garlic Bread

With Balsamico-Tossed Mesclun Lettuce

Chilled Pineapple Soup with Coconut Sherbet

Black Pepper Tempura-Fried Scallion, Green Asparagus,

Yellow Pepper, Bean Curd and Pumpkin,

Served with Sesame Mayonnaise and Soy Dipping Sauce

Sugar-Free Banana Cream Pie

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Pouilly-Fuissé, Louis Jadot, Burgundy, France 2007 \$10.00

Red Wine by the Glass:

Pinot Noir, Rex Hill Winery, Willamette Valley, Oregon 2006 \$10.50

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



APPETIZERS AND SALAD

Smoked Trout Mousse & Smoked Salmon Rose
On Crisp Rösti with Creamy Cucumber-Dill Salad
Little Rosemary Chicken Satay with Spicy Chunky Peanut Dip
Grilled Forest Mushrooms on Toasted Garlic Bread with Balsamico-Tossed Mesclun Lettuce
Heart of Butter Lettuce with Boiled Eggs, Cucumber and Tomatoes,
Topped with Crumbled Blue Cheese
*Traditional favorite dressings available, plus today's specials:
Fat-Free Carrot Yogurt or Low-Calorie Ranch Dressing*

SOUPS

Black Bean and Sausage Soup with Sour Cream
Vegetable Consommé "Diablotine"
Chilled Pineapple Soup with Coconut Sherbet
Low-sodium soups are available upon request

PASTA SPECIAL

Cheese Tortellini Tossed in a Marinara Sauce with Fresh Basil
Available as Appetizer or Main Fare Portion

MAIN FARES

Golden-Fried Coconut Mahi Mahi Fingers on Bella Vista Dressing-Tossed
Mixed Greens with Red Onions, Bell Pepper Sticks and Papaya
Jerk Spice-Marinaded Grilled Chicken Breast on Crisp Romaine Lettuce,
Tossed with Caesar Dressing, Topped with Ciabatta Bread Chips and Parmesan Shavings
Thai Seafood Curry with Mussels, Fish, and Shrimp,
Served with Steamed Basmati Rice and Bok Choy
Sandwich of the Day - Hawaiian Kalua Pork Sandwich with BBQ Sauce on
Red Onion Bun with Grilled Onions, French Fries and Cole Slaw
Grilled Bratwurst on Sauerkraut with Sautéed Potatoes and Onion Gravy
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 Sauerkraut Steamed White Rice
Mashed Potatoes French Fried Potatoes 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

Lemon Almond Tart à la Mode • Chocolate Delice with Sauce Anglaise
Ice Cream Sundae "Nova Scotia"
Sugar-Free Banana Cream Pie • Sugar-Free Fruit Jell-O
Vanilla, Peanut Butter with Reese's Pieces and Strawberry Ice Cream
with your choice of Raspberry, Mango or Chocolate Topping
Freshly Frozen, Nonfat German Chocolate or Rum Yogurt
Refreshing Grape Sherbet • An Assortment of Fruit in Season
International Cheeses Served with Crackers and Biscuits