



# Luncheon

Monday, March 16, 2009

Crystal Dining Room, Crystal Symphony  
At Sea, en Route to Hong Kong, China

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:*

**Roast Beef Roll Filled with French Vegetable Salad,  
Garnished with Mixed Pickles**

**Cream of Broccoli with Toasted Macadamia Nuts**

**Broiled Fresh Plaice Fillets**

**On Pesto Risotto with Assorted Vegetables and Shallot Beurre Blanc**

**Caramelized Lemon Tart**

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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:*

**Fresh Artichoke Bottom**

**Stuffed with Extra Virgin Olive Oil-Marinated King Crabmeat Salad and Sauce Ravigotte**

**Grilled Turkey Medallions**

**Assorted Steamed Vegetables, Whole Wheat Pasta and Tomato Gravy**

**Refreshing Kiwi Sherbet**

## VEGETARIAN SELECTIONS

**Heart of Iceberg Lettuce and Tomatoes Tossed in Green Goddess Dressing  
With Herb Croutons**

**Cream of Broccoli with Toasted Macadamia Nuts**

**Vegetarian Tacos**

**Crisp Filled Tortillas with Vegetable Lentil Ragoût,  
Refried Beans, Guacamole and Tomato Salsa**

**Sugar-Free Pistachio Mousse**

## HEAD SOMMELIER'S SUGGESTIONS

**White Wine by the Glass:**

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

**Red Wine by the Glass:**

**Pinot Noir, Willamette Winery, Willamette Valley, Oregon 2006 \$10.00**

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



## APPETIZERS AND SALAD

### Fresh Artichoke Bottom

Stuffed with Extra Virgin Olive Oil-Marinated King Crabmeat Salad and Sauce Ravigotte

### Homemade Vegetable Spring Roll with Soy Dipping Sauce

Roast Beef Roll Filled with French Vegetable Salad, Garnished with Mixed Pickles

### Heart of Iceberg Lettuce and Tomatoes,

Tossed in Green Goddess Dressing with Herb Croutons

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

*Fat-Free Caesar Dressing or Low-Calorie Honey Mustard Yogurt Dressing*

## SOUPS

### Cream of Broccoli with Toasted Macadamia Nuts

### Consommé Double with Calf's Liver Dumplings

### Chilled Mango and Strawberry Soup

*Low-sodium soups are available upon request*

## PASTA SPECIAL

Shell Pasta all' Puttanesca – Pasta with Olive Oil, Pancetta, Garlic, Anchovies, Pepper Flakes and Plum Tomatoes

*Available as Appetizer or Main Fare Portion*

## MAIN FARES

### Traditional Caesar and Broiled Salmon Salad

Romaine Lettuce Tossed in Crystal's House-Made Caesar Dressing, Topped with Broiled Salmon, Herb Croutons and Parmesan Shavings

### Grilled Turkey Medallions Salad

Mesclun Lettuce and Tropical Fruit Tossed with Honey-Shallot-Raspberry Vinaigrette and Topped with Grilled Turkey Medallions

### Broiled Fresh Plaice Fillets

On Pesto Risotto with Assorted Vegetables and Shallot Beurre Blanc

Chicken Chow Mein – Stir-Fried Chicken, Asian Vegetables and Mushrooms in a Light Soy-Oyster Sauce, Served on Fried Mein Noodles

### The Reuben Sandwich

Corned Beef Brisket, Swiss Cheese, Sauerkraut and Thousand Island Dressing on Rye Bread, Grilled to a Golden Brown with French Fried Potatoes and Cole Slaw

### 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    Steamed White Rice

Stir-Fried Vegetables    Spaghetti 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

Caramelized Lemon Tart • Chocolate Cookie Ice Cream Sandwich

Ice Cream Sundae "Boy Scout"

Sugar-Free Pistachio Mousse • Sugar-Free Mixed Fruit Tartlet

Vanilla, Butter Pecan or Strawberry Swirl Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Freshly Frozen, Nonfat Cappuccino or Simply Vanilla Yogurt

Refreshing Kiwi Sherbet • Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits