

# Welcome to Lunch

*(The meal that takes you through the rest of your day,  
so you'll have lots of energy to...whatever!)*

## 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 Salads

#### **Taro Chips**

Tomato-papaya-avocado Salsa

#### **Cooking Light® Tropical Fruit Salad**

Kiwi, Mango, Pineapple

*Calories 128, Total Fat 2g, Saturated Fat 1g, Protein 1g,  
Cholesterol 0mg, Sodium 14mg, Fiber 3g, Carbohydrate 30g*

#### **Goat Cheese and Pancetta Quiche**

Garden Greens, Red Beet Vinaigrette

#### **Split Pea Soup**

Canadian Bacon, Scallions

#### **Ice Chilled Banana Soup**

Yogurt, Mango

#### **Assorted Garden Greens**

Carrots, Cherry Tomatoes, Cucumber, Sweet Corn,  
Choice of Dressing

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

## *Entrées*

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### **BBQ Pork Ribs**

Ranch Fries, Cabbage Coleslaw

### **Cooking Light® Sautéed Tilapia**

White Rice, Lemon-peppercorn Pan Sauce  
*Calories 282, Total Fat 8g, Saturated Fat 3g, Protein 35g  
Cholesterol 92mg, Sodium 739mg, Fiber 1g, Carbohydrate 15g*

### **American Club Sandwich**

Roasted Turkey, Honey Ham, Bacon, Lettuce and Tomato  
Griddle-fried White Bread

### **Vegetarian – Wild Mushroom and Garlic Risotto**

French Brie, Lavender Lavosh

### **Siamese Beef and Rice-noodle Salad**

Scallions, Toasted Peanuts

### **Pappardelle Pasta**

Smoked Chicken, Feta Cheese, Basil-pesto Sauce, Cherry Tomatoes

## *Desserts*

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### **Warm Peach and Blueberry Cobbler**

Vanilla Ice Cream

### **Cooking Light® Nutty Apple Spice Cake**

Butterscotch Sauce

*Calories 324, Total Fat 10g, Saturated Fat 2g, Protein 4g,  
Cholesterol 41mg, Sodium 170mg, Fiber 2g, Carbohydrate 58g*

### **Today's Selection of Ice Cream**

Chocolate, Butterscotch, Raspberry Sauce

### **Seasonal Fruit Plate**

Served with Cottage Cheese

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