

Welcome to Lunch

(The meal that takes you through the rest of your day so you 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 healthful, delicious dishes that satisfy your appetite to eat smart, be fit and live well.

Appetizers

Mexican Crab Dip with Jicama

Tropical Fruit Medley

Hearts of Palm, Coconut Sherbet, Mint

Fried Chicken Strips

Orange-horseradish Dip

Soups and Salads

Cooking Light® Savory Beet Soup

Chilled Granny Smith Apple Bisque

Pecan Nut Bridle

Assorted Garden Greens

Crisp Vegetable Strings, Cherry Tomatoes, Cucumber, Sweet Corn
Choice of Dressing

Entrées

Rosemary Rotisserie Chicken

Roasted Carrots, Parsnips, Skillet Rice

Cooking Light® Herb Grilled Salmon

Roasted Mash Potatoes with Leeks, Mango Salsa

BLT Sandwich

Bacon, Lettuce, Tomato, Fried Egg, Coleslaw, Chips

Fusilli Pasta and BBQ Pork

Fresh Cilantro, Mint

Vegetarian - Baked-stuffed Peppers

Roasted Almonds, Water Chestnut Sauce

Octopus, Mussels and Monkfish Salad

Crisp Lettuce, Potato Bread, Sherry Vinaigrette, Aioli Dip

Classical ½ Pound Lean Beef Burger

Sesame Bun, Pickle, and Choice of French Fries, Cole Slaw, Macaroni Salad

Featured Toppings:

Texas Style Baked Beans, Monterey Jack Cheese

Hot Dog - Chicago Style

Sweet Relish, Sauerkraut and Choice of French Fries, Cole Slaw or Macaroni Salad

Desserts

Mississippi Pecan Pie

Caramel Ice Cream

Cooking Light® Macerated Berries

Grand Marnier Sauce

Today's Ice Cream Selections

(Ask your Server for our special flavors)

Chocolate, Butterscotch, Raspberry Sauce

Seasonal Fruit Plate

Served with Cottage Cheese