



Royal Caribbean International

**Vitality**<sup>SM</sup>

*In keeping with today's increased nutritional awareness,  
Vitality<sup>SM</sup> offers a balanced 3-course menu under 800 calories*

**SEAFOOD SALAD**

Shrimp, scallops and smoked salmon in a brandy cocktail  
sauce ♦ 120 Calories

**\*SLOW-ROASTED AGED PRIME RIB**

Served with natural au jus, a fluffy baked potato and lightly glazed  
root vegetables ♦ 444 Calories

**CHERRIES JUBILEE (V)**

Warmed, dark red cherries laced with Kirsch; generously ladled over  
vanilla ice cream ♦ 170 Calories

*Alternative Selections*

**ZITI WITH MARINARA SAUCE (V)**

Fragrant sauce of tomatoes, onion and garlic, simmered and tossed  
with al dente pasta

**FILET OF ATLANTIC SALMON**

Broiled fish filet served with Chef's choice of vegetables

**CHICKEN BREAST WITH SEASONAL HERBS**

Grilled breast of chicken, perfumed with rosemary and served with  
assorted vegetables

**\*BLACK ANGUS TOP SIRLOIN**

Grilled to order, topped with herb butter and served with  
garden vegetables



100% RECYCLED PAPER



CACD EN  
09/012

## Starters

### EGGPLANT AND KALAMATA OLIVE TARTARE (V)

Tomato coulis and garlic crostini

### SEAFOOD SALAD (V)

A variety of seafood in a spicy ginger-mayonnaise, with spring onions, sweet bell peppers and crisp celery

### CREAMED WILD MUSHROOMS IN PUFF PASTRY (V)

A hearty blend of wild mushrooms, cream and herbs, all encased in delicate puff pastry

### CREAM OF ASPARAGUS (V)

Pale green and creamy, this delicious classic soup is garnished with crunchy almonds

### DOUBLE DUCK CONSOMMÉ

Aged port gives this rich broth a depth of flavor and is garnished with a mélange of julienne vegetables

### ROASTED PEACH SOUP (V)

Roasting brings out the sweetness of this stone fruit; strawberries serve as a colorful garnish

### CAESAR SALAD

Simple and classic; crisp romaine lettuce with shaved Parmesan and herbed croutons

### HOUSE SALAD (V)


Boston and Oak leaf lettuce, vine ripe tomatoes and sunflower seeds


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ALL WASTE RECYCLED



 *Chef's Signature Menu*

*With inspiration and the finest ingredients, our chef has created this  
Signature Menu for your dining pleasure*

**CREAMED WILD MUSHROOMS IN PUFF PASTRY (V)**

A hearty blend of wild mushrooms, cream and herbs, all encased in delicate  
puff pastry

**THAI BBQ CHICKEN BREAST**

The delicate perfume of jasmine rice is enhanced by coconut and lemongrass  
731 XYZin, Zinfandel, "10 Year Old Vines", California

**DESSERT SAMPLER**

A trio of exquisite tastes and textures on one plate

*Main Courses*

**NEW ENGLAND BAY SCALLOPS AND ZITI**

Sweet bay scallops, grilled portabella mushrooms and fire-roasted red pepper pesto  
swirl around the pasta  
647 Thierry et Pascale Matrot, Chardonnay, France

**FISHERMAN'S PLATE**

A broiled lobster tail and garlicky shrimp served with broccoli florets  
298 Mer Soleil, Chardonnay, California

**\*SLOW-ROASTED AGED PRIME RIB**

Served with natural au jus, a fluffy baked potato and lightly glazed root vegetables  
638 Château Coufran, Merlot, Haut-Médoc, France

**GREEK-STYLE VEGETARIAN MOUSSAKA (V)**

On a chunky tomato and oregano sauce  
532 Secco-Bertani, Valpolicella-Valpantena, Italy

**KABULI CHANA (V)**

Chickpea curry served with fragrant basmati rice, pappadams and tangy raita  
296 Conundrum, California

*Accompaniments*

Mashed Potatoes, Baked Potato, Rice and Vegetable of the Day

(V) - VEGETARIAN SELECTION

CAFO BY  
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\*Contains tree or undercooked meat, seafood, shellfish, eggs, milk, or poultry may increase your risk of foodborne illness, especially if you have certain medical conditions.

