



# Luncheon

Monday, March 23, 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:*

**Stuffed Eggs on Vegetable Salad,**  
Garnished with Salmon Caviar

**Beef Pot au Feu**

Beef Broth with Meat, Green Peas, Potatoes and Leeks

**English Fish and Chips**

Golden-Fried Cod Fish Fillet in Crisp Beer Batter,

Served with French Fried Potatoes, Cole Slaw, Malt Vinegar and Sauce Tartar

**Lemon Crème Slice with Chocolate Ice Cream**

---

## ON THE LIGHTER SIDE

*Crystal Cruises responds to today's trend toward dishes lighter in cholesterol, fat and sodium by offering these choices:*

**Beef Pot au Feu**

Beef Broth with Meat, Green Peas, Potatoes and Leeks

**The Chef's Salad**

Bed of Crisp Lettuce with Turkey, Jarlsberg Cheese and Roast Beef,

Garnished with Jumbo Shrimp, Sliced Egg, Cucumber and Bell Peppers,

Served with Fat-Free Thousand Island Dressing

**Ice Cream Sundae "Hot Love"**

## VEGETARIAN SELECTIONS

**Citrus-Flavored Cottage Cheese on Pear Carpaccio**

With Balsamic Caramel and Pistachio Nuts

**Chilled Orange Soup with Campari**

**Vegetarian "Shepherd's" Pie**

Ragoût of Root Vegetables, Green Peas, and Bottom Mushrooms,

Baked with Mashed Potato

**Sugar-Free Honey Walnut Tart**

## HEAD SOMMELIER'S SUGGESTIONS

**White Wine by the Glass:**

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

**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

**Parma Ham and Salami** with Seasonal Melons and Panini Bread

**Citrus-Flavored Cottage Cheese on Pear Carpaccio**

With Balsamic Caramel and Pistachio Nuts

**Stuffed Eggs** on Vegetable Salad, Garnished with Salmon Caviar

**Marinated Cucumber and Dill Salad** in Sour Cream Dressing on a Bed of Crisp Lettuce

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

*Fat-Free French or Low-Calorie Vegetable Vinaigrette*

## SOUPS

**Creamy Root Vegetable Soup** with Crisp Bacon

**Beef Pot au Feu** - Beef Broth with Meat, Green Peas, Potatoes and Leeks

**Chilled Orange Soup** with Campari

*Low-sodium soups are available upon request*

## PASTA SPECIAL

**Penne** with Tuna, Fresh Tomato, Garlic,

**Chopped Parsley and Parmesan**

*Available as Appetizer or Main Fare Portion*

## MAIN FARES

**The Chef's Salad** - Bed of Crisp Lettuce with Turkey, Jarlsberg Cheese and Roast Beef, Garnished with Jumbo Shrimp, Sliced Egg, Cucumber and Bell Peppers,

Served with Thousand Island Dressing

**Oriental Chicken Salad**

Sliced, Grilled Chicken Breast and Crisp Vegetables Tossed in Peanut-Sesame Dressing and Garnished with Lettuce Leaves, Cilantro and Toasted Peanuts

**English Fish and Chips** - Golden-Fried Cod Fish Fillet in Crisp Beer Batter,

Served with French Fried Potatoes, Cole Slaw, Malt Vinegar and Sauce Tartar

**Garlic and Herb-Marinaded Baby Back Pork Ribs**

Served with Oven-Roasted Potatoes, Creamed Corn, Snap Peas and Three Kinds of Sauces

**Open Face King Crab Meat and Cheddar Sandwich** - Grilled Sourdough Bread with King Crab Meat Salad, Tomatoes, Avocado and Cheddar Cheese, Sprinkled with Crisp Bacon Bits, Served with Tossed Lettuce 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

**Broccoli Roses   Creamy Corn   Steamed Vegetables   Steamed Rice**

**Oven-Roasted Potatoes   Fettucine with Tomato Sauce**

*Upon request, dishes are available without sauce.*

*Vegetables are also available steamed, without butter or salt.*

## DESSERTS

**Lemon Crème Slice** with Chocolate Ice Cream • **Almond Crème Brûlée**  
**Ice Cream Sundae "Hot Love"**

**Sugar-Free Honey Walnut Tart** • **Sugar-Free Scarlet Orange Panna Cotta**  
**Vanilla, Mint Chocolate Chip or M&M's Vanilla Fudge Ice Cream**

With your choice of Raspberry, Mango or Chocolate Topping

**Freshly Frozen, Nonfat Cookies 'n' Cream or Coffee Yogurt**

**Refreshing Peach Sherbet** • **Assortment of Fruit in Season**

**International Cheeses**, Served with Crackers and Biscuits