

## IN-STATEROOM / IN-SUITE DINING MENU ROOM SERVICE

### CONTINENTAL BREAKFAST SERVICE

Served 6:00am to 12 Noon (See also **Breakfast Any Time** next page)

#### **COLD BEVERAGES**

**Juices:** Apple, Cranberry, Grape, Grapefruit, Orange, Papaya, Pineapple, Prune, Tomato, V-8 Vegetable Juice

**Dairy:** Milk, Low-Fat Milk, Nonfat Milk

#### **YOGURT**

Plain, Fruit

#### **COLD CEREALS**

All Bran, Corn Flakes, Frosted Flakes, Granola, Raisin Bran, Rice Krispies, Shredded Wheat, Special K, Whole-Wheat Total

#### **BREADS & PASTRIES**

Selection of Fresh Danish Pastries, Croissants, Brioche, Doughnuts, Raisin and Breakfast Rolls, Fruit and Bran Muffins

Toast: Sourdough, Rye, Whole Wheat, White, English Muffin, Plain Bagel

#### **CONDIMENTS**

Butter, Margarine, Jam, Assorted Preserves, Honey, Sugar-Free Jelly

#### **HOT BEVERAGES**

Freshly Brewed Coffee, Decaffeinated Coffee, English Breakfast Tea, Herbal Tea, Hot Milk, Hot Chocolate, Instant Coffee, Instant Decaffeinated Coffee

#### **UNITED STATES PUBLIC HEALTH ADVISORY\***

The following food items can be cooked to order and may be raw or undercooked: Eggs, salmon, burgers and steak.

The most recent USPH guidelines require us to advise you that consuming foods that you might order not thoroughly cooked (raw or undercooked) to the required minimum temperature (to eliminate disease-causing organisms) such as eggs, salmon, burgers, steak or poultry, may increase your risk for food-borne illness, especially if you have certain medical conditions.

## IN-STATEROOM / IN-SUITE DINING MENU

### ROOM SERVICE

#### FULL BREAKFAST SERVICE

Served 7:30am to 10:00am (See also **Breakfast Any Time** next page)

#### FRESH FRUIT & COMPOTES

Sliced Bananas and Oranges, Pineapple Spears, Half Grapefruit, Sweet Melon Wedges

#### Hot Cereals

Oatmeal, Cream of Wheat

#### EGG DISHES\*

Omelette with your choice of Herbs, Cheese, Mushrooms, Ham, Spanish, Smoked Salmon or Plain Fried Eggs of your choice; Scrambled Eggs; Boiled Eggs

#### PANCAKES & WAFFLES

Buttermilk Pancakes or Buckwheat Pancakes with your choice of Banana, Blueberries or Walnuts; Crisp Waffles with Fresh Fruit and Whipped Cream

#### ACCOMPANIMENTS\*

Rasher of Bacon, Link Sausage, Canadian Bacon, Broiled Turkey Ham, Hash Brown Potatoes, Broiled Tomatoes

#### FROM THE COLD TABLE\*

Smoked Salmon with Cream Cheese, Red Onion and Toasted Bagels; Assorted Cold Cuts and International Cheeses; Low-Fat Cottage Cheese

#### HEALTHY ALTERNATIVES

The Calcium Crunch: Nonfat Plain Yogurt mixed with layers of Fresh Seasonal Fruit, and topped with Granola

Bircher Müesli: Toasted Oats, Raisins, Sunflower Seeds, Diced Apples, Oranges, Bananas, Honey and Milk

No-Cholesterol Omelette\* with Chopped Tomato and Fresh Herbs, and your choice of Three Egg Whites\* or Egg Beater\*

*Continental breakfast items are also available with the full breakfast service.*

## IN-STATEROOM / IN-SUITE DINING MENU ROOM SERVICE

24-HOUR SERVICE

### **BREAKFAST ANY TIME**

Selection includes a Bread Basket with Danish Pastries, Seasonal Fruit Plate, Yogurt, Fried or Scrambled Eggs\* with your choice of Bacon or Sausage\* and Fried Potatoes plus the Hot or Cold Beverage of your choice

### SOUPS

#### **FRENCH ONION SOUP**

Served with Gruyère Cheese Crouton

#### **CREAM OF TOMATO SOUP**

Served with Basil Oil and Parmesan Croutons

#### **CHICKEN CONSOMMÉ**

With Matzo Ball

### SALADS

#### **TRADITIONAL CAESAR**

Crisp Romaine Lettuce, Tossed with our House Specialty Anchovy Dressing, Sprinkled with Shaved Parmesan Cheese, Garlic Croutons, and your choice of Grilled Chicken Breast or Jumbo Shrimp may be added upon request.

#### **QUINOA & BULGUR WHEAT SALAD**

With Tomatoes, Shallots, Parsley, Romaine Lettuce and Olives, Marinated with Honey-Lemon Dressing and Topped with Grilled Vegetables

#### **TRADITIONAL COBB SALAD**

Diced Chicken, Tomatoes, Iceberg and Romaine Lettuce, Crumbled Blue Cheese, Boiled Egg, Avocado and Crisp Bacon, Tossed with Light Herb Vinaigrette

## IN-STATEROOM / IN-SUITE DINING MENU ROOM SERVICE

24-HOUR SERVICE

SANDWICHES

### **SELECT FROM:**

Roast Beef • Boiled Ham • Swiss Cheese • Roast Turkey

All served on your choice of Bread: Whole Wheat, Sourdough, Rye, or French Bread, and your choice of Cole Slaw, French Fries or Potato Chips

ENTRÉES

### **GRILLED HAM AND CHEESE SANDWICH**

On White Bread, Served with French Fries and Cole Slaw

### **TOMATO MOZZARELLA PANINI**

On Sourgough Ciabatta, Served with French Fries

### **THE CRYSTAL TURKEY CLUB SANDWICH**

Sliced Roasted Turkey Breast, Apple Wood Smoked Bacon, Fried Egg, Crisp Lettuce, Tomato, and Thousand Island Dressing on a Whole Wheat Bun, Served with Potato Chips and Cole Slaw

### **THE TUNA MELT**

Creamy Tuna Salad on Toasted Sourdough Bread, Gratinated with American Cheese, Served with Potato Chips and Cole Slaw

### **SPAGHETTI PASTA**

Tossed with your Choice of Marinara or Meat Sauce, Served with Grated Parmesan Cheese

### **PIZZA MARGHERITA**

*(Please note: Preparation time for this item is 20 minutes.)*

Freshly Baked Thin Crust Topped with Tomato, Mozzarella, Basil and Oregano

For additional topping selections, please ask your Room Service Staff.

## IN-STATEROOM / IN-SUITE DINING MENU ROOM SERVICE

24-HOUR SERVICE

ENTRÉES (CONTINUED)

### **BURGER\***

Beef, Cheese, Salmon, or Garden Vegetable with Tomatoes, Lettuce, and Pickles, Served with French Fries

### **GRILLED BLACK ANGUS BEEF TournEDOS\***

Served with Fried Onion Rings, Café de Paris Butter, Roasted Pumpkin and Green Bean Salad

DESSERT & FRUITS

### **CREOLE SOUR CREAM CHEESECAKE**

Served with Marinated Strawberries

### **Traditional Crème Brûlée**

Light Vanilla Custard with Caramelized Brown Sugar

### **Assortment of Cookies**

Baked Fresh Daily

### **THE CHEESE SAMPLER**

A Selection of Five Cheeses, Served with Grapes, Nuts, Truffle Honey and Crackers

### **Selection of Sliced Fruits in Season**

### **ASSORTED ICE CREAMS & FROZEN YOGURT**

Vanilla, Strawberry, or Chocolate Ice Cream with your Choice of Topping  
Frozen Yogurt Made Fresh Daily — ask about Today's Flavor

*During the regular lunch and dinner hours listed in Reflections, we recommend that you order from the Waterside menu selection. Please contact your Room Service Attendant or Butler for today's Lunch and Dinner menus.*

## IN-STATEROOM / IN-SUITE DINING MENU

### ROOM SERVICE

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**Dairy:** Milk, Low-Fat Milk, Nonfat Milk

#### **HOT BEVERAGES**

Freshly Brewed Coffee, Decaffeinated Coffee, English Breakfast Tea, Herbal Tea, Hot Chocolate, Hot Milk, Instant Coffee, Instant Decaffeinated Coffee

#### **COMPLIMENTARY SOFT DRINKS AND BOTTLED WATER**

For your in-room enjoyment, Crystal Cruises is pleased to offer complimentary soft drinks and bottled water in your stateroom refrigerator. Consumed items are replaced daily. If you need additional items, please ask your Stateroom Attendant or butler.

#### **BEER, WINE & SPIRITS**

##### **Connoisseur Menu**

If you wish to order special vintages of wine or premium spirits that are not on our All Inclusive menu, please contact your Room Service Attendant for the Connoisseur's Menu. Connoisseur Menu items are subject to additional charges, and are excluded from the All Inclusive program.

*Guests must be 18 years old to be served wine or beer, and 21 years old to be served spirits. When docked in U.S. ports, within the three-mile limit, guests must be at least 21 years old to be served any alcoholic beverages.*

*Crystal Cruises reserves the right to refuse service of alcohol to any guest that it believes is underage or who does not have the proper identification (a government-issued photo ID).*