



# Luncheon

Tuesday, May 13, 2014

Crystal Dining Room, Crystal Symphony

At Sea, en Route to Los Angeles, California, USA

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Peter Degner

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## CHEF'S SUGGESTIONS

*Chef Peter Degner has selected these special luncheon dishes:*

**Warm Octopus Salad and Roasted Bell Peppers, Olives, Lemon & Herbs**

**Pasta e` Fagioli Soup with Fresh Sage**

**Chicken Parmigiana**

Breaded and Golden Fried Chicken Scaloppini, Gratinated with Mozzarella Cheese,  
Served with Spaghetti, Tomato Sauce and Garden Vegetables

**Chestnut Slice**

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## VEGETARIAN SELECTIONS

**Vegetable "Fritto Misto"** – Golden-Fried Sweet Potato, Mushrooms, Zucchini,  
Broccoli and Onion Rings, Served with Rosemary-Tomato Dip

**Heart of Romaine Lettuce with Fennel**

**Eggplant "Parmigiana"**

Golden Fried Eggplant with Tomato and Mozzarella Cheese,  
Served with Spaghetti, Tomato Sauce and Green Peas

**Apple Rice Pudding**

## ON THE LIGHTER SIDE

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

**Clear Beef Broth with Vegetables**

**Broiled Flounder Fillet**

Served with Steamed Spinach, Brown Rice and Tomato Ragoût

**Sugar-Free Blueberry Pie**

## COMPLIMENTARY WINE SELECTIONS

**White Wine:**

Chardonnay "C" Reserve, Arroyo Seco, California 2012

**Red Wine:**

Pinot Noir, Wavertree, Santa Rita Hills 2009

*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

**Vegetable "Fritto Misto"** – Golden-Fried Sweet Potato, Mushrooms, Zucchini, Broccoli and Onion Rings, Served with Rosemary-Tomato Dip

**Warm Octopus Salad and Roasted Bell Peppers, Olives, Lemon and Herbs**

**Palm Heart Cocktail with Heirloom Tomatoes**

**Heart of Romaine Lettuce with Fried Oysters and Tomatoes**

*Traditional favorite dressings available, plus today's specials:*

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

## SOUPS

**Pasta e' Fagioli Soup with Fresh Sage**

**Clear Beef Broth with Meat Strudel and Vegetables**

*Low sodium soups are available upon request*

## PASTA SPECIAL

**Lasagne alla Casalinga** – Layers of Ground Meat, Chopped Tomatoes, Spinach, Herbs and Pasta Sheets, Oven-Baked and Served with Tomato Sauce

*Available as Appetizer or Main Fare*

## MAIN FARES

**Salade Niçoise** – Anchovies, Sardines, Tuna Flakes, Olives, String Beans, Tomatoes, Red Onions, Potatoes and a Poached Egg, Served with Traditional French Dressing

**\*Chopped Vegetable and Steak Salad** – Mixed Greens, Avocado, Tomatoes, Green Beans, Broccoli, Zucchini, Bell Peppers and Artichokes, Tossed in Thousand Island Dressing, Topped with a Sliced, Grilled Minute Steak and Fried Onion Rings

**Flounder Fillet à la Parisienne**, Served with Sautéed Spinach, Glazed Carrot Sticks, Vapeur Potatoes and Rémooulade Sauce

**Sandwich of the Day: The Reuben Sandwich** – Corned Beef Brisket, Swiss Cheese, Sauerkraut and Thousand Island Dressing, on Rye Bread, Grilled to a Golden Brown, with French Fries and Creamy Dill Cucumber Salad

**Chicken Parmigiana** – Breaded and Golden Fried Chicken Scaloppini, Gratinated with Mozzarella Cheese, Served with Spaghetti, Tomato Sauce and Garden Vegetables

**\*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   Glazed Carrot Sticks**

**French Fries   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

**Chestnut Slice • Apple Rice Pudding**

**"California Strawberry" Sundae:** Marinated Strawberries, Strawberry Ice Cream,

**Cookies & Cream • Sugar-Free Blueberry Pie • Refreshing Lychee Sherbet**

**Vanilla, Strawberry or Chocolate Mint Chip Ice Cream**

**with your choice of Raspberry, Mango or Chocolate Topping**

**Assortment of Fruit in Season**

**Freshly Frozen, Nonfat Rum Yogurt • Soft Serve Vanilla Ice Cream**

**International Cheeses Served with Crackers and Biscuits**