

Dinner 'a la NCL

*(So doesn't it feel good to eat when you want,
where you want and with whom you want?)*

Cooking Light®

*Norwegian Cruise Line has partnered with Cooking Light®, the world's top
Epicurean magazine, to bring you a daily selection of healthy, delicious dishes.
They're sure to satisfy your appetite to eat smart, be fit and live well.*

Appetizers, Soups and Salad

Dill Smoked Salmon

Honey-mustard Crème Fraîche, Tossed Greens

Marinated Roasted Pineapple

Aged Rum, Coconut Cream, Mint, Mojito Vinaigrette with Sugar Cane

Crostata – Savory Farm House Style Tart

Buffalo Mozzarella, Wild Mushrooms

Cooking Light® Potato and Fennel Soup

Sour Cream

*Calories 169, Total Fat 3g, Saturated Fat 1g, Protein 4g,
Cholesterol 6mg, Sodium 431mg, Fiber 3g, Carbohydrate 34g*

Rich Onion Broth

Small Beef Ravioli, Parmesan Cheese, Fresh Herbs

Chilled Peach Soup

Pistachio Pesto

Tossed Greens with Endive

Crumbled Roquefort Cheese,
Sherry Vinegar and Walnut Dressing

If you have any type of food allergy, please advise your Waiter before ordering.

Entrées

Roast Leg of Lamb Provençal

White Bean and Mint Ragout, Rich Wine Sauce

Cooking Light® Jerk Style Chicken

Grilled Chicken, Cinnamon, Thyme, Carrots, Jalapeños, Allspice
*Calories 169, Total Fat 5g, Saturated Fat 1g, Protein 26g,
Cholesterol 84mg, Sodium 287mg, Fiber 1g, Carbohydrate 3g*

Grilled Mahi-Mahi

Sun-dried Tomato Polenta, Braised Fennel, Chive Butter Sauce

Pappardelle Pasta with Short Rib Ragout

Ricotta Cheese, Aged Balsamic

Vegetarian – Madras Vegetable Curry

Aromatic Basmati Rice, Mango Chutney, Pappadam

Always Available

Appetizers

Caesar Salad

Smoked Turkey, Herb Garlic Croutons, Parmesan Cheese

Baby Shrimp Cocktail

Iceberg Lettuce, Lemon

Entrées

Grilled Farm Raised Chicken Breast

Mashed Potatoes, Sautéed Vegetables

Broiled Salmon Fillet

Vegetable Tagliatelle, Caper Butter

8 oz. Grilled Sirloin Steak

French Fries, Peppercorn Sauce

Cheese Tortellini Primavera

Creamy Herb Sauce, Parmesan Cheese

Desserts

Cooking Light® Italian Cream Cake

Pistachio Syrup

*Calories 300, Total Fat 8g, Saturated Fat 4g, Protein 5g,
Cholesterol 39mg, Sodium 166mg, Fiber 1g, Carbohydrate 54g*

Warm Vanilla Bean Soufflé

Grand Marnier Anglaise

Semi-sweet Chocolate Amaretto Bavarian Cream

Espresso Sauce

No Sugar Added – Coconut Cheesecake

Mango Pineapple Compote

Frozen Strawberry Yogurt

Today's Selection of Ice Cream

Chocolate, Butterscotch, Raspberry Sauce

International Cheese Platter

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