



Luncheon

Saturday, March 21, 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:

Spicy Chicken Quesadillas

With Guacamole, Tomatillo Salsa and Tossed Greens

Country-Style Tomato and Cabbage Soup with Ciabatta Croutons

Lunch in a Bowl

Seafood Stew with Fish, Shrimp, Mussels and Vegetables

In a Lemongrass and Ginger-Flavored Tomato Broth,

Served with Garlic Bread

Rhubarb Cobbler 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:

Roasted Wild Mushroom Broth

With Glass Noodles and Vegetables

Grilled Shrimp, Grapefruit Segments, Palm Hearts and Thinly-Sliced Prosciutto

On a Bed of Crisp Garden Greens, Served with Honey-Mustard Shallot Dressing

Sugar-Free Sour Cherry Compote

VEGETARIAN SELECTIONS

Chopped Garden Vegetable Salad with White Beans

Chilled Cream of Peach with Peach Schnapps

Grilled Vegetable Lasagne

On Basil-Tomato Sauce, Sprinkled with Broccoli Pesto and Garlic Chips

Sugar-Free Blueberry Tartlet

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

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

Red Wine by the Glass:

Chianti Classico Riserva, Fattoria Fontodi, Tuscany, Italy 2005 \$10.00

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



APPETIZERS AND SALAD

Marinated Octopus and Roasted Bell Pepper Salad with Olives and Warm Garlic Bread

Waldorf Salad with Black Forest Ham and Horseradish Mouseline

Spicy Chicken Quesadillas with Guacamole, Tomatillo Salsa and Tossed Greens

Chopped Garden Vegetable Salad with White Beans

Traditional favorite dressings available, plus today's specials:

Fat-Free Tomato or Low-Calorie Papaya-Ginger Dressing

SOUPS

Country-Style Tomato and Cabbage Soup with Ciabatta Croutons

Roasted Wild Mushroom Broth with Glass Noodles and Vegetables

Chilled Cream of Peach with Peach Schnapps

Low-sodium soups are available upon request

PASTA SPECIAL

Elbow Macaroni au Gratin – Baked Pasta with Ham, Garlic, Peas and Vegetable

Julienne with Creamy Cheese Sauce, Gratinated with Fontina Cheese

Available as Appetizer or Main Fare Portion

MAIN FARES

Mini Vegetable Burgers on Crunchy Butter Lettuce with Marinated Green Bean Salad, Blue Cheese, Tomatoes and Carrots, Served with Ranch Dressing

Grilled Shrimp, Grapefruit Segments, Palm Hearts and Thinly-Sliced Prosciutto
On a Bed of Crisp Garden Greens, Served with Honey-Mustard Shallot Dressing

Lunch in a Bowl – Seafood Stew with Fish, Shrimp, Mussels and Vegetables

In a Lemongrass and Ginger-Flavored Tomato Broth, Served with Garlic Bread

Beef Tacos – Ground Beef in Spicy Tomato-Herb Sauce, Served on a Crisp Tortilla Shell
with Shredded Greens, Guacamole and Refried Beans

Sandwich of the Day – Spicy Steak Sandwich

With Avocado, Shredded Lettuce, and Sautéed Onions on Toasted Six-Grain Bun
with Potato Chips and Root Vegetable Salad

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

Steamed Vegetables Refried Beans Mashed Potatoes

Spaghetti in 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

Rhubarb Streusel Tart à la Mode • Angel Food Cake with Strawberry Sauce

Ice Cream Sundae “Mint Julep”

Sugar-Free Blueberry Tartlet • Sugar-Free Sour Cherry Compote

Vanilla, Cookies ‘n’ Cream or Strawberry Cheesecake Ice Cream

with your choice of Raspberry, Mango, or Chocolate Topping

Refreshing Apricot Sherbet • Assortment of Fruit in Season

Freshly Frozen, Nonfat Sweet Ginger or Vanilla Rum Yogurt

International Cheeses Served with Crackers and Biscuits