

CRYSTAL SYMPHONY

DINNER

MONDAY, NOVEMBER 3, 1997  
"GOLDEN PANAMA" CRUISE  
AT SEA, EN ROUTE TO THE PANAMA CANAL

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

CHEF'S  
SUGGESTIONS

*Rendezvous of Seafood and Palm Hearts with Baby Greens*

*Light Garlic Cream Soup with Whole Wheat Croutons*

***Roasted Maryland Turkey***

*With Orange-Sage Stuffing, Giblet Gravy,  
Cranberry Sauce, Creamed Peas and Silver Onions, and Mashed Sweet Potatoes*

*Sacher Cake with Crème Chantilly*

FOR OUR  
VEGETARIANS

*Chilled Cream of Fresh Pears with Cinnamon Cream*

***Crisp Polenta with Mushrooms***

*With Wilted Greens and Balsamic Vinaigrette*

*Blond Brownie Sundae with Fudge Sauce and Vanilla Ice Cream*

CELLAR MASTER  
SUGGESTIONS

WHITE WINE

By the Bottle: *Pinot Grigio, Santa Margherita, Valdadige 1996* – \$28.00

By the Glass: *Calera Chardonnay, Central Coast 1995* – \$6.00

RED WINE

By the Bottle: *Chianti Classico Riserva, Tenute Marchese Antinori, Toscano 1994* – \$32.00

By the Glass: *Château Coufran, Haut Medoc 1993* – \$7.00



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

-DINNER-  
MONDAY,  
NOVEMBER 3, 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:*

*Exotic Fruit Cup with  
Banana Liqueur*

**Grilled Jumbo Shrimp**  
**"Chipolata"**  
*Served with Pilaf Rice  
and Steamed Vegetables*

*Freshly Frozen, Non-Fat  
Banana-Strawberry Yogurt*

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

S A L A D  
E N T R E E

**Mixed Vegetable Salad**  
*With Basil Vinaigrette and  
Feta Cheese, Topped with  
Sliced Turkey Breast*

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

*Rendezvous of Seafood and Palm Hearts with Baby Greens*

*Forest Mushroom Terrine with Tomato Coulis*

*Combination of Dim Sum and Potstickers with Soy Dipping Sauce*

*Exotic Fruit Cup with Banana Liqueur*

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

*Light Garlic Cream Soup with Whole Wheat Croutons*

*Chicken Broth with Tofu and Spring Onions*

*Chilled Cream of Fresh Pears with Cinnamon Cream*

## S A L A D S

*Crisp Iceberg Lettuce with Warm Bacon Dressing*

*Mixed Garden Greens with Marinated Tomatoes*

*Traditional favorite dressings available, plus today's specials  
Fat-Free Ranch and Low-Calorie Shallot-Herb Vinaigrette*

## P A S T A   S P E C I A L

*Spaghetti with Chicken Bolognese and Parmesan Cheese*

## M A I N   F A R E S

***Grilled Fillet of Mahi Mahi with Mango Bits***

*On Creamy Lemon Sauce, Served with Steamed Vegetables and Saffron Rice*

***Veal Piccata "Milanaise"***

*Veal Scaloppine Dipped in Egg and Parmesan Cheese, with  
Tomato Basil Sauce, Garden Green Peas, and Spaghetti*

***Roasted Maryland Turkey***

*With Orange-Sage Stuffing, Giblet Gravy,  
Cranberry Sauce, Creamed Peas and Silver Onions, and Mashed Sweet Potatoes*

***Jumbo Shrimp "Chipolata"***

*Topped with Celery Straw and Served in Pilaf Rice Ring with Pine Nuts and Steamed Vegetables*

## S I D E   O R D E R S

*Boiled Potatoes   Pilaf Rice with Pine Nuts   Steamed Vegetables*

*Mashed Sweet Potatoes   Creamed Peas and Silver Onions   Spaghetti with Tomato Sauce*

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





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*Executive Pastry Chef* **Sissel Holm**

SWEET FINALE

*Sacher Cake with Crème Chantilly*  
*Blond Brownie Sundae with Fudge Sauce and Vanilla Ice Cream*  
*Hawaiian Chocolate Macadamia Nut Pie with Chocolate Ice Cream*  
*Sugar-Free Apple Rhubarb Timbale with Vanilla Sauce*  
*Homemade Cookies*  
*Assortment of Fruit in Season*

ICE CREAM  
FROZEN YOGURT  
SHERBET

*Vanilla, Spumoni, Butter Pecan, and Banana Ice Cream*  
*With Your Choice of Raspberry, Mango, or Butterscotch Topping*  
*Freshly Frozen, Non-Fat New York Cheesecake and Banana-Strawberry Yogurt*  
*Refreshing Lychee Nut Sherbet*

SELECTIONS FROM  
THE CHEESE TROLLEY

*Pepper Boursin    Dana Blue    Hickory Smoked    Edam    Livarot*  
*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*

