



Luncheon

Thursday, March 19, 2009

Crystal Dining Room, Crystal Symphony

At Sea, en Route to Hong Kong, China

Maitre d'Hôtel **Josef Widmar** Executive Chef **Markus Nufer**

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Avocado Wedge Stuffed with Jumbo Shrimp and Orange Salad

New Potato and Bacon Soup with Fresh Herbs

Sandwich of the Day – The French Dip

Thinly-Sliced Roast Beef on French Baguette,
Accompanied by Natural Dipping Jus, Red Cabbage Slaw,
French Fried Potatoes and Crispy Fried Onion Rings

Mexican Chocolate 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:

Heart of Butter Lettuce with Marinated Grilled Zucchini and Red Onion Rings

South Pacific Seafood Curry

Served with Brown Rice with Garden Vegetables and
Traditional Curry Condiments

Refreshing Lingonberry Sherbet

VEGETARIAN SELECTIONS

Heart of Butter Lettuce with Marinated Grilled Zucchini and Red Onion Rings

Chilled Hawaiian Pineapple Soup with Lime Segments

Vegetable Burritos

Sautéed Vegetables and Mushrooms in a Spicy Sauce,
Folded in a Flour Tortilla, Sprinkled with Mild Cheese,
Served with Guacamole, Salsa Verde and Black Beans

Sugar-Free Banana Boat with Whipped Cream

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, Willamette Valley, Oregon 2006 \$10.50

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



APPETIZERS AND SALAD

Spicy Chicken Wings with Celery Sticks and Blue Cheese
Avocado Wedge Stuffed with Jumbo Shrimp and Orange Salad
Tuna Dip with Lemon and Capers, Served with a Warm Mini Baguette
Heart of Butter Lettuce with Marinated Grilled Zucchini and Red Onion Rings
*Traditional favorite dressings available, plus today's specials:
Fat-Free Italian or Low-Calorie Carrot Yogurt Dressing*

SOUPS

New Potato and Bacon Soup with Fresh Herbs
Chicken Broth Mille Fanti
Chilled Hawaiian Pineapple Soup with Lime Segments
Low-sodium soups are available upon request

PASTA SPECIAL

Linguini Aglio Olio e Pepperoncini
Thin Long Pasta with Olive Oil, Garlic, Chili Flakes and Parsley
Available as Appetizer or Main Fare Portion

MAIN FARES

Pennette Pasta and Grilled Vegetable Salad – Topped with Grilled Herb-Marinated Tilapia, Olive Oil, Sun-Dried Tomatoes, Lemon Segments and Crushed Black Peppers
Mexican Beef Salad – Sautéed Spicy Marinated Beef Strips, Bell Peppers, Kernel Corn, Palm Hearts, Avocado and Tomatoes, Tossed with Cilantro-Tomato Dressing, Topped with Mild Cheese and Crisp Flour Tortilla
South Pacific Seafood Curry Served on Pilaf Rice with Garden Vegetables, Traditional Curry Condiments and Pappadams
Sandwich of the Day – The French Dip
Thinly-Sliced Roast Beef on French Baguette, Accompanied by Natural Dipping Jus, Red Cabbage Slaw, French Fried Potatoes and Crispy Fried Onion Rings
Country Fried Chicken – Golden-Fried Chicken Marinated with Herbs, Presented with Bacon Gravy, Mashed Potatoes and Peach-Filled with Lingonberries
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

Garden Vegetables Red Cabbage Slaw Broccoli Mashed Potatoes
Farfalle 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

Mexican Chocolate Tart à la Mode • Banana Bread Cake with Caramel Sauce
Ice Cream Sundae “Brownie”
Sugar-Free Banana Boat with Whipped Cream • Sugar-Free Apple Cinnamon Pie
Vanilla, Parlor Oreo, or Mint Chocolate Chip Ice Cream
with your choice of Raspberry, Mango or Chocolate Topping
Refreshing Lingonberry Sherbet • Assortment of Fruit in Season
Freshly Frozen, Nonfat Royal Raspberry or Passion Peach Yogurt
International Cheeses Served with Crackers and Biscuits