



Luncheon

Saturday, February 16, 2008

Crystal Dining Room, Crystal Symphony

At Sea, en Route to Caldera, Costa Rica, via the Panama Canal

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Crispy Fried Calamari with Aioli and Warm Garlic Bread

Cream of Tomato Soup Flavored with Tequila

Pan-Fried Calf's Liver

Topped with Grilled Golden Delicious Apples, Smothered Onions, Mashed Potatoes, Sautéed Carrots and Green Beans and Sherry-Flavored Gravy

Boston Cream Pie with Rocky Road Ice Cream

VEGETARIAN SELECTIONS

Palm Heart, Avocado and Endive Cocktail with Orange-Yogurt Dressing

Cream of Tomato Soup with Tequila

Three-Bean and Vegetable Chili

Served in Cilantro-Rice Pilaf Ring with Sour Cream, Cheddar Cheese, Guacamole, Salsa and Corn Chips

Lemon Roulade with Fudge Sauce

ON THE LIGHTER SIDE

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

Trio of Ham with Mixed Pickles, Freshly Grated Horseradish and Onion Mustard Relish

Farfalle Pasta

With Roasted Bell Peppers, Tomato, Smoked Chicken Breast and Parmesan Cheese

Sugar-Free Banana Split

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Riesling, Kabinett, August Kessler, Rheingau, Germany 2005 \$8.00

Red Wine by the Glass:

Syrah, Crossroads Vineyard "Curtis," Santa Barbara County, California 2005 \$8.50

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



APPETIZERS AND SALAD

Crispy Fried Calamari with Aioli and Warm Garlic Bread
Trio of Ham with Mixed Pickles, Freshly Grated Horseradish and Onion Mustard Relish
Palm Heart, Avocado and Endive Cocktail with Orange-Yogurt Dressing
Carrot-Apple and Dried Date Salad on Mesclun Lettuce

*Traditional favorite dressings available, plus today's specials:
Fat-Free Thousand Island Dressing or Low-Calorie Tomato-Basil Vinaigrette*

SOUPS

Cream of Tomato Flavored with Tequila
Chicken Consommé with Vegetable Julienne and Noodles
Chilled Raspberry and Yogurt Soup

Low sodium soups are available upon request

PASTA SPECIAL

Farfalle Pasta with Roasted Bell Peppers, Tomato, Smoked Chicken Breast and Parmesan Cheese

Available as Appetizer or Main Fare

MAIN FARES

Golden-Fried Fish Fingers on Crunchy Lettuce Leaves, with Cucumbers, Tomatoes, Daikon and Pineapple Chunks, Served with a Tangy Dressing

Chicken Tostada Salad – Warm, Sautéed Chicken Strips and Bell Pepper Sticks, Served in a Giant Tortilla Basket, Garnished with Crunchy Lettuce, Kernel Corn, Red Onions, Cucumbers and Shredded Cheddar Cheese

Broiled Grouper Fillets with Rice Pilaf and Oven-Roasted Vegetables, Topped with Corn and Tomato Salsa

Pan-Fried Calf's Liver Topped with Grilled Golden Delicious Apples, Smothered Onions, Mashed Potatoes, Sautéed Carrots and Green Beans and Sherry-Flavored Gravy

Sandwich of the Day: Six Star Ham and Cheese – Grilled Ham, Mozzarella and Red Onions on Toasted Sun Dried Tomato Bread, Served with Potato Chips and Carrot-Corn Slaw

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

Mashed Potatoes Sautéed Carrots and Green Beans

Steamed Garden Vegetables Farfalle 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 with Rocky Road Ice Cream

Lemon Roulade with Fudge Sauce • Ice Cream Sundae "Boy Scout"

Sugar-Free Banana Split • Sugar-Free Strawberry Tartlet

Vanilla, Strawberry, Rocky Road or Chocolate Ice Cream

With your choice of Strawberry, Mango, or Chocolate Topping

Freshly Frozen, Nonfat White Chocolate or Raspberry Yogurt

Refreshing Lychee Sherbet • Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits