



## ISLAND PRINCESS CAPTAIN'S WELCOME DINNER

### LOTUS SPA MENU



Our Lotus Spa Menu is designed to enhance our spa tradition of providing harmony of the mind, body and spirit. These dishes reflect the perfect balance of nutrition and flavor.

Chilled Yogurt and Tamarind Soup Sprinkled with Grated Lemon Rind  
Mixed Salad of Arugula, Radicchio and Butter Lettuce  
Fresh Ketchikan Silver Salmon and Dill Sauce

### VEGETARIAN MENU

Grapefruit and Kiwi Dressed in a Mint-Raspberry Purée  
Mixed Salad of Arugula, Radicchio and Butter Lettuce  
Homemade Fresh Pasta Tossed with Tomato and Grated Parmesan Cheese  
Vegetable Pojarski Cutlet on a Paprika Cream Sauce with Braised Lentils  
Assorted International Cheese and Crackers  
Seasonal Fresh Fruit Plate

### ALWAYS AVAILABLE

A Classic Caesar Salad  
Succulent Shrimp Cocktail, Red American Sauce  
Homemade Fettuccine all'Alfredo Original Recipe from Rome

*Baked Potatoes and French Fries can be requested  
in addition to the daily vegetable selection.*

*If you have any food-related allergies or special dietary requirements,  
please make sure to contact only your Head Waiter or the Maître d'Hôtel.*

PRINCESS CRUISES  
escape completely

### APPETIZERS

Gently Smoked Suprême of Duck with Wild Greens and a Cassis Vinaigrette  
Grapefruit and Kiwi Dressed in a Mint-Raspberry Purée  
Crab Quiche with a Jalapeño Chili Salsa

### SOUPS

Capon Broth with Meat Tortellini and Minced Chives  
Lobster Bisque Garnished with Shrimp, Flavored with Cognac  
Chilled Yogurt and Tamarind Soup, Sprinkled with Grated Lemon Rind

### SALAD

Mixed Salad of Arugula, Radicchio and Butter Lettuce  
*Honey Mustard, Red Wine Vinaigrette or Low-Fat Garlic Chive Dressing*

### ENTRÉES

#### PRINCESS FAVORITE

Farfalle alla Rustica  
*Bowtie Pasta in a Creamy Sauce of Tender Veal, Morel Mushrooms,  
Green Peas and Parmesan Cheese*

Fresh Ketchikan Silver Salmon and Dill Butter Sauce  
*Broiled Filet with Garlic-Flavored Mashed Red Potato and Cucumber Salad*

Louisiana Crayfish Tails in a Saffron Tomato Sauce  
*Sautéed Shellfish Accompanied by Spinach and Rice Pilaf*

Rock Cornish Hen Forcetière  
*Roasted with Natural Pan Gravy and Presented with Mixed Mushrooms,  
Braised Wild Rice and Baby Lima Beans*

#### Tournedos of Beef Tenderloin

*Grilled Medallion Enhanced by a Red Wine Sauce Demi-Glace,  
Served with Squash, Baby Carrots and Croquette Potatoes*

### ALWAYS AVAILABLE GRILL ENTRÉES

Lemon and Herb Scented Broiled North Sea Silver Salmon Filet  
Herb Marinated Bone and Skinless Breast of Chicken  
Beef Filet Tournedos, Bordolaise Sauce  
Grilled Aged New York Sirloin Steak