

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

Entrées

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

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