



Luncheon

Thursday, August 25, 2016

Crystal Dining Room, Crystal Serenity

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

Maitre d'Hôtel **Leo Assmair** Executive Chef **Werner Brenner**

CHEF'S SUGGESTIONS

Chef Werner Brenner has selected these special luncheon dishes:

Alaskan Salmon Rilletes with Dill-Potato Pancake, Lemon & Capers

Cream of Green Beans – Parsley Pesto & Lemon Croutons

Mixed Grill*

Petit Filet Mignon, Lamb Chop, Chicken Tenders & Chipolata Sausage,
Assorted Vegetables, Sweet Potato Fries and Garlic-Herb Butter

Kona Coffee Cheesecake

VEGETARIAN SELECTIONS

Gluten Free Quinoa Cake with Creamy Mushroom Sauce

Cream of Green Beans – Parsley Pesto & Lemon Croutons

Vegetarian Melt

Freshly Grilled Vegetables & Avocado on Toasted English Muffin, Gratinated with
Swiss Cheese, Served with Country Fries and Fruit Garnish

Ice Cream Sundae "Black Forest" – Vanilla Ice Cream, Sour Cherry Compote,
Fudge Sauce, Cherry Häring Liquor, Whipped Cream & Chocolate Shavings

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 Broth with Soy, Vegetables & Glass Noodles

Sautéed Plaice*

Brown Rice, Broccoli and Citrus Segments

Freshly Frozen, Nonfat Old World Chocolate Yogurt

COMPLIMENTARY WINE SELECTIONS

White: Viognier, Reserve Spéciale, Gérard Bertrand, Sud de France 2014

Red: Pinot Noir, "C" Reserve, Crystal Cruises Vineyards & Winery,
Santa Lucia Highlands, California 2014

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

Gluten Free Quinoa Cake with Creamy Mushroom Sauce

Alaskan Salmon Rillettes with Dill-Potato Pancake, Lemon & Capers

Salad of Pulled Oxtail & New Potatoes, Pickled Red Onions & Baby Lettuce

White Cabbage and Pineapple Salad, Roasted Pumpkin Seeds

Traditional favorite dressings available, plus today's specials:

Fat Free Passion Fruit or Low-Calorie Yogurt Curry

SOUPS

Cream of Green Beans – Parsley Pesto & Lemon Croutons

Beef Broth with Soy, Vegetables & Glass Noodles

Low Sodium Soups are available upon request

PASTA SPECIAL

Bow Tie Pasta with Creamy Gorgonzola Sauce, Sliced Chicken, Mushrooms, Sun-Dried Tomatoes, Parsley & Pine Nuts

Available as Appetizer or Main Fare

MAIN FARES

Greek Farmer's Chicken Salad – Onion, Red & Green Bell Peppers, Cucumbers, Tomatoes, Olives, Feta Cheese, Garlic-Herb Vinaigrette and Grilled Chicken Breast

Scallop Caesar Salad – Romaine Lettuce, Lemon-Anchovy Dressing, Herb Croutons, Parmesan Shavings & Panko Breaded Sea Scallops

Sautéed Plaice,* Carrot Risotto, Broccoli & Chablis Beurre Blanc

Sandwich of the Day: The Tuna Melt – Creamy Tuna Salad on Toasted English Muffin with Melted American Cheese, Served with Country Fries & Fruit Garnish

Mixed Grill* – Petit Filet Mignon, Lamb Chop, Chicken Tenders & Chipolata Sausage, Assorted Vegetables, Sweet Potato Fries, Garlic-Herb Butter

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 Fried Onion Rings Grilled Vegetables Broccoli

Mashed Potatoes Steamed Rice French Fries 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

Kona Coffee Cheesecake • Fruit Slice à la Mode

Ice Cream Sundae “Black Forest” – Vanilla Ice Cream, Sour Cherry Compote, Fudge Sauce, Cherry Häring Liquor, Whipped Cream & Chocolate Shavings

Sugar Free Banana Split

Vanilla, Mint Chocolate Chunk or Strawberry Ice Cream

With your choice of Butterscotch, Mango or Vanilla Topping

Freshly Frozen, Nonfat Old World Chocolate Yogurt

Refreshing Cranberry Sherbet • Assortment of Fruit in Season

International Cheeses Served with Crackers and Biscuits