



Luncheon

Wednesday, March 25, 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:

Chicken Cocktail

With Pineapple, Melon Balls and Thousand Island Dressing

Beef Broth with Glass Noodles

Flounder Fillet à la Parisienne,

Served with Sautéed Spinach, Glazed Carrot Sticks,

Vapeur Potatoes and Cucumber Rémoulade

Lemon Almond Tart 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:

Beef Broth with Glass Noodles

Thai Beef Salad

Grilled Sliced Marinated Minute Steak on a Bed of Crisp Greens, Asian Vegetables,

Tossed with Spicy-Lime Vinaigrette, Topped with Crisp Rice Noodles

Sugar-Free Fruit Jell-O

VEGETARIAN SELECTIONS

Crispy-Fried Homemade Vegetable Spring Roll with Soy Dipping Sauce

Chilled Cream of Lychee Nuts with Grapefruit Segments

Paul's Indian Vegetable Curry

With Couscous, Pappadams and Condiments

Ice Cream Sundae "Peach Melba"

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

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

Red Wine by the Glass:

Cabernet Sauvignon, Chateau Souverain, Alexander Valley 2005 \$9.50

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



APPETIZERS AND SALAD

Chicken Cocktail with Pineapple, Melon Balls and Thousand Island Dressing

Assorted Smoked Fish with Horseradish-Cranberry Mouseline

Crispy Fried Homemade Vegetable Spring Roll with Soy Dipping Sauce

Iceberg Lettuce with Boiled Eggs, Green Beans, Celery Sticks and Daikon

Traditional favorite dressings available, plus today's specials:

Fat-Free Dill Yogurt or Low-Calorie Malt Vinaigrette

SOUPS

Coconut Chicken Soup with Vegetables, Shiitake, Lemongrass and Galangal

Beef Broth with Glass Noodles

Chilled Cream of Lychee Nuts with Grapefruit Segments

Low-sodium soups are available upon request

PASTA SPECIAL

Conchiglie Rigate Pasta "Ravenna-Style" – Pasta with White Cream Sauce, Tomato Concassée, Bell Peppers, Herbs and Parmesan Cheese

Available as Appetizer or Main Fare Portion

MAIN FARES

Grilled Calamari and Green Papaya Salad – Green Papaya, Long Beans,

Carrot Julienne, Mango, Red Shallots and Cilantro,

Tossed in Lime-Chili Vinaigrette, Topped with Grilled Calamari

Thai Beef Salad – Grilled Sliced Marinated Minute Steak on a Bed of Crisp Greens,

Asian Vegetables, Tossed with Spicy-Lime Vinaigrette, Topped with Crisp Rice Noodles

Flounder Fillet à la Parisienne, Served with Sautéed Spinach,

Glazed Carrot Sticks, Vapeur Potatoes and Cucumber Rémoulade

Sandwich of the Day – Monte Cristo

Sliced Ham, Turkey and Swiss Cheese on Sourdough Bread, Dipped in Egg Batter and

Golden-Fried, Served with Fruit Garnish and Creamy Potato Salad

Nasi Goreng – Indonesian Rice Dish with Shredded Chicken, Beef and Shrimp in

Spiced Peanut Sauce, Served with Fried Egg, Satay and Kroepek

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

Garden Vegetables Steamed Broccoli French Fried Potatoes

Spaghetti 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

Lemon Almond Tart à la Mode • Chocolate Fudge Slice with Sauce Anglaise

Ice Cream Sundae "Peach Melba"

Sugar-Free Churros with Rhubarb Compote • Sugar-Free Fruit Jell-O

Vanilla, Sarah Lee Strawberry Cheesecake, Peanut Butter Ice Cream

with your choice of Raspberry, Mango or Chocolate Topping

Freshly Frozen, Nonfat Raspberry or French Vanilla Yogurt

Refreshing Prune Sherbet • An Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits