



Luncheon

Wednesday, August 24, 2016

Crystal Dining Room, Crystal Serenity

At Sea, en Route to Ulukhaktok, Northwest Territories, Canada

Maître d'Hôtel Leo Assmair Executive Chef Werner Brenner

CHEF'S SUGGESTIONS

Chef Werner Brenner has selected these special luncheon dishes:

Homemade Seafood Canneloni – Saffron Bechamel & Pesto

Country Style Lentil Soup with Sliced Sausage

Chicken “Cacciatore”

Braised Chicken in White Wine-Tomato Sauce with Root Vegetables,
Pearl Onions & Mushrooms, Sautéed Spinach and Polenta

French Apple Tart à la Mode

VEGETARIAN SELECTIONS

Marinated Cucumber Salad in Sour Cream-Dill Dressing with Lollo Rosso

Vegetable Consommé with Choux Pasta Patties

**Freekeh, Barley & Brown Rice Risotto with Peas, Fava Beans, Asparagus,
Cauliflower & Dried Currants, Herb Emulsion**

**Ice Cream Sundae “Viennese Ice Coffee” – Vanilla Ice Cream, Strong Coffee &
Whipped Cream**

ON THE LIGHTER SIDE

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

Heart of Palm, Broccoli & Asparagus Cocktail, Citrus Fruit & Orange-Yogurt Sauce

Pike Perch Fillet*

Sautéed Spinach, Steamed Red Skin Potatoes

Refreshing Coconut Sherbet

COMPLIMENTARY WINE SELECTIONS

White: Chardonnay, Beringer, Napa Valley, California 2014

Red: Cabernet Franc, Rucahue, Gran Reserva, Itata Valley, Chile 2012

For our more extensive selection, please ask your Sommelier

** United States Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.*



APPETIZERS AND SALAD

Homemade Seafood Canneloni – Saffron Bechamel & Pesto

Antipasti – Grilled Vegetables, Olives, Roma Tomato & Buffalo Mozzarella with Pesto, Salami, Prosciutto, Calamari Fritti & Aioli

Heart of Palm, Broccoli & Asparagus Cocktail, Citrus Fruit & Orange-Yogurt Sauce

Marinated Cucumber Salad in Sour Cream-Dill Dressing with Lollo Rosso

Traditional favorite dressings available, plus today's specials:

Fat Free French or Low-Calorie Orange-Yogurt

SOUPS

Country Style Lentil Soup with Sliced Sausage

Veal Consommé with Choux Pasta Patties

Low sodium soups are available upon request.

PASTA SPECIAL

Tortiglioni Pasta “Panna Rosa” with Fresh Tomato Sauce, Cream & Buffalo Mozzarella

Available as Appetizer or Main Fare

MAIN FARES

Steak Salad* – Mixed Greens, Peppercorn Dressing, Green Beans, Bell Peppers, Red Onions, Tomatoes, Grilled Minute Steak & Fried Mushrooms

Fried Fish Salad – Golden-Fried Cod Fillets, Potato Salad, Asparagus, Cherry, Tomatoes, Pickled Pearl Onions, Cucumbers & Lemon-Dill Dressing

Pike Perch Fillet,* Baby Squash & Sautéed Mushrooms, Roasted Potatoes & Garlic-Rosemary Butter

Sandwich of the Day: The BLT and Cheddar Cheese – Toasted Sourdough Bread, Tomato, Lettuce, Crisp Bacon Strips & Cheddar Cheese, Crunchy Cauliflower Slaw & French Fries

Chicken “Cacciatore” – Braised Chicken in White Wine-Tomato Sauce with Root Vegetables, Pearl Onions & Mushrooms, Sautéed Spinach and Polenta

American Hamburger* or Cheeseburger* – Freshly Ground Beef Burger, Grilled to Your Order, Served on a Homemade Regular or Whole Wheat Bun with Pickles, Tomatoes, Sliced Onion Rings and French Fries

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 Mushrooms Sautéed Spinach Polenta

Mashed Potatoes French Fries Steamed Rice Spaghetti & 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

French Apple Tart à la Mode • Mango Cream Roulade

Ice Cream Sundae “Viennese Ice Coffee” – Vanilla Ice Cream, Strong Coffee & Whipped Cream

Sugar-Free Banana Mousse

Vanilla, Cherry Garcia or Strawberry Ice Cream

With your choice of Butterscotch, Mango or Vanilla Topping

Freshly Frozen, Nonfat Passion Fruit Peach Yogurt

Refreshing Coconut Sherbet • Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits