



Luncheon

Sunday, February 10, 2008
Crystal Dining Room, Crystal Symphony
At Sea, en Route to Miami, Florida, USA

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Smoked Salmon Quesadillas with Sour Cream and Salsa Picante

Cajun Seafood Gumbo with Rice and Okra

Jambalaya

New Orleans Style Lightly-Spiced Rice Dish with Chicken, Sausages,
Onions, Celery, Peppers and Tomatoes

Pumpkin Pie à la Mode

VEGETARIAN SELECTIONS

Pineapple Carpaccio with Plums, Cottage Cheese and Banana Bread

Clear Vegetable Broth with Cheese Biscuits

Poached Eggs "Florentine"

Poached Eggs on Sauteed Spinach, Gratinated with Truffle Hollandaise,
Served with Grilled Polenta Sticks and Assorted Baby Vegetables

Malakoff Cake

ON THE LIGHTER SIDE

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

Crisp Butter Lettuce with Marinated Navy Beans and Cauliflower Salad

Grilled Fresh Costa Rican Queens Sea Bass

Served with Steamed Rice, Grilled Garlic Zucchini and Tomato, Olive and Basil Salsa

Sugar-Free Lemon Wheel

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

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

Red Wine by the Glass:

Cabernet Sauvignon, Alexander Valley Winery, Alexander Valley 2004 \$8.50

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



APPETIZERS AND SALAD

Smoked Salmon Quesadillas with Sour Cream and Salsa Picante
Honey-Cured Turkey Ham with Apple, Walnut Salad, and Dried Cranberries
Pineapple Carpaccio with Plums, Cottage Cheese and Banana Bread
Crisp Butter Lettuce with Marinated Navy Bean Salad and Cauliflower Salad

Traditional favorite dressings available, plus today's specials:

Fat-Free Cucumber-Garlic or Low-Calorie Papaya-Ginger Vinaigrette

SOUPS

Cajun Seafood Gumbo with Rice and Okra

Chicken Consommé with Cheese Biscuits

Chilled Cucumber Soup with Sour Cream, Dill and Baby Shrimp

Low sodium soups are available upon request

PASTA SPECIAL

Penne Pasta "Arrabbiata"

Pasta Tossed in Spicy Tomato Sauce with Roasted Garlic,
Topped with Parmesan Cheese and Chopped Parsley

Available as Appetizer or Main Fare

MAIN FARES

Tuna Salad – Creamy Tuna Salad on Crisp Fennel and Tomato Salad
With Garden Greens and Warm Pita Bread

Traditional California Cobb Salad – Diced Chicken, Tomatoes, Avocado, Boiled Eggs,
Iceberg and Romaine Lettuce, Blue Cheese and Crisp Bacon with a Light Herb Vinaigrette

Costa Rican Queens Sea Bass, Served on Grilled Red Skin Potatoes with
Garden Vegetables and Tomato, Olive and Basil Salsa

Sandwich of the Day – Grilled Flank Steak on Toasted Six Grain Bread,
Served with BBQ Sauce, Lettuce, Tomatoes, Fried Onion Rings and Rosemary Fries

Jambalaya – New Orleans Style Lightly Spiced Rice Dish with Chicken, Sausages,
Onions, Celery, Peppers and Tomatoes

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

Rosemary Fries Assorted Garden Vegetables Mashed Potatoes

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

Pumpkin Pie à la Mode • Malakoff Cake

Ice Cream Sundae "Peach Melba"

Sugar-Free Lemon Wheel • Sugar-Free Frozen Orange Soufflé

Vanilla, Strawberry or Spumoni Ice Cream

With your choice of Raspberry, Mango or Chocolate Topping

Freshly Frozen, Nonfat Vanilla or Orange Yogurt

Refreshing Banana Sherbet • Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits