



-DINNER-TUESDAY, NOVEMBER 4, 1997

LOW-FAT SELECTIONS

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

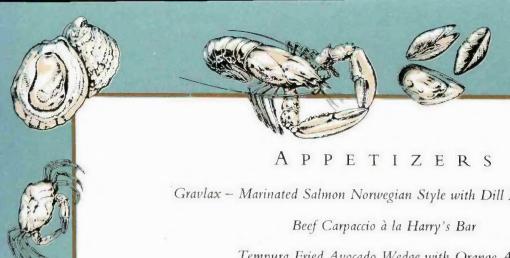
Smoked Salmon Caesar Salad
Norwegian Style Smoked Salmon on
Romaine Lettuce, Tossed with
Non-Fat Caesar Dressing and
Served with Homemade Garlic Croutons

TRADITIONAL MAIN COURSES

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



Gravlax - Marinated Salmon Norwegian Style with Dill Mustard Sauce Tempura Fried Avocado Wedge with Orange Aioli Chilled Cup of Assorted Fresh Fruit with Aquavit

FROM SOUP KETTLE THE

Cream of Sweet Potato and Lump Crab Meat Beef Broth with Oxtail and Vegetable Brunoise Cold Mango and Coconut Soup

SALADS

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

PASTA

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

MAIN FARES

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

SIDE ORDERS

Sautéed Spinach Herb Crusted Tomato Steamed Vegetables Tomato Risotto

Pont Neuf Potatoes Angel Hair Pasta with Tomato Sauce Mashed Potatoes

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









