



# Luncheon

Thursday, March 26, 2009

Crystal Dining Room, Crystal Symphony  
At Sea, en Route to Hong Kong, China

Maitre d'Hôtel Josef Widmar Executive Chef Markus Nufer

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## CHEF'S SUGGESTIONS

*Chef Markus Nufer has selected these special luncheon dishes:*

**Panko Breaded, Golden-Fried Mushrooms & Vegetables**

With Roasted Garlic-Wasabi Aioli

**Cream of Leek with Parmesan Croutons**

**Sandwich of the Day – Pacific Tuna Melt**

Creamy Tuna Salad on a Toasted English Muffin, Gratinated with Melted American Cheese, Served with Fried Potato Wedges and Fruit Garnish

**Boston Cream Pie à la Mode**

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## ON THE LIGHTER SIDE

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

**Matjes Terrine with Roasted Beets and Mustard-Vegetable Relish**

**Grilled Plain Chicken Paillard**

On Zucchini Spaghetti, Served with Chili-Tomato Confit and Parsley Potatoes

**Refreshing Lychee Sherbet**

## VEGETARIAN SELECTIONS

**Chopped Garden and Red Leaf Lettuce**

With Melon Balls, Gazpacho Dressing and Toasted Almonds

**Cream of Leek with Parmesan Croutons**

**Wild Rice Vegetable Croquettes**

On Tomato Butter, Topped with Tossed Garden Lettuce, Pine Nuts and Mushrooms

**Sugar-Free Apple Crumble Tartlet**

## HEAD SOMMELIER'S SUGGESTIONS

**White Wine by the Glass:**

Sauvignon Blanc/Semillon, Leeuwin Estate "Sibling," Margaret River,  
Western Australia 2006 \$8.50

**Red Wine by the Glass:**

Pinot Noir, Poppy, California 2006 \$8.50

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



## APPETIZERS AND SALAD

**Panko-Breaded, Golden-Fried Mushrooms & Vegetables**

With Roasted Garlic-Wasabi Aioli

**Matjes Terrine with Roasted Beets, Mustard-Vegetable Relish and Boiled Potato Balls**

**Roasted Duck Breast on Couscous Salad with Walnut Vinaigrette**

**Chopped Garden and Red Leaf Lettuce**

With Melon Balls, Gazpacho Dressing and Toasted Almonds

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

*Fat-Free French and Low-Calorie Lemon-Herb Dressing*

## SOUPS

**Cream of Leek with Parmesan Croutons**

**Beef Broth with Vegetable Strudel**

**Cold Cream of Cantaloupe with Low-Fat Yogurt**

*Low-sodium soups are available upon request*

## PASTA SPECIAL

**Linguine with Meatballs Tossed in Tomato Sauce**

*Available as Appetizer or Main Fare Portion*

## MAIN FARES

**Chopped Texas Salad** – Red and Green Bell Peppers, Black Beans, Ham, Roast Turkey, Red and Green Cabbage, Tossed in a Light Cajun Dressing on a Bed of Mixed Lettuce, Garnished with Crisp Tortilla Chips

**Smoked Salmon and Cream Cheese in Tomato-Basil Wrap**

On a Bed of Lettuce and Marinated Tomato and Onion Salad

**Fresh Corvina Fillet, Served on Yellow Baby Squash**

With Parsley Potato Balls and Papaya & Red Onion Relish

**Pan-Fried Calf's Liver**

Served with Grilled Onions, Caramelized Apple Slices, Grapes,

Carrots, Green Beans, Mashed Potatoes and Balsamic-Flavored Gravy

**Sandwich of the Day – Pacific Tuna Melt**

Creamy Tuna Salad on a Toasted English Muffin, Gratinated with Melted American Cheese, Served with Fried Potato Wedges and Fruit Garnish

**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

**Carrots Mashed Potatoes Spring Vegetables Penne 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

**Boston Cream Pie à la Mode • Coffee Roulade with Banana-Caramel Sauce**

**Ice Cream Sundae "Black Forest"**

**Sugar-Free Chocolate Mousse Cake • Sugar-Free Apple Crumble Tartlet**

**Vanilla, Green Tea, or Strawberry Ice Cream**

with your choice of Raspberry, Mango or Chocolate Topping

**Freshly Frozen, Nonfat Chocolate Fudge or Cappuccino Yogurt**

**Refreshing Lychee Sherbet • An Assortment of Fruit in Season**

**International Cheeses Served with Crackers and Biscuits**