

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



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%.

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



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%.

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

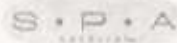
Diced Tomatoes, Olives, Bell Peppers, Garlic and Virgin Olive Oil

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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