



# Luncheon

Friday, February 22, 2008  
Crystal Dining Room, Crystal Symphony  
At Sea, en Route to Cabo San Lucas, Mexico

Maitre d'Hôtel Remi Szutkiewicz   Executive Chef Markus Nufer

---

## CHEF'S SUGGESTIONS

*Chef Markus Nufer has selected these special luncheon dishes:*

**Chicken Croquette with Cajun Mayonnaise and Kernel Corn Salad**

**Navy Bean Soup with Crisp Bacon**

**Sandwich of the Day – The Reuben**

Corned Brisket, Swiss Cheese, Sauerkraut and Thousand Island Dressing on Rye Bread,  
Grilled Golden-Brown, Served with French-Fried Potatoes and Crisp Slaw

**Chocolate Marsala Cake à la Mode**

---

## VEGETARIAN SELECTIONS

**Mexican Guacamole and Salsa Piquante with Crisp Corn and Flour Tortilla Chips**

**Vegetable Broth with Little Cheddar Cheese and Chive Sandwiches**

**Spinach and Tofu Tart Baked in Filo**

On Cherry Tomato, Roasted Red Beet and Garbanzo Bean Salad,  
Drizzled with Cucumber-Mint Yogurt

**Ice Cream Sundae “Fudge Brownie”**

## ON THE LIGHTER SIDE

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

**Antipasto Plate – Sardines, Prosciutto, Bell Peppers, Mozzarella Cheese,  
Artichokes, Olives and Salami**

**Pan-Fried Fillet of Rainbow Trout**

with Steamed Garden Vegetables and Eggplant Caviar

**Sugar-Free Mixed Fruit Tartlet**

## HEAD SOMMELIER'S SUGGESTIONS

**White Wine by the Glass:**

Sauvignon Blanc, Selaks, Marlborough, New Zealand 2006 \$7.50

**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

**Antipasto Plate** – Sardines, Prosciutto, Bell Peppers, Mozzarella Cheese, Artichoke, Olives, and Salami, Served with Grissini Sticks

**Chicken Croquette** with Cajun Mayonnaise and Kernel Corn Salad

**Mexican Guacamole and Salsa Piquante** with Crisp Corn and Flour Tortilla Chips

**Heart of Butter Lettuce** with Shredded Carrots and Pineapple-Couscous Salad

*Traditional favorite dressings available, plus today's specials:*

*Fat-Free Ginger-Papaya Vinaigrette or Low Calorie Red Beet-Yogurt Dressing.*

## SOUPS

**Navy Bean Soup** with Crisp Bacon

**Vegetable Broth** with Little Cheddar Cheese and Chive Sandwiches

**Chilled Sweet Pepper Soup** with Asparagus Salad

*Low sodium soups are available upon request.*

## PASTA SPECIAL

**Cheese Tortellini** with Smoked Salmon, Green Peas, Tomato Concasse, Dill and Cream

*Available as Appetizer or Main Fare*

## MAIN FARES

**Chopped Texas Salad Potpourri** – Red and Green Bell Peppers, Black Beans, Ham, Turkey, Red and Green Cabbage, Tortilla Chips and Mixed Greens, Tossed in a Light Cajun Dressing

**Grilled Beef Tenderloin Brochette** on Tossed Greens and Tomato Salad, Served with Crispy Fried Onion Rings, and Thousand Island Dressing

**Pan-Fried Fillet of Rainbow Trout "Almondine"**

Herb Potatoes and Almond Butter, on Eggplant Caviar, With Vegetable Medley

**Sandwich of the Day – The Reuben**

Corned Brisket, Swiss Cheese, Sauerkraut and Thousand Island Dressing on Rye Bread, Grilled Golden-Brown, Served with French-Fried Potatoes and Crisp Slaw

**Chicken in the Pot** – Chicken Simmered in its Own Broth with Fresh Vegetables, Served with Matzo Balls and Egg Noodles

**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

**Assorted Steamed Vegetables**   **Mashed Potatoes**   **Crisp Slaw**

**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

**Chocolate Marsala Cake à la Mode** • **Passion Fruit Chiffon Pie**

**Ice Cream Sundae "Fudge Brownie"**

**Sugar-Free Vanilla Mousse** • **Sugar-Free Mixed Fruit Tartlet**

**Vanilla, Chocolate, Cherry Vanilla or Strawberry Ice Cream**

**With Your Choice of Butterscotch, Mango or Vanilla Sauce**

**Freshly Frozen, Nonfat Peach or Cappuccino Yogurt**

**Refreshing Key Lime Sherbet** • **An Assortment of Fruit in Season**

**International Cheeses, Served with Crackers and Biscuits**