DINNER

THURSDAY, NOVEMBER 6, 1997 "GOLDEN PANAMA" CRUISE At Sea, En Route to Cozumel, Mexico

Maître d'Hôtel Josef Widmar Executive Chef Jürgen Klocker

CHEF'S SUGGESTIONS

Jumbo Prawn Cocktail with Creole Remoulade Sauce

Midwest Baby Corn Bisque with Bell Pepper Confit and Crisp Leek

Roasted American Prime Rib from Black Angus Beef With Natural Gravy, Creamed Horseradish, Corn on the Cob, Vichy Carrots, Broiled Tomato, and Baked Potato with Sour Cream and Chives

New York Cheesecake with Strawberry Sauce

FOR OUR VEGETARIANS

Eggplant and Poblano Pepper Terrine on Herb Coulis

Potato Gnocchi Enhanced with Italian Pesto, Presented on Tomato Sauce, and Topped with Parmesan Shavings

Apple Pie à la Mode

CELLAR MASTER SUGGESTIONS

WHITE WINE

By the Bottle: Cuvaison Chardonnay, Carneros 1995 – \$28.00 By the Glass: Robert Mondavi Chardonnay, Napa Valley 1995 – \$6.50

RED WINE

By the Bottle: Clos du Bois, Marlstone Vineyard, Alexander Valley 1993 – \$34.00 By the Glass: Chimney Rock Cabernet Sauvignon, Napa Valley, Stag's Leap District 1993 – \$7.50

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ТНЕ N LI GHTER SIDE

-DINNER-Thursday, November 6, 1997

LOW-FAT SELECTIONS

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

Eggplant and Poblano Pepper Terrine on Herb Coulis

Farfale Boscaiola Italian Pasta with Panchetta, Mushrooms, Onions, and Tomatoes

Sugar-Free Strawberry Cream Cake

Approximately per serving: Calories: 450 Protein: 45g Fat: 10g Cholesterol: 22mg Sodium: 320mg

S A L A D E N T R E E

Plain Grilled Chicken Breast On a Bed of Butter and Iceberg Lettuce, Garnished with Roasted Tomatoes, Celery, Kernel Corn, and Raisins, Served with Non-Fat Thousand Island Dressing

TRADITIONAL MAIN COURSES

AVAILABLE DAILY

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

Plain Grilled Fillet of Salmon Served with Potato and Vegetables of the Day

A P P E T I Z E R S

Jumbo Prawn Cocktail with Creole Remoulade Sauce Eggplant and Poblano Pepper Terrine on Herb Coulis Barbecued Quail on Kernel Corn-Tomato Salad Chilled Cup of Assorted Fruit with Orange Liqueur

SOUPS

Midwest Baby Corn Bisque with Bell Pepper Confit and Crisp Leek Consommé Double with Herbed Semolina Quenelles Cold Yogurt and Peach Soup with Toasted Coconuts

SALADS

Iceberg Lettuce Tossed in Bella Vista Dressing, Topped with Mango and Pineapple Cubes Heart of Boston Lettuce with Mushrooms, Yellow Tomatoes, and Fried Cheese Balls

> Traditional favorite dressings available, plus today's specials: Fat-Free Sesame French and Low-Calorie Tarragon Dressing

PASTA SPECIAL

Farfale Boscaiola - Italian Pasta with Panchetta, Mushrooms, Onions, and Tomatoes

MAIN COURSES

Grilled Fillet of Grouper On a Tomato-Artichoke Ragout, Served with Cucumber Beurre Blanc and Anna Potatoes

Roasted American Prime Rib from Black Angus Beef With Natural Gravy, Creamed Horseradish, Corn on the Cob, Vichy Carrots, Broiled Tomato, and Baked Potato with Sour Cream and Chives

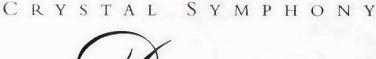
Roasted Chicken Breast On Mascarpone Polenta, with Sautéed Spinach, Surrounded by Rosemary Flavored Jus, and Topped with California Sun-Dried Tomato Confit

THE BLUE PLATE SPECIAL

Traditional American Meatloaf Oven Baked with Onion Gravy, Served with Green Peas, Carrots, and Mashed Potatoes

SIDE ORDERS

Broiled Tomato Corn on the Cob Vichy Carrots Wilted Greens Mashed Potatoes Steamed Rice Farfale Pasta with Tomato Sauce Green Peas and Carrots Upon request, dishes are available without sauce. Vegetables are also available steamed, without butter or salt.



ESSERT

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THURSDAY, NOVEMBER 6, 1997 "Golden Panama" Cruise At Sea, En Route to Cozumel, Mexico

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

SWEET FINALE

Apple Pie à la Mode

New York Cheesecake with Strawberry Sauce

Banana Split Sugar-Free Strawberry Cream Cake Homemade Cookies

Assortment of Fruit in Season

ICE CREAM FROZEN YOGURT SHERBET

Vanilla, Rum Raisin, Green Tea, or Chocolate Chip Ice Cream With Your Choice of Raspberry, Mango, or Chocolate Topping Freshly Frozen, Non-Fat Butter Pecan or Honey Almond Yogurt

Refreshing Tequila Sunrise Sherbet

SELECTIONS FROM THE CHEESE TROLLEY

Gorgonzola Tilsiter Norwegian Goat Jarlsberg Boursault 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

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