



Luncheon

Wednesday, February 6, 2008
Crystal Dining Room, Crystal Symphony
In the Port of St. John's, Antigua, West Indies

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Cucumber Boat Filled with Baby Shrimp with Sauce Marie Louise

Farmer's Style Lentil Soup with Sliced Frankfurters

Country-Fried Chicken

Marinated with Herbs, Presented with Light Bacon Gravy,
Peach Filled with Lingonberries and Mashed Potatoes

Boston Cream Pie à la Mode

VEGETARIAN SELECTIONS

Crisp Iceberg Lettuce with Red Skin Potatoes, Artichoke Hearts and Tomatoes

Chilled Raspberry Soup with Lemon Segment and Watermelon Cubes

Vegetable Chow Mein

Stir-Fried Garden Vegetables and Asian Mushrooms in Oyster-Soy Sauce,
Served on Fried Mein Noodles, Topped with Grilled Tofu

Ice Cream Sundae "Boy Scout"

ON THE LIGHTER SIDE

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

Chicken Consommé "Printanière"

Pan-Fried Fresh Flounder

On Glazed Dill Cucumbers with Riesling Beurre Blanc

Sugar-Free Banana Split

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Sauvignon Blanc, Groth Vineyards & Winery, Napa Valley 2006 \$8.00

Red Wine by the Glass:

Pinot Noir, Candela Winery, "Pisoni Vineyard," Santa Lucia Highlands,
Monterey County 2005 \$9.00

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



APPETIZERS AND SALAD

Cucumber Boat Filled with Baby Shrimp with Sauce Marie Louise
Turkey-Avocado Roll in a Honey-Wheat Wrapper on Tossed Greens
Grilled Eggplant Tower with Sprout-Noodle Salad and Peanut Dressing
Crisp Iceberg Lettuce with Red Skin Potatoes, Artichoke Hearts and Tomatoes

Traditional favorite dressings available, plus today's specials:

Fat-Free Lemon-Basil or Low-Calorie Thousand Island Dressing

SOUPS

Farmer's Style Lentil Soup with Sliced Frankfurters
Chicken Consommé "Printanière"
Chilled Raspberry Soup with Lemon Segment and Watermelon Cubes

Low sodium soups are available upon request

PASTA SPECIAL

Tubetti Pasta au Gratin – Pasta with Ham, Spinach, Mushrooms and Cream,
Gratinated with Mozzarella Cheese

Available as Appetizer or Main Fare

MAIN FARES

Smoked Salmon Salad – Crunchy Romaine Lettuce Tossed with Sour Cream-Garlic-
Herb Dressing, Topped with Smoked Salmon Roses, Garlic Croutons and
Small Cheddar Cheese Sticks

Lamb Kofta and Couscous Salad – Chopped Vegetable, Cous Cous Salad and
Crunchy Lettuce with Lemon-Olive Oil Vinaigrette, Topped with Lamb Kofta
Brochette and Cucumber Mint Tip

Fresh Fillet of Flounder "Parisienne" Served with Dill Cucumbers,
Glazed Carrot Sticks, Boiled Potatoes and Tartar Sauce

Sandwich of the Day – Six Star Ham and Cheese
Grilled Ham, Mozzarella and Red Onions on Toasted Sourdough Bread,
Served with Gaufrette Potatoes and Carrot-Corn Slaw

Country-Fried Chicken Marinated with Herbs, Presented with Light Bacon Gravy,
Peach Filled with Lingonberries and Mashed Potatoes

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

Seasonal Vegetables French Fried Potatoes Sautéed Dill Cucumbers
Baked Potato with Sour Cream 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

Boston Cream Pie à la Mode
Lemon Roulade with Fudge Sauce • Ice Cream Sundae "Boy Scout"
Sugar-Free Banana Split • Sugar-Free Strawberry Tartlet
Vanilla, Chocolate, Butter Almond or Strawberry Cheesecake Ice Cream
with your choice of Raspberry, Mango or Chocolate Topping
Refreshing Lychee Sherbet • Assortment of Fruit in Season
Freshly Frozen, Nonfat Butter Pecan or Strawberry Yogurt
International Cheeses Served with Crackers and Biscuits