



Luncheon

Sunday, February 24, 2008
Crystal Dining Room, Crystal Symphony
At Sea, en Route to Los Angeles, California

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 Guacamole

Cajun Seafood Gumbo with Rice and Okra

Jambalaya

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

Chocolate Whiskey Tart à la Mode

VEGETARIAN SELECTIONS

Pineapple Carpaccio with Berries, 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 Vegetables

Mango 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:*

Beef Consommé with Cheese Biscuits

Traditional California Cobb Salad

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

Refreshing Blueberry Lime Sherbet

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass:

Sauvignon Blanc, "Lahn," St. Michael Eppan, Alto Adige, Italy 2006 \$9.50

Red Wine by the Glass:

Pinot Noir, Rex Hill Winery, Willamette Valley, Oregon 2006 \$9.00

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



APPETIZERS AND SALAD

Smoked Salmon Quesadillas with Sour Cream and Guacamole
Honey-Cured Turkey Ham with Apple, Walnut Salad and Dried Cranberries
Pineapple Carpaccio with Berries, Cottage Cheese and Banana Bread
Crisp Romaine Lettuce with Marinated Broccoli 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
Beef Consommé with Cheese Biscuits
Chilled Cucumber Soup with Sour Cream, Dill and Baby Shrimp

Low sodium soups are available upon request

PASTA SPECIAL

Linguine "Alfredo"
Pasta in Light White Wine Sauce with Nutmeg and Parmesan Cheese

Available as Appetizer or Main Fare

MAIN FARES

Tuna Salad – Creamy Tuna Salad on Crisp Daikon 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

Broiled Blackened Tilapia Fillet, Served on Garlic Mashed Potatoes,
Steamed Vegetables and Blood Orange and Honey Salsa

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

Paprika Fries Assorted Vegetables Grilled Garlic Zucchini
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 Whiskey Tart à la Mode • Mango Roulade with Fudge Sauce
Ice Cream Sundae "Turtle"

Sugar-Free Ice Cream Cake • Sugar-Free Almond Panna Cotta
Vanilla, Chocolate, Coconut or Green Tea Ice Cream

With Your Choice of Strawberry, Mango or Chocolate Sauce

Freshly Frozen, Nonfat German Chocolate or Strawberry Yogurt

Refreshing Blueberry Lime Sherbet • An Assortment of Fruit in Season

International Cheeses, Served with Crackers and Biscuits