



Luncheon

Wednesday, May 14, 2014

Crystal Dining Room, Crystal Symphony

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

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Peter Degner

CHEF'S SUGGESTIONS

Chef Peter Degner has selected these special luncheon dishes:

Golden Fried Chicken Liver with Tomato Salad and Sauce Rémooulade

Creamy Garbanzo Bean Soup with Pesto Croutons

Poached Cod Fillet

Served on Broccoli Purée with Potato Balls, Baby Shrimp, Vegetable Julienne and Creamy Chives Sauce

Dulche de Leche Cheesecake

VEGETARIAN SELECTIONS

Artichoke Heart, Tomato and Beet Cocktail with Orange-Yogurt Dressing

Vegetable Broth with Pumpkin, Green Peas & Brown Rice

Grilled Vegetable and Fontina Cheese Bagel

With Sun-Dried Tomato Aioli and Served with Sweet Potato Fries

Blueberry Kaiserschmarren

ON THE LIGHTER SIDE

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

Heart of Iceberg Lettuce with Boiled Egg, Swiss Cheese Sticks and Red Peppers

Plain Grilled Turkey Cutlet

With Roasted Turnips and Brown Rice, Topped with Tomato-Rosemary Ragoût

Sugar-Free Blanc Manche

COMPLIMENTARY WINE SELECTIONS

White Wine:

Sancerre, Le Mont, Foucher Lebrun, Loire Valley, France 2012

Red Wine:

Cabernet Sauvignon Vina Robles, Paso Robles, California 2010

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

Golden Fried Chicken Liver with Tomato Salad and Sauce Rémoulade
Melon Wedge with Marinated Baby Shrimp, Served with Sauce Marie Louise
Artichoke Heart, Tomato and Beet Cocktail with Orange-Yogurt Dressing
Heart of Iceberg Lettuce with Boiled Egg, Swiss Cheese Sticks and Red Peppers
*Traditional favorite dressings available, plus today's specials:
Fat-Free Tomato-Tarragon Vinaigrette or Low-Calorie Orange-Yogurt Dressing*

SOUPS

Creamy Garbanzo Bean Soup with Pesto Croutons
Whitefish Broth with Crab Meat, Pumpkin, Basil and Saffron
Low sodium soups are available upon request

PASTA SPECIAL

Tagliatelle "Alfredo" with Light White Wine Sauce, Nutmeg, Parsley and Parmesan
Available as Appetizer or Main Fare

MAIN FARES

Turkey, Shrimp & Orzo Salad – Orzo Pasta, Baby Shrimp, Apples, Grapes and Celery,
Tossed in Bella Vista Dressing on Crunchy Lettuce, Topped with
BBQ Turkey Medallion
Pasta Salad with Pesto and Grilled Chicken Breast on Fancy Lettuce Leaves,
Garnished with Buffalo Mozzarella, Olives, Tomatoes and Pine Nuts
Poached Cod Fillet Served on Broccoli Purée with Potato Balls, Baby Shrimp,
Vegetable Julienne and Creamy Chives Sauce
*Sandwich of the Day – BBQ Flank Steak on Multi Grain Bread Bun, with Lettuce,
Tomatoes, Grilled Onions and Ranch Dressing, Served with Creamy Pepper Slaw and
Rosemary Potatoes
Grilled Turkey Cutlet with Sweet Potato-Chorizo Hash, Roasted Turnips and
Honey Flavoured Gravy
*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, Onions and Lettuce
*Additional Applewood Smoked Bacon, Grilled Onions and your Choice of Swiss, Blue or
Cheddar Cheese are available upon request.*

SIDE ORDERS

Assorted Vegetables Roasted Turnips Rosemary Potatoes
French Fried Potatoes Tortiglioni Pasta 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

Dulche de Leche Cheesecake • Blueberry Kaiserschmarren
"Mud Slide" Sundae – Vanilla Ice Cream, Brownies, Chocolate Sauce & Chocolate Mousse
Sugar-Free Blanc Manche • Refreshing Mango Sherbet
Vanilla, Cookie Dough or Triple Caramel Ice Cream
with your choice of Raspberry, Mango or Chocolate Topping
Freshly Frozen, Nonfat Coffee Yogurt • Soft Serve Chocolate Ice Cream
Assortment of Fruit in Season
International Cheeses Served with Crackers and Biscuits