

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

Seafood Ceviche – Los Cabos

Tomato, Cilantro, Lime Juice, Chillies

Tropical Fruits

Mango and Papaya, Galliano Liqueur

Spinach and Onion Turn-over

Emmental Cheese Sauce

Cooking Light® Curried Butternut Squash Soup

*Calories 139, Total Fat 4g, Saturated Fat 2g, Protein 2g,
Cholesterol 11mg, Sodium 188mg, Fiber 6g, Carbohydrate 27g*

Crab Hot and Sour Soup

Tofu, Bamboo Shoots, Straw Mushrooms

Chilled Strawberry Soup

Balsamic Syrup

Niçoise Salad

Tuna, Black Olives, Green Beans, Herb Vinaigrette

Entrées

Mustard-herb Crusted Roast Rack of Lamb

Lentil Salad, Lyonnaise Potatoes

Cooking Light® Chicken Creole

Chicken Stew, Ham, White Rice, Piquant Jambalaya
Calories 294, Total Fat 8g, Saturated Fat 2g, Protein 42g,
Cholesterol 99mg, Sodium 738mg, Fiber 2g, Carbohydrate 13g

"Surf and More Surf"

Lobster Tail, Shrimp, Mussels, Scallops, Fillet of Snapper
Tossed on a Bed of Linguini

Wild Mushroom Risotto

Parmesan Cheese, Caramelized Pan Jus

Vegetarian – Goat Cheese Polenta Cake

Sautéed Spinach, Red Bell Pepper Fondue, Cherry Tomato Confit

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® Pistachio Pot de Crème

Calories 196, Total Fat 8g, Saturated Fat 4g, Protein 6g,
Cholesterol 54mg, Sodium 87mg, Fiber 2g, Carbohydrate 31g

Flourless Molten Chocolate Cake

Raspberry Sauce

Fruit Trifle

Layers of Vanilla Cream and Fruits, Cherry Soaked Génoise

No Sugar Added – Vanilla Cream Puff

Strawberry Coulis

Raspberry Sherbet

Today's Selection of Ice Cream

Chocolate, Butterscotch, Raspberry Sauce