

# Luncheon

Monday, March 23, 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:

**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

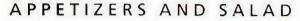
Sugar-Free Honey Walnut Tart

# 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.



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-Marinated 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 Brûlèe 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