

CRYSTAL SYMPHONY

DINNER

SATURDAY, NOVEMBER 1, 1997
"GOLDEN PANAMA" CRUISE
AT SEA, EN ROUTE TO PUERTO CALDERA, COSTA RICA

Maître d'Hôtel Josef Widmar *Executive Chef* Jürgen Klocker

CHEF'S
SUGGESTIONS

Sautéed Sea Scallops on Pesto Risotto with Red Capsicum Beurre Blanc

Beef Consommé with Tomato-Spinach Royal

Broiled Fresh Atlantic Salmon Fillet
On Wasabi Mashed Potatoes, Honey Mustard Sauce, and Vegetables in Season

Old Fashioned Glazed Pecan Pie à la Mode

FOR OUR
VEGETARIANS

Creamy Green Pea Soup with Champagne and Whole Wheat Croutons

Potato-Herb-Mushroom Roll
On Sautéed Leaf Spinach with Tomato Butter

Cinnamon Ice Parfait with Brandy Cherries

CELLAR MASTER
SUGGESTIONS

WHITE WINE

By the Bottle: *Savigny-lès-Beaune, Louis Jadot 1993* – \$35.00

By the Glass: *Rosemount Show Reserve Chardonnay, Hunter Valley, Australia 1995* – \$6.00

RED WINE

By the Bottle: *Châteauneuf-du-Pape, Domaine la Roquette 1994* – \$32.00

By the Glass: *Atlas Peak Sangiovese, Napa Valley 1993* – \$6.00



O N T H E
L I G H T E R
S I D E

-DINNER-
SATURDAY,
NOVEMBER 1, 1997

L O W - F A T
S E L E C T I O N S

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

*Chilled Melon Balls,
Marinated in Portwine*

Grilled Pork Medallion
*Served with Steamed Vegetables and
Baked Potatoes*

*Sugar-Free Rice Pudding
with Raspberry Sauce*

Approximately per serving:
Calories: 510 Protein: 42g Fat: 8g
Cholesterol: 22mg Sodium: 340mg

S A L A D
E N T R E E

**Mediterranean
Vegetable Salad**
*With Broiled Atlantic Salmon Fillet,
Topped with Crisp Red Beet
Julienne, Sprinkled with
Walnuts and
Tossed in Red Wine Vinaigrette*

T R A D I T I O N A L
M A I N C O U R S E S

AVAILABLE DAILY

**Grilled Black Angus
Filet Steak**
*Served with Baked Potato and
Vegetables of the Day*

Plain Grilled Chicken Breast
*Served with Potato and
Vegetables of the Day*

A P P E T I Z E R S

Braised Fresh Artichoke with Ravigote Sauce

White Tomato Mousse with Gin and Pumpernickel on Tomato Confit and Basil Oil

Sautéed Sea Scallops on Pesto Risotto with Capsicum Beurre Blanc

Chilled Melon Balls, Marinated in Portwine

F R O M T H E S O U P K E T T L E

Creamy Green Pea Soup with Champagne and Whole Wheat Croutons

Beef Consommé with Tomato-Spinach Royal

Cold Mango and Yogurt Soup

S A L A D S

*Commander's Salad – Romaine Lettuce with Croutons, Hard Boiled Egg,
Crisp Bacon, and Parmesan Cheese, Tossed with a Tangy Dressing*

Assorted Garden Greens with Tomato, Radishes, and Yellow Pear Tomatoes

Traditional favorite dressings available, plus today's specials

Fat-Free Spicy Red Wine Vinaigrette and Low-Calorie Honey Dijon Mustard Vinaigrette

P A S T A

Rigatoni alla Salsicca Ricotta – Rigatoni with Sausage, Tomato, and Ricotta Cheese

M A I N F A R E S

Broiled Fresh Atlantic Salmon Fillet

On Wasabi Mashed Potatoes, Honey Mustard Sauce, and Vegetables in Season

Herb Marinated, Roasted Half Chicken

With a Rasher of Bacon, Gratinated Tomato, and Garlic Mashed Potatoes

Sautéed Pork Medallion

*In Hungarian Paprika Sauce, Served with Homemade Spaetzle,
Carrot Sticks, and Broccoli Florets*

Grilled Black Angus Sirloin Steak

*Topped with Fried Onion Rings, Served with Black Pepper Hollandaise,
Gratinated Tomatoes, Broccoli, and Baked Potatoes*

S I D E O R D E R S

Broccoli Florets Carrot Sticks Gratinated Tomatoes Steamed White Rice

Summer Vegetables Baked Potatoes Rigatoni Pasta with Tomato Sauce Mashed Potatoes

Upon request, dishes are available without sauce. Vegetables are also available steamed, without butter or salt.



CRYSTAL SYMPHONY

*D*ESSERT

SATURDAY, NOVEMBER 1, 1997
"GOLDEN PANAMA" CRUISE
AT SEA, EN ROUTE TO PUERTO CALDERA, COSTA RICA

Maître d'Hôtel **Josef Widmar** *Executive Chef* **Jürgen Klocker**
Executive Pastry Chef **Sissel Holm**

SWEET FINALE

Chocolate Macadamia Nut Cake
Cinnamon Ice Parfait with Brandy Cherries
Old-Fashioned Glazed Pecan Pie à la Mode
Sugar-Free Rice Pudding with Raspberry Sauce
Homemade Cookies
Assortment of Fruit in Season

ICE CREAM
FROZEN YOGURT
SHERBET

Vanilla, Rum Raisin, Strawberry, and Coconut Ice Cream
With Your Choice of Raspberry, Mango, or Butterscotch Topping
Freshly Frozen, Non-Fat Banana and Chocolate Yogurt
Refreshing Tropical Fruit Sherbet

SELECTIONS FROM
THE CHEESE TROLLEY

Tête de Moine Brie Dana Blue Gouda French Goat Cheese
Served with Crackers and Biscuits

BEVERAGES

Freshly Brewed Coffee Decaffeinated Coffee Cafe Latté Cappuccino
Espresso Selection of International Teas

AFTER DINNER DRINKS

As a Digestif, we would like to recommend:

Tia Maria – \$3.75 Late Bottled Vintage Port – \$4.50
Grand Marnier – \$4.00 Remy Martin Cognac V.S.O.P. – \$5.00
or your favorite classic after dinner liqueur, available from your Wine Steward

