



MSC Cruises

invites you on a gourmet tour this evening
to discover the italian flavours of the regional cuisine of

Lazio



The cuisine of Lazio is largely represented by that of Rome, which includes all the specialities of the region's culinary traditions; it is therefore a rich, tasty and varied gastronomy, which also features contributions from bordering areas and other communities, particularly the Jewish one, which has distant historical roots. In order to find real Roman cooking, you need to look in one of the rare remaining "Osterie" beyond the city limits.

In the Capital, home-style dining has been replaced by restaurants which try to bring about a renewal, whether with more refined or even exotic cookery. The Roman spirit however, remains rustic and popular, with genuine ingredients from vegetable garden, the pasture and the country-side. But even if the Roman cuisine is not rich in invention, it is certainly rich in character and has remained fundamentally unchanged for 2000 years. Running through a list of the dishes roman gastronomy has to offer we find various names which are not always really of Roman origin: thus for example "Bucatini alla amatriciana", a tomato sauce made with bacon and onions, which comes from Amatrice, a small village which belonged to the province of Aquila, in Abruzzo. If you are after something a little lighter as a first course then the delicious stracciatella is recommended: this is a soup where beated eggs are thrown in a tasty broth and "stracciate" (stripped apart) with a fork, while cooking. "Saltimbocca" are also very popular: this consist of slices of veal or pork with sage and ham wrapped on a stick.

And what about fish? Traditionally sea fish was a luxury for Cardinals and Princes, whereas as the common people had to make with whatever they could catch in the Tiber river. The Roman plain produce some excellent vegetables: the famous artichokes, can be prepared in a number of different ways. Another colourful vegetable dish is the "Misticanza" a salad composed of a vast range of herbs, including the bitter "rughetta" (or Arugula).

"STARS AND STRIPES" MENU

Chilled fruit appetizer of the day

Alaskan Salad

with iceberg lettuce, steamed fillets of salmon, boiled potatoes and tomatoes

Choice of dressings

"Traditional roast turkey"

*Roasted white and dark meat, served over an old fashion bread stuffing and giblet gravy,
garnished with an apple shell filled with Cranberry compote*

Cheesecake with wild berries

DESSERT SWEETENED WITH FRUCTOSE

Chocolate Mousse with toasted hazelnuts

Ice cream of the day

VEGAN CHOICES

Vegetable "Chop Suey"

a combination of stir-fried vegetables and tempeh, served with steamed rice

or

Boca Burger with vegetables of the day



ALWAYS AVAILABLE

CONSOMMÉ OF THE DAY, WITH PASTA OR VEGETABLES

CAESAR SALAD OR MIXED GARDEN SALAD WITH YOUR CHOICE OF DRESSING

SPAGHETTI OR PENNE BOLOGNESE OR WITH FRESH TOMATO SAUCE

FROM THE GRILL:

CHICKEN BREAST SCALOPPINI - BEEF STEAK - FILLET OF SALMON - BOCA BURGER

SERVED WITH YOUR CHOICE OF FRENCH FRIES, BAKED POTATO WITH SOUR CREAM OR VEGETABLES OF THE DAY

TEA AND AMERICAN COFFEE AVAILABLE UPON REQUEST

DINING IN ROME

APPETIZERS & SOUP

“Insalata di mare alla mediterranea”

Seafood salad Mediterranean-style with Mussels, Calamari, Curled octopus, Baby shrimps, Celery and Cherry tomatoes, seasoned with lemon and Extravirgin olive oil

“Mozzarella frita alla laziale”

Lazio-style pan fried mozzarella sandwich

“Stracciatella alla romana”

Roman-style egg dropp soup

MAIN COURSES

“Rigatoni all’ Amatriciana”

Pasta in a tomato sauce with bacon, onion, black pepper and Pecorino cheese

“Filetto di merluzzo saltato con pinoli, olive e capperi”

ling cod fillet, sautéed in olive oil with pine nuts, olives and capers, served with drawn butter

“Saltimbocca alla romana”

thin veal scaloppini flavored with sage, wrapped with Prosciutto and cooked in butter. Served with a light veal gravy

CHEESES, DESSERTS AND FRUIT

Selection of Italian cheeses

served with orange marmelade and crackers

“Crostata di ricotta alla romana”

Roman-style Ricotta tart with chocolate chips

“Gelato” or sorbet of the day

Fresh seasonal fruit

SUGGESTED ITALIAN WINE

Morellino di Scansano d.o.c. “Terramara”

Prices according to wine list

ITALIAN BREAD

Cheese bread

Grissini

MSC Cruises takes all possible precautions to ensure that the food offered to its guests is of the highest quality. Certain foods may have been frozen. These foods are defrosted using the most scrupulous procedures that do not alter the organoleptic qualities of the products. United States Public Health advises that eating raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. All menus are subject to change depending on availability. All dishes are available slightly salted or unsalted.