



Luncheon

Saturday, February 2, 2008
Crystal Dining Room, Crystal Symphony
At Sea, en Route to Oranjestad, Aruba, Netherlands Antilles, via the Panama Canal
Maitre d'Hôtel Remi Szutkiewicz Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

**Steamed Fresh Black Mussels Served with White Wine-Vegetable Sauce,
Spring Onions and Warm Garlic Bread**

Mushroom Consomme with Cheese Tortellini and Vegetables

Sandwich of the Day – Philadelphia Cheese Steak Sandwich

Thinly Sliced and Sautéed Beef Striploin with Sautéed Onions, Bell Peppers and
Mushrooms, Served on a Toasted Baguette and Topped with Melted Provolone Cheese,
Accompanied by Potato Chips, Marinated Pickles and Spicy Sauce on the Side

Rhubarb Streusel Tart à la Mode

VEGETARIAN SELECTION

Tomato Half Filled with Vegetable Salad, Served with Fresh Green Asparagus

Chilled Fresh Apple Soup with Lemon-Cinnamon Jelly

Vegetarian Sandwich

Marinated Grilled Eggplant, Zucchini, Tomatoes, Onions and Fennel on Grilled Rye Bread,
With Arugula and Rosemary Mayonnaise, Served with Sweet Potato Fries

Angel Food Cake with Strawberry Sauce

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 Butter Lettuce with Sprouts, Avocados, Strawberries, Citrus Fillets and Grapes

Pan-Seared Fillet of Fresh Tilapia

Accompanied by Steamed Vegetables, Topped with Tomato Confit

Sugar-Free Sour Cherry Custard Pie

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Sauvignon Blanc, Selaks, Marlborough, New Zealand 2006 \$7.50

Red Wine by the Glass:

Toro Gago, Compañia de Vinos Telmo Rodriguez, Toro, Spain 2004 \$8.00

For our complete selection of fine wines by the glass, please ask your Sommelier.



APPETIZERS AND SALAD

Steamed Fresh Black Mussels Served with White Wine-Vegetable Sauce,
Spring Onions and Warm Garlic Bread

Tomato Half Filled with Smoked Salmon Tartar, Served with Fresh Green Asparagus
and Sauce Marie Louise

Salami and Fresh Artichoke Salad with Tossed Greens

Heart of Butter Lettuce with Sprouts, Avocados, Strawberries, Citrus Fillets and Grapes

Traditional favorite dressings available, plus today's specials:

Fat-Free Russian or Low Calorie Red Wine Dressing

SOUPS

Kansas City Beef Soup

Mushroom Consommé with Cheese Tortellini and Vegetables

Chilled Fresh Apple Soup with Lemon-Cinnamon Jelly

Low sodium soups are available upon request

PASTA SPECIAL

Shell Pasta alla Calabrese with Tomatoes, Capers, Anchovies and Olives

Available as Appetizer or Main Fare

MAIN FARES

Farmer's Vegetable Salad – Diced Tomatoes, Iceberg Lettuce, Crumbled Feta Cheese,
Cucumbers, Red and Green Bell Peppers, and Red Onions, Served with a Light Herb
Vinaigrette, Topped with Grilled Chicken Breast

Avocado Half Stuffed with Curried Seafood Salad, Served with Assorted Summer Greens,
Sliced Tomatoes and Yogurt-Lime Dressing

Pan-Fried Fillet of Fresh Tilapia, Accompanied by Chardonnay Beurre Blanc,
Glazed Cucumber, Carrots, Broccoli and Parsley New Potatoes

Sandwich of the Day – Philadelphia Cheese Steak Sandwich

Thinly Sliced and Sautéed Beef Striploin with Sautéed Onions, Bell Peppers and
Mushrooms, Served on a Toasted Baguette and Topped with Melted Provolone Cheese,
Accompanied by Potato Chips, Marinated Pickles and Spicy Sauce on the Side

West Indian Lamb Curry in a Vegetable Couscous Ring with Fried Bananas,
Pappadams and Traditional Condiments

American Hamburger or Cheeseburger

Freshly Ground Beef Burger, Grilled to Your Order, Served on a Toasted Bun with
Pickles, Tomatoes, Sliced Onion Rings and French Fried Potatoes

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

SIDE ORDERS

French Fried Potatoes Vegetable Couscous Spaghetti with Tomato Sauce

Baked Potatoes Steamed Vegetables Parsley New Potatoes

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

Rhubarb Streusel Tart à la Mode

Angel Food Cake with Strawberry Sauce • Ice Cream Sundae "Black Forest"

Sugar-Free Blueberry Tartlet • Sugar-Free Sour Cherry Custard Pie

Vanilla, Chocolate Chip, Strawberry Cheesecake or Mocha Almond Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Refreshing Apricot Sherbet • Assortment of Fruit in Season

Freshly Frozen, Nonfat Raspberry or Cookies 'n' Cream Yogurt

International Cheeses Served with Crackers and Biscuits