



Luncheon

Friday, March 20, 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:

Creamy Egg Salad Topped with Poached Salmon Flakes and Red Caviar

Pasta e Fagioli – Italian Bean Soup with Pasta

Sandwich of the Day – The B.L.T. and Brie Sandwich

Freshly Toasted Sourdough Bread with Tomato, Lettuce,

Crisp Bacon Strips and Brie Cheese, Served with Creamy Asian Slaw

Macadamia Nut 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:

Chopped Spring Vegetable and Bulgur Wheat Salad

With Crunchy Greens, Served with Low-Calorie Roasted Pepper Vinaigrette

Broiled Swordfish Brochette

Served on Wok-Fried Vegetables and Noodles,

With Light Ginger Soy Sauce

Refreshing Blueberry-Lime Sherbet

VEGETARIAN SELECTIONS

Marinated White Cabbage and Carrot Salad with Feta Cheese and Hazelnuts

Chilled Gazpacho Andalouse with Sourdough Croutons

Vegetarian Club Sandwich

Toasted Layers of Sourdough Bread with Grilled Vegetables, Eggplant,

Zucchini, Tomatoes, Iceberg Lettuce, Avocado and Roasted Garlic Aioli,

Served with Asian Slaw and Sweet Potato Fries

Ice Cream Sundae "Peanut Butter" Crunch

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Pinot Grigio, Santa Margherita, Valdadige, Italy 2007 \$9.00

Red Wine by the Glass:

Syrah, Crossroads Vineyard "Curtis," Santa Barbara County, California 2005 \$9.50

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



APPETIZERS AND SALAD

Creamy Egg Salad Topped with Poached Salmon Flakes and Red Caviar

Golden-Fried Falafel Balls Served with Hummus and Little Pitas

Italian Antipasti with Grissini Sticks

Marinated White Cabbage and Carrot Salad with Feta Cheese and Hazelnuts

Traditional favorite dressings available, plus today's specials:

Fat-Free Lime Yogurt Dressing or Low-Calorie Italian Dressing

SOUP

Pasta e Fagioli – Italian Bean Soup with Pasta

Chicken Consommé with Cheese Profiteroles

Chilled Gazpacho Andalouse with Sourdough Croutons

Low-sodium soups are available upon request

PASTA SPECIAL

Lasagne alla Casalinga – Layers of Ground Meat, Chopped Tomatoes, Spinach, Herbs and Pasta Sheets, Oven-Baked and Served with Tomato Sauce

Available as Appetizer or Main Fare Portion

MAIN FARES

Creamy Tuna Salad with Spring Greens, Red Onion Rings, Boiled Egg, Olives and French Dressing, Served with Warm Garlic Bread

Chopped Spring Vegetable and Bulgur Wheat Salad with Crunchy Greens, Served with Low-Calorie Roasted Pepper Vinaigrette and Topped with Warm Goat Cheese

Broiled Swordfish Brochette

Served on Wok-Fried Vegetables and Noodles with Light Ginger Soy Sauce

Sandwich of the Day – The B.L.T. and Brie Sandwich

Freshly Toasted Sourdough Bread with Tomato, Lettuce,

Crisp Bacon Strips and Brie Cheese, Served with Creamy Asian Slaw

Seafood Paella – Spanish Saffron Rice Dish with Chicken,

Assorted Seafood, Bell Peppers, Onions, Olives, Tomatoes and Green Peas

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

Mashed Potatoes **Steamed Vegetables** **Steamed White Rice**

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

Caribbean Coconut Cake with Vanilla Ice Cream and Homemade Caramel Sauce

Macadamia Nut Tart à la Mode • **Ice Cream Sundae “Peanut Butter Crunch”**

Sugar-Free Chocolate Fudge Cake • **Sugar-Free Pistachio Panna Cotta**

Vanilla, Strawberry or Dulce de Leche Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Freshly Frozen, Nonfat Coffee or Butter Pecan Yogurt

Refreshing Blueberry Lime Sherbet • **Assortment of Fruit in Season**

International Cheeses Served with Crackers and Biscuits