



Luncheon

Sunday, February 3, 2008

Crystal Dining Room, Crystal Symphony

At Sea, en Route to Oranjestad, Aruba, Netherlands Antilles

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Fresh Artichoke Bottoms, Filled with Seafood Salad and Cocktail Sauce

Mexican Spicy Corn and Tortilla Soup

Sandwich of the Day – Black Angus Sirloin Steak

On Toasted Focaccia Bread with Horseradish Rémoulade, Lettuce, Tomatoes,
Fried Onion Rings and Country-Fried Potatoes

Honey Almond Tart à la Mode

VEGETARIAN SELECTIONS

Heart of Romaine Lettuce with Marinated White Cabbage Salad and Pineapple Bits

Mexican Spicy Corn and Tortilla Soup

Vegetarian Taco

Vegetable Lentil Stew in a Crisp Taco with Shredded Lettuce, Goat Cheese, Tomatoes,
Peppers and Sour Cream, Served with Tomato Salsa and Guacamole

Chocolate Pecan Nut Roulade

ON THE LIGHTER SIDE

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

Cornets of Ham, Filled with Black Pepper Boursin Cheese and Cornichons

Traditional Chef's Salad

Bed of Crisp Iceberg Julienne, Topped with Jarlsberg Cheese, Roast Beef, Ham and
Bell Pepper Rings, Garnished with Jumbo Prawns and Egg Slices,
Served with Thousand Island Dressing

Refreshing Watermelon Sherbet

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

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

Red Wine by the Glass:

Syrah, Curtis Winery, Santa Barbara County, California 2004 \$8.50

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



APPETIZERS AND SALAD

Fresh Artichoke Bottoms, Filled with Seafood Salad and Cocktail Sauce
Cornets of Ham, Filled with Black Pepper Boursin Cheese and Cornichons
Breaded and Golden-Fried Crab Croquettes, Served on Marinated Greens
Heart of Romaine Lettuce with Marinated White Cabbage Salad and Pineapple Bits

*Traditional favorite dressings available, plus today's specials:
Fat-Free Bella Vista or Low-Calorie Red Wine Dressing*

SOUPS

Mexican Spicy Corn and Tortilla Soup
Beef Broth with Liver Dumplings and Fresh Chives
Avocado Gazpacho with Salsa Fresca

Low sodium soups are available upon request

PASTA SPECIAL

Spaghetti Carbonara – Pasta with Cream, Panchetta, Parmesan and Italian Parsley

Available as Appetizer or Main Fare

MAIN FARES

Pasta Salad & Grilled Vegetable Salad – Farfalle with Grilled Vegetables, Tomatoes, and Crunchy Greens Marinated in Tomato Vinaigrette and Sprinkled with Sunflower Seeds

Traditional Chef's Salad – Bed of Crisp Iceberg Julienne, Topped with Jarlsberg Cheese, Roast Beef, Ham and Bell Pepper Rings, Garnished with Jumbo Prawns and Egg Slices, Served with Thousand Island Dressing

Captain's Seafood Basket – Crispy Tortilla Basket with Golden-Fried Whitefish Fillets, Jumbo Prawns, Scallops and Calamari, Served with Cucumber Rémoulade

Sandwich of the Day – Grilled Black Angus Sirloin Steak

On Toasted Focaccia Bread with Horseradish Rémoulade, Lettuce, Tomatoes, Fried Onion Rings and Country-Fried Potatoes

Chicken Enchiladas – Sautéed Chicken Strips in Spicy Cream Cheese Sauce, Folded in a Soft Tortilla, Served with Guacamole and Refried Beans

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

Steamed Vegetables Refried Beans Fried Onion Rings Parsley Potatoes
Country-Fried Potatoes Capellini 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

Honey Almond Tart à la Mode • Chocolate Pecan Nut Roulade

Ice Cream Sundae "Pear Helene"

Sugar-Free Almond Panna Cotta • Sugar-Free Coconut Snowball

Vanilla, Strawberry, Blueberry Cheesecake or Green Tea Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Refreshing Watermelon Sherbet • Assortment of Fruit in Season

Freshly Frozen, Nonfat Butter Pecan or Cherry Vanilla Yogurt

International Cheeses Served with Crackers and Biscuits