



Luncheon

Tuesday, March 24, 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:

Chinese Minced Chicken Salad

With Water Chestnuts and Mushrooms in a Lettuce Cup

Roasted Garlic Cream Soup with Herb Croutons

Captain's Favorite Seafood Basket

Crisp Calamari, Jumbo Shrimp, Cod Fish and Oysters in a Crisp Basket,

Served with Country Fried Potatoes and Sauce Rémoulade

Blueberry Pie 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:

Chilled Seafood Salad

With Avocado Fan and Low-Fat Thousand Island Dressing

Pan-Fried Turkey Cutlet

Served on Steamed Macédoine of Fresh Vegetables, Steamed Rice and Natural Gravy

Freshly Frozen, Nonfat Alpine Strawberry Yogurt

VEGETARIAN SELECTIONS

Assorted Spring Lettuce with Paprika Croutons, Tomato and Cucumber

Roasted Garlic Cream Soup with Herb Croutons

Vegetarian Pizza

With Mushrooms, Spinach, Corn, Feta Cheese and Chunky Tomato Sauce

Sugar-Free Ricotta Vanilla Cheesecake

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

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

Red Wine by the Glass:

Pinot Noir, Rex Hill Winery, Willamette Valley, Oregon 2006 \$10.50

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



APPETIZERS AND SALAD

Chinese Minced Chicken Salad with Water Chestnuts and Mushrooms in a Lettuce Cup
Profiteroles Filled with Three Kinds of Cheese with Herb Sauce
Chilled Seafood Salad with Avocado Fan and Red Capsicum Aioli
Assorted Spring Lettuce with Crisp Bacon Bits, Cheddar Cheese and Paprika Croutons
*Traditional favorite dressings available, plus today's specials:
Fat-Free Italian or Low-Calorie Avocado Dressing*

SOUPS

Roasted Garlic Cream Soup with Herb Croutons
Vegetable Broth with Tofu, Soba Noodles and Enoki Mushrooms
Chilled Cream of Passion Fruit with Watermelon Salad
Low-sodium soups are available upon request

PASTA SPECIAL

Campanelle Pasta with Chicken Bolognese, Sautéed Mushrooms and Parmesan Cheese
Available as Appetizer or Main Fare Portion

MAIN FARES

Farmer's Greek Salad
Diced Tomatoes, Cucumbers, Red and Green Bell Peppers, Red Onions and Crisp Lettuce, Tossed in Herb Vinaigrette, Topped with Olives and Feta Cheese
Cobb Salad – Chicken Chunks, Tomatoes, Iceberg Lettuce, Onions, Celery, Avocado and Hard Boiled Eggs, Bacon Bits, Blue Cheese, and Green Beans, Tossed in a Light Honey Mustard Vinaigrette
Captain's Favorite Seafood Basket – Crisp Calamari, Jumbo Shrimp, Cod Fish and Oysters in a Crisp Basket, Served with Country Fried Potatoes and Sauce Rémoûlade
Pan-Fried Turkey Cutlet on Honey-Pepper Sauce
With a Macédoine of Fresh Vegetables and Sweet Potato Chorizo Mash
Sandwich of the Day – The Meat Loaf Sandwich
Thick Sliced Meat Loaf on Grilled Sourdough Bread, Grilled Mushroom and BBQ Sauce, Served with Fried Onion Rings and Garlic Mashed Potato
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

Macédoine Vegetables French Fried Potatoes Mashed Potatoes
Steamed Rice Fettuccine Pasta 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

Blueberry Pie à la Mode • Chocolate Marquise Slice
Ice Cream Sundae "Pear Helene"
Sugar-Free Ricotta Vanilla Cheesecake • Sugar-Free Sour Cream Profiteroles
Vanilla, Dulce de Leche or Chocolate Ice Cream
With your choice of Raspberry, Mango or Chocolate Topping
Freshly Frozen, Nonfat Alpine Strawberry or Simply Vanilla Yogurt
Refreshing Strawberry Rum Sherbet • Assortment of Fruit in Season
International Cheeses, Served with Crackers and Biscuits