



Luncheon

Sunday, March 22, 2009
Crystal Dining Room, Crystal Symphony
At Sea, en Route to Hong Kong, China
Maître d'Hôtel **Josef Widmar** Executive Chef **Markus Nufer**

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Assorted Pickled Herring with Boiled New Potatoes
Duck Consommé with Poached Quail Egg and Vegetable Brunoise
Sandwich of the Day
Hot Pastrami on Homemade Rye Bread,
Served with Kosher Dill Pickles, Coleslaw and French Fried Potatoes
Ice Cream Sundae "Strawberry"

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 Boston Lettuce with Marinated Chick Pea Salad and Feta Cheese
Broiled Pike Perch Fillet
Served with Dill Cucumbers, Sautéed Broccoli,
Grilled Red Peppers and Lemon Segments
Refreshing Piña Colada Sherbet

VEGETARIAN SELECTIONS

Fresh Artichoke, Tomatoes and Mushroom Cocktail with Lime Yogurt Dressing
Chilled Cream of Sweet Cherries with Maraschino Liqueur
Poached Eggs on Sautéed Spinach
Gratinated with Black Truffle Hollandaise, Served with Vegetables
Sugar-Free Almond Snowball

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:
Pinot Blanc, Weingut Platzer, Steiermark, Austria 2007 \$9.00
Red Wine by the Glass:
Merlot, Cuvaison Winery, Napa Valley 2005 \$11.00

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



APPETIZERS AND SALAD

Assorted Pickled Herring with Boiled New Potatoes
Fresh Artichoke, Tomatoes and Mushroom Cocktail with Lime Yogurt Dressing
Heart of Boston Lettuce with Marinated Chick Pea Salad and Feta Cheese
*Traditional favorite dressings available, plus today's specials:
Fat-Free Red Beet or Low-Calorie Red Wine-Basil Dressing*

SOUPS

Philadelphia Pepperpot with Spätzle
Duck Consommé with Poached Quail Egg and Vegetable Brunoise
Chilled Cream of Sweet Cherries with Maraschino Liqueur
Low-sodium soups are available upon request

PASTA SPECIAL

Angel Hair Pasta Tossed with Bolognese Sauce and Parmesan Cheese
Available as Appetizer or Main Fare Portion

MAIN FARES

Curried Chicken Salad
Filled in a Half Hass Avocado, Surrounded by Mesclun Lettuce, Red Radishes,
Baby Corn, Cocktail Tomatoes and Cucumbers, Tossed with Lemon Vinaigrette

Pizza Frutti di Mare – Crispy Pizza Bottom Topped with Assorted Seafood,
Tomato, Garlic, Bell Peppers, Chili Flakes and Mozzarella Cheese

Chicken in the Pot
With Carrots, Celery, Leeks, Fettuccine Pasta and Matzo Balls

Sandwich of the Day – Hot Pastrami on Homemade Rye Bread,
Served with Kosher Dill Pickles, Coleslaw and French Fried Potatoes

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 Dill Cucumbers Broccoli Roses
Mashed Potatoes Raggiatore 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

Crème Brûlée • Ice Cream Sundae “Strawberry”
Sugar-Free Almond Snowball • Sugar-Free Chocolate Sundae
Vanilla, Cookie Dough, or Butter Pecan Ice Cream
With your choice of Raspberry, Mango or Chocolate Topping
Freshly Frozen, Nonfat Cappuccino or Butter Pecan Yogurt
Refreshing Piña Colada Sherbet • Assortment of Fruit in Season
International Cheeses, Served with Crackers and Biscuits