



Luncheon

Monday, February 18, 2008

Crystal Dining Room, Crystal Symphony

In the Port of Caldera, Costa Rica

Maitre d'Hôtel Remi Szutkiewicz Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Stuffed Roast Beef Roll with French Vegetable Salad

Cream of Carrot and Ginger with Whole Wheat Croutons

Fish 'n' Chips

Fresh Cod Fish Fillets Dipped in Beer Batter and Golden-Fried,

Served with Crisp Slaw, French Fried Potatoes, Sauce Rémoulade and Malt Vinegar

Chocolate Pistachio Truffle Tart

VEGETARIAN SELECTIONS

Oak Leaf Lettuce with Tomato, Olives, Celery and Garbanzo Beans

Chilled Lime-Buttermilk Soup with Tropical Fruit Ratatouille

Vegetable Burrito

Sautéed Vegetables and Mushrooms in a Spicy Sauce, Folded in a Soft Flour Tortilla,

Served with Green Rice, Okra Fritters and Refried Beans

Budapest Slice

ON THE LIGHTER SIDE

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

Vegetable Consommé Mille Fanti

Salade Niçoise

Tuna Flakes, Anchovies, Tomatoes, Olives, Sardines, Green Beans,

Onion Rings, Boiled Eggs and Potatoes on a Bed of Crisp Lettuce,

Served with Low-Calorie French Dressing

Sugar-Free Rhubarb Compote with Diet Ice Cream

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

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

Red Wine by the Glass:

Cabernet Sauvignon, Crystal Cruises Vineyards & Winery "C," Reserve,

Sommeliers Selection, Napa Valley 2005 \$10.50

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



APPETIZERS AND SALAD

Conch and Vegetable Fritters with Spicy Sauce
Papaya Boat with Creamy Seafood Salad
Stuffed Roast Beef Roll with French Vegetable Salad
Oak Leaf Lettuce with Tomato, Olives, Celery and Garbanzo Beans
*Traditional favorite dressings available, plus today's specials:
Fat-Free Cucumber-Carrot Yogurt or Low-Calorie French Dressing*

SOUPS

Cream of Carrot and Ginger with Whole Wheat Croutons
Vegetable Consommé Mille Fanti
Chilled Lime-Buttermilk Soup with Tropical Fruit Ratatouille
Low sodium soups are available upon request

PASTA SPECIAL

Campanelle Pasta with Chicken Bolognese, Tomatoes and Grilled Mushrooms
Available as Appetizer or Main Fare

MAIN FARES

Salade Niçoise – Tuna Flakes, Anchovies, Tomatoes, Olives, Sardines, Green Beans, Onion Rings, Boiled Eggs and Potatoes on a Bed of Crisp Lettuce, Served with Traditional French Dressing
Chinoise Chicken Salad – Shredded Roast Chicken, Julienne of Napa Cabbage, Lettuce, Snow Peas, Carrots, Celery, Onions, Peanuts and Sesame Seeds, Tossed with Chinese Mustard Dressing, Garnished with Crisp Won Ton Skins and Fresh Cilantro
Fish 'n' Chips – Fresh Cod Fish Fillets Dipped in Beer Batter and Golden-Fried, Served with Crisp Slaw, French-Fried Potatoes, Sauce Rémoûlade and Malt Vinegar
Sandwich of the Day – The Tuna Melt
Tuna Salad on Toasted English Muffin, with Melted American Cheese, Served with Fruit Garnish and Potato Chips
Grilled German Bratwurst – Grilled Veal Sausages, Served with Sautéed Potatoes, Sauerkraut and Bacon Gravy
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 Vegetables Sautéed Potatoes Sauerkraut
White Rice Baked Potato 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 Pistachio Truffle Tart • Budapest Slice
Ice Cream Sundae "Mint Julip" • Sugar-Free Cocoa Mousse
Sugar-Free Rhubarb Compote with Diet Ice Cream
Vanilla, Chocolate Chip, Strawberry Cheesecake or Mocha Ice Cream
With your choice of Raspberry, Mango or Chocolate Topping
Freshly Frozen, Nonfat New York Cheesecake or Cherry Vanilla Yogurt
Refreshing Guava Sherbet • Assortment of Fruit in Season
International Cheeses Served with Crackers and Biscuits