



Luncheon

Tuesday, February 12, 2008
Crystal Dining Room, Crystal Symphony
At Sea, en Route to George Town, Grand Cayman, British West Indies
Maitre d'Hôtel Remi Szutkiewicz Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Fresh Mussels

Served in a Light White Wine Sauce with Garlic Bread

Argentinian Creamy Beef Soup

Pan-Seared Fillet of Fresh Plaice

Accompanied by Chardonnay Beurre Blanc, Steamed Vegetables and Chive Mashed Potatoes

Strawberry Slice à la Mode

VEGETARIAN SELECTION

Tomato Half Filled with Vegetable Salad, Served with Fresh Asparagus

Vegetable Consommé with Vegetables and Pasta

Vegetarian Sandwich

Marinated Grilled Eggplant, Zucchini, Tomatoes, Onions and Fennel on Grilled Rye Bread With Rosemary Mayonnaise, Served with Roasted Pesto Potatoes

Irish Coffee Cream 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:

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

Grilled Turkey Cutlet

With Fresh Vegetables, White Rice and Natural Gravy

Sugar-Free Kiwi Tartlet

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Pouilly-Fuissé, Louis Jadot, Burgundy, France 2006 \$8.50

Red Wine by the Glass:

Cabernet Sauvignon, Cuvaison Winery, Napa Valley 2005 \$10.00

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



APPETIZERS AND SALAD

Fresh Mussels Served in a Light White Wine Sauce with Garlic Bread

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

Salami and Fresh Artichoke Salad with Marinated 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

Vegetable Consommé with Tortellini and Vegetables

Argentinian Creamy Beef Soup

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

MAIN FARES

Farmer's Vegetable Salad – Diced Tomatoes, Iceberg Lettuce, Crumbled Feta Cheese, Cucumbers, Bell Peppers and Red Onions, Served with a Light Herb Vinaigrette with Pumpkin Seed Oil

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

Pan-Seared Fillet of Fresh Plaice Accompanied by Chardonnay Beurre Blanc, Steamed Vegetables and Chive Mashed Potatoes

Grilled Turkey Cutlet on Sweet Mashed Potatoes,
Served with Macédoine of Fresh Vegetables and Honey-Green Peppercorn Sauce

Sandwich of the Day – Philadelphia Cheese Steak

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

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

Sweet Mashed Potatoes French Fried Potatoes Macédoine of Fresh Vegetables
Steamed Vegetables Shell Pasta 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

Strawberry Slice à la Mode • Irish Coffee Cream Cake

Ice Cream Sundae "Eaton Mess"

Sugar-Free Pineapple Pudding • Sugar-Free Kiwi Tartlet

Vanilla, Strawberry, Chocolate or Double Caramel Ice Cream

With your choice of Strawberry, Mango or Chocolate Topping

Refreshing Apple Sherbet • Assortment of Fruit in Season

Freshly Frozen, Nonfat Chocolate or Cappuccino Yogurt

International Cheeses, Served with Crackers and Biscuits