

## Starters

### *The Chef Recommends*

#### Prosciutto Ruffles

Thinly Sliced Italian Ham and Sweet Melons

#### A Study in Sushi

Seared Ahi Tuna, Norwegian Salmon Tartar in Spicy Lemon Sauce  
Maine Mussel with Marinated Seafood

#### Smoked Chicken Quesadilla

Mild Guacamole, Tomato, Cilantro Salsa and Sour Cream  
Served with Flour Tortilla on a Bed of Field Greens

#### French Onion Soup

Baked with a Slice of Homemade Bread  
Freshly Grated Gruyere and Parmesan Cheese

#### Black Bean Soup

Served with Steamed Rice and a Touch of Sour Cream

#### Chilled Cucumber Soup with Dill

#### Chopped Handpicked Field Greens

Choice of Blue Cheese, Thousand Island, Ranch, Balsamic Vinaigrette, or French Dressing

### *Carnival Classics*

#### Fresh Fruit Cocktail

#### Black Tiger Shrimp Cocktail

Served with American Cocktail Sauce

#### Caesar Salad

Hearts of Romaine Lettuce Tossed with our Caesar Dressing  
Freshly Grated Parmesan Cheese, Anchovies and Herb Croutons



These Items are Lower in Calories, Sodium, Cholesterol and Fat. Salads are prepared with Diet Dressing. Calorie Count and Fat Content can vary up to 10%.

#### Spinach and Corn Timbale

Served with Corn and Raspberry Salsa  
[180 Calories, 3 grams of Fat], 0 grams of Trans-Fat

#### Vine Ripened Tomatoes on Chopped Lettuce

Tossed with Fat Free Dressing [60 Calories, 0.5 grams of Fat, 0 grams of Trans-Fat]

## *Main Courses*

### *The Chef Recommends*

#### Penne Mariscos

Italian Pasta, Tossed with Shrimp, Calamari and Scallops in a Tomato Cream Sauce  
(Also available as a Starter)

#### Grilled Fillet of Norwegian Fjord Salmon

Served on Sesame Eggplant and Green Beans

#### Free Range Spring Chicken Sicilian Style

Stewed Potatoes and Crisp Garlic Seasoned Green Beans

#### Jerked Pork Loin

Slowly Roasted Center Cut Pork Loin, Marinated in Island Spices and Herbs  
Fried Rice and Crisp Garlic Seasoned Green Beans

#### Braised Style Short Ribs from Aged Premium American Beef

Sesame Eggplant and Fried Rice

#### Baked Herb Polenta

Vegetarian Entrée, Served with a Ragout of Wild Mushrooms

### *Carnival Classics*

#### Broiled Fillet of Snapper

Served with Vegetables of the Day

#### Grilled Breast of Corn Fed Chicken

Served with Vegetables of the Day

#### Grilled Flat Iron Steak from American Choice Beef

Served with Vegetables of the Day and Red Bliss Potatoes

#### Baked Idaho Potatoes, French Fries or Steamed White Rice

#### Assorted Steamed Vegetables



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#### Broiled Supreme of Free Range Chicken

Sesame Eggplant, Green Asparagus Spears, Wild Berry Sauce  
[290 Calories, 2.5 grams of Fat, 0 grams of Trans-Fat]

## Starters

### *The Chef Recommends*

Smoked Duck and Caramelized Oranges

Fried Mozzarella with Mixed Greens  
Served with Marinara Sauce

Yukon Gold Potato Cream Soup  
Enhanced with Cheese and Garlic Croutons

Tom Ka Gai  
Chicken Soup with Coconut and Lemongrass

Chilled Cream of Peaches

Sliced Beef Tenderloin and Noodle Salad  
Marinated with Peanut Dressing

Wilted Spinach and Portobello Mushrooms with Fresh Bacon Bits  
Walnut and Blue Cheese Dressing

### *Carnival Classics*

Fresh Fruit Cocktail

Black Tiger Shrimp Cocktail  
Served with American Cocktail Sauce

Caesar Salad  
Hearts of Romaine Lettuce Tossed with our Caesar Dressing,  
Freshly Grated Parmesan Cheese, Anchovies and Herb Croutons



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Fresh Fruit Cocktail  
[58 Calories, 0 grams of Fat, 0 grams of Trans-Fat]

Wilted Spinach and Portobello Mushrooms  
Marinated with Low Cal Vinaigrette  
[70 Calories, 1 gram of Fat, 0 grams of Trans-Fat]

## *Main Courses*

### *The Chef Recommends*

#### **Beef Stroganoff**

Beef Tenderloin Tips in a Creamy Mushroom Sauce  
Garnished with Pickles, Beets and Sour Cream  
Served with Homemade Spaetzle

**Farfalle with Roast Turkey Breast and Green Peas**  
Italian Bow Tie Pasta Tossed in a Cream Sauce (Also available as a Starter)

#### **Assorted Seafood, Newburg Style**

Black Tiger Prawns and Ocean Scallops, Tossed with a Creamy Lobster Sauce  
Served with Saffron Pilaf Rice

#### **Grilled, Marinated Center Cut Pork Chop**

Grilled Zucchini and Boulangere Potatoes

#### **Rack of New Zealand Spring Lamb Dijonnaise**

Marinated with Garlic and Fresh Herbs, Baked with Dijon Mustard Crust  
Spiced Carrot and Turnip Mash, Boulangere Potatoes

#### **Black Bean and Vegetable Enchiladas**

Vegetarian Entrée; Served with Sour Cream, Guacamole and Mild Salsa

### *Carnival Classics*

#### **Broiled Fillet of Snapper**

Served with Vegetables of the Day

#### **Grilled Breast of Corn Fed Chicken**

Served with Vegetables of the Day

#### **Grilled Flat Iron Steak from American Choice Beef**

Served with Vegetables of the Day and Red Bliss Potatoes

**Baked Idaho Potatoes, French Fries or Steamed White Rice**

**Assorted Steamed Vegetables**



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#### **Grilled Fillet of Fresh Norwegian Salmon**

Spiced Carrot and Turnip Mash, Green Beans  
[333 Calories, 5 grams of Fat, 0 grams of Trans-Fat]



## *Starters*

### *The Chef Recommends*

Cream of Sun Ripened Tomatoes  
Served with Herb Croutons

Tropical Fruits  
Marinated with Lime Juice and a Touch of Tequila

Cured Salmon and Candied Tomato  
Dill Cream, Stewed Apples and Grapes in Lemon Dressing

Fried Chicken Tenders, Marinated Cucumber and Lettuce  
Served with a Zesty Honey Mustard Sauce

Heart of Iceberg Lettuce  
Choice of Blue Cheese, Thousand Island, Ranch, Balsamic Vinaigrette, or French Dressing

Beef and Barley Soup with Diced Root Vegetables

Gazpacho Andalouse  
Chilled Tomato Broth with Diced Plum Tomatoes  
Peppers, Cucumbers and Mediterranean Herbs

### *Carnival Classics*

Fresh Fruit Cocktail

Black Tiger Shrimp Cocktail  
Served with American Cocktail Sauce

Caesar Salad  
Hearts of Romaine Lettuce Tossed with our Caesar Dressing  
Freshly Grated Parmesan Cheese, Anchovies and Herb Croutons



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Marinated Fruit with Mango Coulis  
[130 calories, 3 grams of fat, 0 grams of Trans-Fat]

Gazpacho Andalouse  
Chilled Tomato Broth with Diced Plum Tomatoes, Peppers, Cucumbers and Mediterranean Herbs  
[61 calories, 2.5 grams of fat, 0 grams of Trans-Fat]

## *Main Courses*

### *The Chef Recommends*

#### Pan Seared Fillet of Tilapia

Green Pea Fondue, Vichy Carrots  
Mac 'n Cheese

#### Sweet and Sour Shrimp

Large Tiger Shrimps in a Tangy Sweet and Sour Sauce  
Served with Scallion, Garlic and Shrimp Fried Rice Noodles

#### Chicken à la Grecque

Broiled Boneless Chicken Breast with Herbs and Tomato Confit  
Virgin Olive and Basil Oil

#### Grilled Flat Iron Steak from American Choice Beef

Accompanied by Three Peppercorn Sauce  
Mac N Cheese and Vichy Carrots

#### Linguini with Italian Sausage, Bell Peppers and Mushrooms

Served with Freshly Grated Parmesan Cheese (Also available as a Starter)

#### Indian Vegetarian Dinner

Cottage Cheese and Peas, Roasted Vegetables Mash with Indian Spices  
Slow Cooked Chick Peas, Indian Bread Stuffed with Cumin Scented Red Onions

### *Carnival Classics*

#### Broiled Fillet of Snapper

Served with Vegetables of the Day

#### Grilled Breast of Corn Fed Chicken

Served with Vegetables of the Day

#### Barbecued St. Louis Style Pork Spare Ribs

Served with Creamy Coleslaw, Grilled Spring Onion and Fries

Baked Idaho Potatoes, French Fries or Steamed White Rice

Assorted Steamed Vegetables



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#### Pan Seared Fillet of Tilapia

Vichy Carrots, Romaine and Melon Salad Dressed with Salsa  
[330-calories, 8 grams of fat, 0 grams of Trans-Fat]

## LUNCH MENU

### STARTERS

#### CALIFORNIA ROLL

*Japanese Rice, Avocado, Crab Meat and Cream Cheese, Rolled in Dried Seaweed  
Served with Wasabi Horseradish and a Light Soy Dip*

#### CARIBBEAN PEPPER POT

*Island Flavored Soup with Yams, Okra, Pepper, Coconut and Cilantro*

#### CHILLED AVOCADO SOUP

*Garnished with Diced Tomatoes*

#### MEDLEY OF GARDEN AND FIELD GREENS

*Choice of Dressing*

### MAIN COURSES

#### MONGOLIAN STEAK SALAD

*Mixed Garden and Field Greens Tossed in Oriental Dressing  
Garnished with Sliced Marinated Grilled Top Sirloin Steak and Toasted Sesame Seeds*

#### OVEN FRESH, FRENCH BAGUETTE

*Filled with Romaine Lettuce, Marinated Shrimp and Crab Meat*

#### SPAGHETTI ZIA TERESA

*Tossed in Italian Tomato Sauce, Topped with Fresh Mushrooms and Meat Balls  
Freshly Grated Parmesan Cheese*

#### PAN FRIED FILLET OF KING CLIP NICOISE

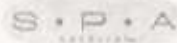
*Diced Tomatoes, Olives, Bell Peppers, Garlic and Virgin Olive Oil*

#### VEGETABLE FAJITAS

*Warm Soft Tortillas, Served with Onions, Peppers, Pico de Gallo  
Guacamole, Sour Cream and Cheddar Cheese*

#### CREATE YOUR OWN BURGER

*Freshly Grilled Lean Beef Burger on Toasted Sesame Bun with Crisp Shoestring Potatoes  
American Cheddar Cheese, Sautéed Onions, Bacon, Guacamole, Sautéed Mushrooms, Chili con Carne  
Pick Your Choice of Topping*



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#### CARIBBEAN PEPPER POT

*184 Calories, 3 gram of Fat*

#### MEDLEY OF GARDEN AND FIELD GREENS

*44 Calories, 3 gram of Fat*

#### PAN FRIED FILLET OF KING CLIP NICOISE

*282 Calories, 17 gram of Fat*

### DESSERTS

#### STRAWBERRY BANANA MOUSSE

*Lower in Calories and Sweetened with Sugar Substitute*

#### CHOCOLATE GATEAU

#### CRÈME CARAMEL

#### ICE COUPE "BLACK FOREST"

*Chocolate Ice Cream, Bing Cherries, Raspberry Sauce, Whipped Cream*

#### ICE CREAM & SHERBETS

*Vanilla, Chocolate, Strawberry, Orange, Pineapple*



# Wines By The Glass

## SPARKLING WINES

KORBEL, BRUT, CALIFORNIA	6.50
DOMAINE CHANDON, BRUT, CALIFORNIA	9.25

## BLUSH & WHITE WINES

CHARDONNAY, LA TERRE, CALIFORNIA	5.25
CHARDONNAY, WOODBRIDGE TWIN OAKS, CALIFORNIA	5.75
PINOT GRIGIO, TERRE PALLADIANE, ITALY	5.75
WHITE ZINFANDEL, WOODBRIDGE BY ROBERT MONDAVI, CALIFORNIA	5.75
CHARDONNAY, ROBERT MONDAVI, PRIVATE SELECTION, CENTRAL COAST	6.25
WHITE ZINFANDEL, BERINGER, CALIFORNIA	6.50
RIESLING, CHATEAU STE. MICHELLE, WASHINGTON	6.75
SAUVIGNON BLANC, NOBILO, NEW ZEALAND	7.25
CHARDONNAY, MERIDIAN, CALIFORNIA	7.25
CHARDONNAY, TOASTED HEAD, CALIFORNIA	7.75
CHARDONNAY, BERINGER, NAPA VALLEY	8.75
FUMÉ BLANC, ROBERT MONDAVI, NAPA VALLEY	9.00
POUILLY-FUISSÉ, LABOURÉ-ROI, FRANCE	9.00
CHARDONNAY, KENDALL-JACKSON, GRAND RESERVE, CALIFORNIA	9.50
PINOT GRIGIO, SANTA MARGHERITA, ITALY	10.50
CONUNDRUM, CAYMUS, CALIFORNIA	10.75

## RED WINES

MERLOT, LA TERRE, CALIFORNIA	5.25
CABERNET SAUVIGNON, LA TERRE, CALIFORNIA	5.25
CABERNET SAUVIGNON, WOODBRIDGE TWIN OAKS, CALIFORNIA	5.75
PINOT NOIR, REX-GOLIATH, FRANCE	6.25
MERLOT, FETZER, VALLEY OAKS, CALIFORNIA	6.50
BARBERA D'ASTI, CASTILLO DEL POGGIO, ITALY	6.50
ZINFANDEL, FETZER, VALLEY OAKS, CALIFORNIA	6.50
SHIRAZ, BLACK OPAL, AUSTRALIA	6.75
PINOT NOIR, MIRASSOU, CALIFORNIA	7.00
CABERNET SAUVIGNON, MERIDIAN, CALIFORNIA	7.50
MERLOT, COLUMBIA CREST, WASHINGTON	7.50
CABERNET SAUVIGNON, SEBASTIANI, CALIFORNIA	8.75
CABERNET SAUVIGNON, ROBERT MONDAVI, NAPA VALLEY	11.00

## DESSERT WINE

QUADY ELECTRA, CALIFORNIA, 2.5 OZ. GLASS	3.75
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