



# Luncheon

Sunday, March 15, 2009

Crystal Dining Room, Crystal Symphony

In the Port of Honolulu, Hawaii

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:*

**Chilled Tartar of Smoked Salmon with Pickled Young Vegetables and Toast**

**Cream of Fennel with Toasted Six-Grain Bread Croutons**

**Sandwich of the Day**

Grilled Chicken Breast on a Whole Wheat Pumpkin Seed Bun

With Grilled Portobello Mushrooms, Avocado and Swiss Cheese,

Served with Red Beet Salad, Rosemary Aioli and Paprika Fries

**Hawaiian Coconut Cake with Meringue Coating**

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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:*

**Green Bean and Couscous Salad**

With Red Onion Rings and Grapefruit Segments

**Pan-Fried Fish Cakes**

Served on Vegetable Spaghetti with Papaya Salsa

**Refreshing Williams Pear Sherbet**

## VEGETARIAN SELECTIONS

**Heart of Belgian Endive and Celery Stuffed with Garlic Boursin,**  
Garnished with Red Radishes and Pecan Nuts

**Cream of Fennel with Toasted Six-Grain Bread Croutons**

**Ricotta & Spinach Cannelloni Served with Basil-Tomato Sauce**

**Sugar-Free Pumpkin Mousse**

## HEAD SOMMELIER'S SUGGESTIONS

**White Wine by the Glass:**

Sauvignon Blanc, "Lahn," St. Michael Eppan, Alto Adige, Italy 2007 \$9.50

**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

Roasted Duck and Artichoke Samosas with Hoisin Sauce and Orange Salad  
Chilled Tartar of Smoked Salmon with Pickled Young Vegetables and Brioche  
Heart of Belgian Endive and Celery Stuffed with Garlic Boursin,  
Garnished with Red Radishes and Pecan Nuts  
Green Bean and Couscous Salad with Red Onion Rings and Grapefruit Segments

*Traditional favorite dressings available, plus today's specials:  
Fat-Free Roasted Bell Pepper or Low-Calorie Citrus Yogurt Dressing*

## SOUPS

Cream of Fennel with Toasted Six-Grain Bread Croutons  
Beef Consommé with Pumpkin  
Chilled Papaya Soup with Grenadine Sherbet

*Low-sodium soups are available upon request*

## PASTA SPECIAL

Five Cheese Ravioli – Meat filled Pasta Tossed with Tomato,  
Green Pepper, Garlic, Zucchini, Anchovies, Capers and Basil

*Available as Appetizer or Main Fare Portion*

## MAIN FARES

Sweet 'n' Sour Chicken and Garden Salad

Crisp Garden Lettuce, Grilled Bell Peppers and Pineapple, Tossed with Sweet 'n' Sour Dressing, Topped with Crispy Fried Chicken Fingers and Cashew Nuts

Grilled Seafood Salad – Grilled White Fish, Salmon and Calamari on a Nest of Tossed Lettuce with Green Goddess Dressing, Boiled Egg, Cucumber and Tomatoes

Pan-Fried Fish Cakes Served on Vegetable Spaghetti with Parsley Potato Balls and Mustard-Honey Beurre Blanc

Sandwich of the Day – Grilled Chicken Breast on a Whole Wheat Pumpkin Seed Bun with Grilled Portobello Mushrooms, Avocado and Swiss Cheese, Served with Red Beet Salad, Rosemary Aioli and Paprika Fries

Beef Stroganoff – Sautéed Beef Tenderloin Strips with Mushrooms in Paprika Cream Sauce, Garnished with Red Beets and Pickles, Served with Rice Pilaf

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

Vegetable Spaghetti   Steamed Vegetables   Mashed Potatoes   Steamed Rice  
Spinach Farfalle with Tomato Sauce   French Fried Potatoes

*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

Hawaiian Coconut Cake with Meringue Coating

Pineapple Upside Down Cake with Pear Sherbet

Ice Cream Sundae “Cheesecake Trifle”

Sugar-Free Blueberry Pie • Sugar-Free Pumpkin Mousse  
Vanilla, Coffee, or Double Fudge Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Freshly Frozen, Nonfat Orange or Dutch Chocolate Yogurt

Refreshing Williams Pear Sherbet • Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits