

Royal Caribbean International

# Vitality

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



# Plarlers

# EGGPLANT AND KALAMATA OLIVE TARTARE (V)

Tomato coulis and garlic crostini

# SEAFOOD SALAD (&)

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)

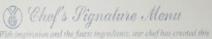
Boston and Oak leaf lettuce, vine ripe tomatoes and sunflower seeds



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CREAMED WILD MUSHROOMS IN PUFF PASTRY (V)

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#### 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 (AV)

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 Potatos, Rice and Vegetable of the Day

