



CRYSTAL SYMPHONY

NEPTUNE'S DINNER

TUESDAY, NOVEMBER 4, 1997
"GOLDEN PANAMA" CRUISE
AT SEA, EN ROUTE TO THE SAN BLAS ISLANDS, PANAMA

Maître d'Hôtel Josef Widmar Executive Chef Jürgen Klockner

CHEF'S
SUGGESTIONS

Gravlax – Marinated Salmon Norwegian Style with Dill Mustard Sauce

Cream of Sweet Potato and Lump Crab Meat

Filet Steak "Mermaid"

*Grilled Filet Mignon with Sautéed Shrimp, Sauce Béarnaise,
Herb Crusted Tomato, Sautéed Spinach, and Pont Neuf Potatoes*

Warm Viennese Apple Strudel with Vanilla Sauce

FOR OUR
VEGETARIANS

Cold Mango and Coconut Soup

Cabbage Roll

Stuffed with Mixed Vegetables, on Creamy Carrot Sauce, Served with Boiled Potatoes

Sugar-Free Coffee Cake

CELLAR MASTER
SUGGESTIONS

WHITE WINE

By the Bottle: *Chalone Vineyard Pinot Blanc, Soledad, Monterey County 1994* – \$26.00

By the Glass: *Raymond Reserve Chardonnay, Napa Valley 1995* – \$6.00

RED WINE

By the Bottle: *Cuvaison Cabernet Sauvignon, Napa Valley 1993* – \$32.00

By the Glass: *Chianti Classico Riserva, Villa Antinori, Toscano 1993* – \$6.50



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

-DINNER-
TUESDAY,
NOVEMBER 4, 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:*

*Mixed Summer Greens,
With Walnuts, Melons,
Grapes, and Orange Filets*

Veal Paillard

*Served with Steamed Vegetables
and Sticky Rice*

*Freshly Frozen Non-Fat
Piña Colada 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

Smoked Salmon Caesar Salad
*Norwegian Style Smoked Salmon on
Romaine Lettuce, Tossed with
Non-Fat Caesar Dressing and
Served with Homemade Garlic Croutons*

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 Sirloin 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

Gravlax – Marinated Salmon Norwegian Style with Dill Mustard Sauce

Beef Carpaccio à la Harry's Bar

Tempura Fried Avocado Wedge with Orange Aioli

Chilled Cup of Assorted Fresh Fruit with Aquavit

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

Cream of Sweet Potato and Lump Crab Meat

Beef Broth with Oxtail and Vegetable Brunoise

Cold Mango and Coconut Soup

S A L A D S

Crisp Butter Lettuce with Assorted Grilled Vegetables and Fried Oysters

Mixed Summer Greens with Walnuts, Melons, Grapes, and Orange Filets

Traditional favorite dressings available, plus today's specials

Fat-Free Spicy Red Wine or Low-Calorie Yogurt-Chive Dressing

P A S T A

Angel Hair Pasta with Diced Lobster, Radicchio Julienne, Cream, and Brandy

M A I N F A R E S

Broiled Ahi Tuna Steak

*With Sesame Crust on Mashed Potatoes,
Broccoli, Carrots, and Soy-Apple Cider Vinaigrette*

Filet Steak "Mermaid"

*Grilled Filet Mignon with Sautéed Shrimp, Sauce Béarnaise,
Herb Crusted Tomato, Sautéed Spinach, and Pont Neuf Potatoes*

Veal Roll

*With Asparagus, Crab Meat, and Oyster Mushroom,
Served with Sautéed Spinach, Tomato Risotto, and Natural Gravy*

Roasted Pork Tenderloin

*In Calvados Sauce, Topped with Crisp Onions and Glazed Apples,
Served with Sautéed Carrots and Spinach Spaetzle*

S I D E O R D E R S

Sautéed Spinach Herb Crusted Tomato Steamed Vegetables Tomato Risotto

Mashed Potatoes Pont Neuf Potatoes Angel Hair Pasta with Tomato Sauce

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





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DESSERT

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AT SEA, EN ROUTE TO THE SAN BLAS ISLANDS, PANAMA

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

SWEET FINALE

Triple Layered Brownies à la Mode
Warm Viennese Apple Strudel with Vanilla Sauce
Banana-Caramel Napoleon
Sugar-Free Coffee Cake
Homemade Cookies
Assortment of Fruit in Season

ICE CREAM
FROZEN YOGURT
SHERBET

Vanilla, Pistachio, Butter Pecan, or Chocolate Ice Cream
With Your Choice of Raspberry, Mango, or Butterscotch Topping
Freshly Frozen, Non-Fat Piña Colada and Raspberry Yogurt
Refreshing Pear Sherbet

SELECTIONS FROM
THE CHEESE TROLLEY

Bel Paese Monterey Jack Brie St. Marcellin Emmentaler
Served with Crackers and Biscuits

BEVERAGES

Freshly Brewed Coffee Decaffeinated Coffee Cafe Latte 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

