



Luncheon

Monday, May 12, 2014

Crystal Dining Room, Crystal Symphony

At Sea En Route to Los Angeles, California, USA

Maître d'Hôtel Remi Szutkiewicz Executive Chef Peter Degner

CHEF'S SUGGESTIONS

Chef Peter Degner has selected these special luncheon dishes:

**Watermelon-Pistachio Couscous Tower Topped with Warm Smoked Chicken Breast,
Garnished with Fresh Figs and Berries**

Cajun Seafood Gumbo with Sticky Rice and Okra

***Grilled Beef Tenderloin Brochette**

With Glazed Vegetables, O'Brien Potatoes and Sauce Diablotine

Blueberry Cheesecake

VEGETARIAN SELECTIONS

Aubergine, Sprout & Noodle Salad with Peanut Dressing

Heart of Butter Lettuce with Mushrooms, Carrots and Red Radish

Vegetable Pad Thai

Thai Style Stir-Fried Rice Noodles, Bean Sprouts and Local Vegetables,
With Peanuts and Tofu

Apricot Palatschinken

ON THE LIGHTER SIDE

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

Chicken Broth "Mille Fanti"

Broiled Flounder Fillet

Served with Steamed Spinach, Brown Rice and Tomato Ragoût

Sugar-Free Soya Milk Vanilla Mousse

COMPLIMENTARY WINE SELECTIONS

White Wine:

Sauvignon Blanc Paddy Borthwick, Wairarapa, New Zealand 2012

Red Wine:

Blau, Can Blau Cellars, Grenache/Syrah, Montsant, Spain 2011

For our more extensive selection, please ask your Sommelier.

The Natura Water system is an environmentally friendly alternative to the waste associated with conventional bottled water. Be green, enjoy our pure, fresh and delicious water. It comes in both still or sparkling.



** United States Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.*



APPETIZERS AND SALAD

Assorted Hong Kong Dim Sum with Two Dipping Sauces

Watermelon-Pistachio Couscous Tower Topped with Warm Smoked Chicken Breast,
Garnished with Fresh Figs and Berries

Aubergine, Sprout and Noodle Salad with Peanut Dressing

Heart of Butter Lettuce with Mushrooms, Carrots and Red Radish

Traditional favorite dressings available, plus today's specials:

Fat-Free Refreshing Cranberry or Low-Calorie Dill Avocado Yogurt Dressing

SOUPS

Cajun Seafood Gumbo with Sticky Rice and Okra

Chicken Broth "Mille Fanti"

Low sodium soups are available upon request

PASTA SPECIAL

Penne Pasta "Ai Funghi" – Italian Pasta with Creamy Mushroom Sauce,
Italian Parsley and Parmesan Cheese

Available as Appetizer or Main Fare

MAIN FARES

*Captain's Favorite Seafood Salad – Chopped Mixed Lettuce, Tomatoes, Cucumbers
and Scallions in Herb Vinaigrette, Topped with Shrimp, Scallops and Fresh Fish Fillets

*Three Bean & Steak Salad – Assorted Marinated Bean Salad on Butter Lettuce,
Garnished with Tomatoes, Cucumbers and Palm Hearts, Topped with Sliced Garlic
Marinated Grilled Sirloin Steak

Fillet of Flounder "Orly" – Breaded and Golden-Fried Fillet of Flounder,
Served with Tomato Sauce, Basil Mashed Potatoes and Spinach

*Sandwich of the Day: Open-Faced Broiled Salmon and Cheddar Sandwich
Grilled Sourdough Bread with Grilled Salmon, Tomatoes, Avocado & Cheddar Cheese,
Served with Creamy Cucumber-Dill Salad, Trout Caviar Rémoûlade & Roasted Potatoes

*Grilled Beef Tenderloin Brochette with Glazed Vegetables, O'Brien Potatoes and
Sauce Diablotine

*American Hamburger or *Cheeseburger – Freshly Ground Beef Burger,
Grilled to Your Order, Served on a Toasted Homemade Brioche or Whole Wheat Bun
with Kosher Dill Pickles, Tomatoes, Sliced Onion Rings and French Fried Potatoes

*Additional Applewood Smoked Bacon, Grilled Onions and your Choice of Swiss, Blue or
Cheddar Cheese are available upon request.*

SIDE ORDERS

Garden Vegetables Mashed Potatoes Steamed Rice

Spaghetti with Tomato Sauce

Upon request, dishes are available without sauce and main courses can be served as half portions.

Vegetables are also available steamed, without butter or salt.

DESSERTS

Blueberry Cheesecake • Apricot Palatschinken

"Black Forest" Sundae: Sour Cherries, Vanilla Ice Cream, Sacher Sponge, Kirsch,
Crème Chantilly • Sugar-Free Soya Milk Vanilla Mousse

Vanilla, Strawberry Cheesecake or Chocolate Chip Cookie Dough Ice Cream
with your choice of Raspberry, Mango or Chocolate Topping

Assortment of Fruit in Season • Refreshing Orange Sherbet

Freshly Frozen, Nonfat Passion Fruit Yogurt • Soft Serve Vanilla Ice Cream

International Cheeses Served with Crackers and Biscuits