Thursday, January 23, 2003, Crystal Symphony, "Discovery of the Americas" At Sea, en Route to Fortaleza, Brazil

19

Maître d'Hôtel Josef Widmar, Executive Chef Jürgen Klocker

CHEF'S SUGGESTIONS

Chef Jürgen Klocker has selected these dishes for this evening:

Jumbo Shrimp Cocktail with Créole Rémoulade Sauce

Midwest Baby Corn Bisque with Bell Pepper Confit and Crisp Leek

Roasted American Prime Rib of Black Angus Beef With Natural Gravy, Creamy Horseradish, Vegetable Flan, Corn on The Cob, Broiled Tomato, and Baked Potato with Sour Cream and Chives

Créole Sour Cream Cheesecake with Homemade Caramel Sauce And Vanilla Ice Cream

ON THE LIGHTER SIDE

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

Iced Apple, Grape, and Pear Cup with Yogurt Calvados Topping

Medallions of Canadian Venison Served on Grilled Vegetables, Steamed Spinach, and Potato Balls

Nonfat Cappuccino Yogurt

VEGETARIAN SELECTIONS

Polenta con Funghi - Sautéed Forest Mushrooms with Creamy Polenta

Midwest Baby Corn Bisque with Bell Pepper Confit and Crisp Leek

Twice Baked Potatoes

Filled with Three Cheeses, Served on Vegetable Spaghetti, with Garlic Flavored Tomato Sauce

Chocolate Fudge Brownie Sundae

HEAD SOMMELIER'S SUGGESTIONS

White Wine

By the Bottle: Ferrari-Carano Winery, Alexander Valley 2000 – \$32.00 **By the Glass:** Frog's Leap Sauvignon Blanc, Napa Valley 2001 – \$6-50

Red Wine

By the Bottle: Groth Cabernet Sauvignon, Napa Valley 1998 – \$56.00 By the Glass: Murphy-Goode Estate Winery, Alexander Valley 2000 – \$6.50

Crystal Connoisseur Collection by the Bottle

White: Farniente Winery Chardonnay, Napa Valley 2000 - \$70.00 Red: Caymus Vineyards Cabernet Sauvignon, Special Selection, Napa Valley 1997 - \$185.00

For our more extensive selection, please ask your Sommelier.

APPETIZERS

Polenta con Funghi - Sautéed Forest Mushrooms with Creamy Polenta Barbecued Quail on Kernel Corn Tomato Salad

Iced Apple, Grape, and Pear Cup with Yogurt Calvados Topping

SOUPS AND SALADS

Chicken Broth with Matzo Balls

Chilled Banana Coconut Soup

Low sodium soups are available upon request

Medley of Selected Crunchy Field Greens Salad with Celery Chips and Shredded Carrots

Tossed Iceberg Lettuce Salad with Lorenzo Dressing on a Bed of Tomatoes

Traditional favorite dressings available, plus today's specials Fat-Free Apple Yogurt or Low Calorie Mango Passion Dressing

PASTA SPECIAL

Tagliatelle Pasta alla Emilione – Italian Pasta with Tomato Sauce, Bacon, Onions, Olives, and Herbs

SALAD ENTREE

Grilled Herb Marinated Salmon Fillet

On a Bed of Marinated Cucumbers, Fennel, Celery, Lollo Rosso, and Boston Lettuce in a Lemon-Olive-Mustard Dressing with Parmesan Shavings

MAIN FARES

Fresh Lemon Sole Fillets

In a Golden Herb Crust on Braised Fennel and Plum Tomatoes, Served with Mushroom and Asparagus Tips, and Buttered Potatoes

Medallions of Canadian Venison

On Game Sauce with Cranberry Apple Relish, Celery Purée, Mashed Sweet Potatoes, and Brussels Sprouts

THE BLUE PLATE SPECIAL:

Traditional American Meatloaf

Oven-Baked with Onion Gravy, Served with Mashed Potatoes and Sautéed Vegetable Wedges

Upon your request, these Traditional Main Fares are also available: Grilled Black Angus Filet Steak served with Green Asparagus, Carrot Wedges, New Potatoes and Natural Jus

or Roasted Chicken Breast served with Corn on the Cob, Crisp Bacon Strips, Broiled Tomato, Baked Potato, and Herb Flavored Gravy

SIDE ORDERS

Broiled Tomatoes Vegetable Flan Sautéed Vegetable Wedges Steamed Rice Mashed Potatoes Tagliatelle with Tomato Sauce

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

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Dessert

Thursday, January 23, 2003, Crystal Symphony, "Discovery of the Americas" At Sea, en Route to Fortaleza, Brazil Maître d'Hôtel **Josef Widmar**, Executive Chef **Jürgen Klocker** Executive Pastry Chef **Rolf Meier**

19

SWEET FINALE

Chef's Suggestion: Créole Sour Cream Cheesecake with Homemade Caramel Sauce and Vanilla Ice Cream

Bittersweet Chocolate Chunk Pecan Pie à la Mode

Chocolate Fudge Brownie Sundae

Sugar-Free Jello with Fresh Fruits

Sugar-Free Lemon Yogurt Timbale

Homemade Cookies

Assortment of Fruit in Season

On the Lighter Side: Nonfat Cappuccino Yogurt

ICE CREAM, FROZEN YOGURT, SHERBET

Vanilla, Macadamia Nut, Black Walnut, or Banana Ice Cream With your choice of Raspberry, Mango, or Chocolate Topping

Freshly Frozen, Nonfat Cappuccino or Cherry Vanilla Yogurt

Refreshing Piña Colada Sherbet

SELECTIONS FROM THE CHEESE TROLLEY

Crottin de Chavignol Roquefort Camembert Bell Paese Münster Served with Crackers and Biscuits

BEVERAGES

Freshly Brewed Coffee Decaffeinated Coffee Café Latte Cappuccino Espresso Selection of International Teas

HEAD SOMMELIER'S SUGGESTIONS

Dessert Wines By the Bottle: Kracher "Eiswein" Cuvée, Austria 1999 – \$32.00 By the Glass: Bonny Doon, "Vin de Glacière," California 1999 – \$5.50

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