



Luncheon

Monday, February 4, 2008
Crystal Dining Room, Crystal Symphony
In the Port of 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:

Creamy Tuna Salad with Melon Fan Drizzled with Chive Sauce

Cream of Broccoli with Garlic Croutons

Beef Tacos

Spicy Ground Beef in a Taco Shell, Served with Guacamole, Refried Beans and Traditional Condiments

Chocolate Marsala Cake à la Mode

VEGETARIAN SELECTIONS

Bibb Lettuce with Marinated Black Bean and Palm Heart Salad

Tomato-Flavored Consommé with Ricotta-Basil Quenelles

Fava Bean, Shiitake Mushroom and Tofu Omelet

With Roasted Herb Potatoes and Cumin-Roasted Macédoine of Vegetables

Ice Cream Sundae "Fudge Brownie"

ON THE LIGHTER SIDE

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

Salad of Grilled Zucchini, Peppers and Eggplant with Mint-Red Onion Relish

Cioppino

Seafood Stew with Mussels, Prawns, Sea Scallops and Fresh Fish, In a Tomato-Flavored Broth with Herbs and Vegetables

Freshly Frozen, Nonfat Cappuccino Yogurt

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Pinot Grigio, Santa Margherita, Valdadige, Italy 2006 \$8.00

Red Wine by the Glass:

Chianti Classico, Fattoria Fontodi, Tuscany, Italy 2004 \$10.00

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



APPETIZERS AND SALAD

Creamy Tuna Salad with Melon Fan Drizzled with Chive Sauce
Fritto Misto with Tossed Greens and Ancho-Chili Rémoulade
Salad of Grilled Zucchini, Peppers and Eggplant with Mint-Red Onion Relish
Bibb Lettuce with Marinated Black Bean and Palm Heart Salad

*Traditional favorite dressings available, plus today's specials:
Fat-Free Yogurt-Chive or Low Calorie Italian Dressing*

SOUPS

Cream of Broccoli with Garlic Croutons
Tomato-Flavored Consommé with Ricotta Basil Quenelles
Cold Cream of Guava and Pineapple

Low sodium soups are available upon request

PASTA SPECIAL

**Spaghetti with Meatballs, Fresh Tomato-Basil Sauce and
Freshly Grated Pecorino-Romano Cheese**

Available as Appetizer or Main Fare

MAIN FARES

Ocean Garden Basket – Grilled Salmon, Shrimp and Fried Squid,
Served in a Giant Lettuce Basket, Garnished with Tomatoes, Cucumbers and Boiled Egg,
Served with Thousand Island Dressing

Chopped Garden Salad – Crunchy Garden Greens with New Potatoes, Mushrooms,
Cucumbers, Olives and Emmenthaler Cheese, Served with Tomato-Herb Vinaigrette,
and Fried Falafel

Cioppino – Seafood Stew with Mussels, Prawns, Sea Scallops and Fresh Fish,
in a Tomato-Flavored Broth with Herbs, Vegetables and Warm Garlic Bread

Beef Tacos – Spicy Ground Beef in a Taco Shell, Served with Guacamole,
Refried Beans and Traditional Condiments

Sandwich of the Day – B.L.T. and Cheddar Cheese
Freshly Toasted Sourdough Bread with Bacon, Lettuce, Tomato and Cheddar Cheese,
Served with French-Fried Potatoes and Fresh Beetroot Salad

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 Mixed Vegetables Refried Beans
Country-Fried Potatoes 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

Chocolate Marsala Cake à la Mode • Passion Fruit Chiffon Pie
Ice Cream Sundae “Fudge Brownie”
Sugar-Free Apple Pie • Sugar-Free Mixed Fruit Tartlet
Vanilla, Chocolate, Butter Almond or Strawberry Cheesecake Ice Cream
with your choice of Raspberry, Mango or Chocolate Topping
Refreshing Key Lime Sherbet • Assortment of Fruit in Season
Freshly Frozen, Nonfat Peach or Cappuccino Yogurt
International Cheeses Served with Crackers and Biscuits