Luncheon

Saturday, March 14, 2009 Crystal Dining Room, Crystal Symphony At Sea, en Route to Honolulu, Hawaii, USA Maître d'Hôtel Josef Widmar Executive Chef Markus Nufer

CHEF'S SUGGESTIONS

Chef Markus Nufer has selected these special luncheon dishes:

Little Rosemary Chicken Satay with Spicy Chunky Peanut Dip

Black Bean and Sausage Soup with Sour Cream

Thai Seafood Curry With Mussels, Fish, and Shrimp, Served with Steamed Basmati Rice and Bok Choy

Lemon Almond Tart à la Mode

ON THE LIGHTER SIDE

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

Vegetable Consommé "Diablotine"

Jerk Spice-Marinated Grilled Chicken Breast on Crisp Romaine Lettuce, Tossed with Low Calorie Caesar Dressing, Topped with Ciabatta Bread Chips and Parmesan Shavings

Sugar-Free Fruit Jell-O

VEGETARIAN SELECTIONS

Grilled Forrest Mushrooms on Toasted Garlic Bread With Balsamico-Tossed Mesclun Lettuce

Chilled Pineapple Soup with Coconut Sherbet

Black Pepper Tempura-Fried Scallion, Green Asparagus, Yellow Pepper, Bean Curd and Pumpkin, Served with Sesame Mayonnaise and Soy Dipping Sauce

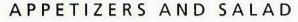
Sugar-Free Banana Cream Pie

HEAD SOMMELIER'S SUGGESTIONS

White Wine by the Glass: Pouilly-Fuissé, Louis Jadot, Burgundy, France 2007 \$10.00

Red Wine by the Glass: Pinot Noir, Rex Hill Winery, Willamette Valley, Oregon 2006 \$10.50

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



Smoked Trout Mousse & Smoked Salmon Rose

On Crisp Rösti with Creamy Cucumber-Dill Salad

Little Rosemary Chicken Satay with Spicy Chunky Peanut Dip

Grilled Forest Mushrooms on Toasted Garlic Bread with Balsamico-Tossed Mesclun Lettuce Heart of Butter Lettuce with Boiled Eggs, Cucumber and Tomatoes,

Topped with Crumbled Blue Cheese

Traditional favorite dressings available, plus today's specials: Fat-Free Carrot Yogurt or Low-Calorie Ranch Dressing

SOUPS

Black Bean and Sausage Soup with Sour Cream Vegetable Consommé "Diablotine" Chilled Pineapple Soup with Coconut Sherbet Low-sodium soups are available upon request

PASTA SPECIAL

Cheese Tortellini Tossed in a Marinara Sauce with Fresh Basil *Available as Appetizer or Main Fare Portion*

MAIN FARES

Golden-Fried Coconut Mahi Mahi Fingers on Bella Vista Dressing-Tossed Mixed Greens with Red Onions, Bell Pepper Sticks and Papaya

Jerk Spice-Marinated Grilled Chicken Breast on Crisp Romaine Lettuce, Tossed with Caesar Dressing, Topped with Ciabatta Bread Chips and Parmesan Shavings

Thai Seafood Curry with Mussels, Fish, and Shrimp, Served with Steamed Basmati Rice and Bok Choy

Sandwich of the Day – Hawaiian Kalua Pork Sandwich with BBQ Sauce on Red Onion Bun with Grilled Onions, French Fries and Cole Slaw

Grilled Bratwurst on Sauerkraut with Sautéed Potatoes and Onion 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

Vegetables of the Day Sauerkraut Steamed White Rice Mashed Potatoes French Fried Potatoes Penne 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

Lemon Almond Tart à la Mode • Chocolate Delice with Sauce Anglaise Ice Cream Sundae "Nova Scotia" Sugar-Free Banana Cream Pie • Sugar-Free Fruit Jell-O

Vanilla, Peanut Butter with Reese's Pieces and Strawberry Ice Cream with your choice of Raspberry, Mango or Chocolate Topping Freshly Frozen, Nonfat German Chocolate or Rum Yogurt Refreshing Grape Sherbet • An Assortment of Fruit in Season International Cheeses Served with Crackers and Biscuits