



Luncheon

Monday, August 22, 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:

King Crab Tartlet, Sun-Dried Tomato, Squash & Fava Beans and Saffron Aioli
Cream of Zucchini – Mint Oil & Lemon Croutons
Tandoori Beef Kebab
Homemade Flat Bread, Roasted Peppers & Onions and Raita
Vanilla Cheesecake

VEGETARIAN SELECTIONS

Grilled, Herb Marinated Portobello Mushrooms, Tossed Greens & Tomato Bruschetta
Cream of Zucchini – Mint Oil & Lemon Croutons
Potato, Eggplant & Cauliflower Curry
Basmati Rice, Pappadams & Condiments
Ice Cream Sundae "Pacific" – Vanilla Ice Cream, Banana Sherbet, Caramel Sauce,
Fresh Pineapple, Whipped Cream & Toasted Macadamia Nuts

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 Pot au Feu – Beef Both with Tubetti Pasta, Vegetables & Brisket
Grilled Sea Bass*
Steamed Vegetables, Red Rice & Tomato Coulis
Refreshing Banana Sherbet

COMPLIMENTARY WINE SELECTIONS

White: Vouvray, Guy Saget Laperriere, Loire Valley, France 2014
Red: Cabernet Sauvignon, "C" Reserve, Crystal Cruises Vineyard & Winery,
Paso Robles, 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

King Crab Tartlet, Sun-Dried Tomato, Squash & Fava Beans and Saffron Aioli
Napa Slaw Turkey Wrap – Dried Cranberries, Pine Nuts & Marinara Wrapper
Grilled, Herb Marinated Portobello Mushrooms, Tossed Greens & Tomato Bruschetta
Garbanzo Bean Salad with Peppers, Garlic, Cumin & Coriander

*Traditional favorite dressings available, plus today's specials:
Fat-Free Mango-Passion Fruit or Low-Calorie Buttermilk-Chive*

SOUPS

Cream of Zucchini – Mint Oil & Lemon Croutons
Beef Pot au Feu – Beef Both with Tubetti Pasta, Vegetables & Brisket
Low-sodium soups are available upon request

PASTA SPECIAL

Rigatoni Mezze Pasta with Peas, Cauliflower, Pancetta, Tomato, Cream & Parsley
Available as Appetizer or Main Fare

MAIN FARES

Cajun Chicken Breast, Mixed Greens, Hearts of Palm, Avocado, Tomatoes,
Mango & Passion Fruit Dressing
Grilled Sea Bass,* Lettuce Leaves Tossed in Lemon-Herb Dressing, Grapefruit,
Tomatoes, Shaved Fennel & Olives
Seafood Curry* – Indian Style Curry Sauce, Basmati Rice, Broccoli,
Pappadams & Condiments
Sandwich of the Day: BBQ Pulled Pork – Tender Roasted Pulled Pork, BBQ Sauce,
Creamy Corn Slaw, Caraway Seed Bread Bun & Melted Jack Cheese, Served with French Fries
Tandoori Beef Kebab with Homemade Flat Bread, Roasted Peppers & Onions, Raita
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 Broccoli Creamy Corn Slaw Grilled Vegetables
Spaghetti & Tomato Sauce French Fries Mashed Potatoes Steamed Rice
*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

Vanilla Cheesecake • Chocolate Cognac Profiteroles
Ice Cream Sundae “Pacific” – Vanilla Ice Cream, Banana Sherbet, Caramel Sauce,
Fresh Pineapple, Whipped Cream & Toasted Macadamia Nuts
Sugar-Free Yogurt Cream with Strawberry Sauce
Vanilla, Strawberry Cheesecake or Chocolate Ice Cream
With your choice of Butterscotch, Mango or Vanilla Topping
Freshly Frozen, Nonfat Butter Pecan Yogurt
Refreshing Banana Sherbet • Assortment of Fruit in Season
International Cheeses Served with Crackers and Biscuits