

Always Available

Grilled or Steamed Fillet of Salmon*
garden vegetables,
hollandaise sauce

Broiled Beef Filet Mignon*
thyme-roasted vegetables,
natural jus

Grilled Chicken Breast
lemon oil, roast vegetables,
green asparagus

Sauces for your Steak
béarnaise sauce,
green peppercorn sauce

Baked Just for You

Enjoy a different selection
of fresh-baked bread every day

Honey wheat bread with cranberries

Country white rolls

Cheese grissini

Starters

Duck and Chicken Terrine
toasted rye loaf, apple celery salad, almonds

V Fried Vegetable Dim Sum Dumplings
Thai sweet chili sauce and mixed daikon greens

V Nordic Salad
iceberg lettuce, watercress, radish, cherry tomatoes, shredded carrots
Creamy lime dressing

V Fire-Roasted Tomato Cream Soup
mozzarella and basil pesto

Entrées

— **Fresh Pasta Made on Board** —

V Tortelli Stuffed with Asparagus and Mascarpone cheese
carrot emulsion, vegetable mosaic, toasted hazelnuts

Risotto with Cream of Leeks and Clams
parsley butter

Sliced Tuna Steak in Salmoriglio Sauce*
extra virgin olive oil, garlic, parsley, oregano, potato and cherry tomato sauce

Veal Chop with Sage and Rosemary Coating*
pan-fried paprika potato wedges, herb gravy

V Punjabi Tadka
mixed bean dal with rice and roti bread

Deliciously Healthy



Did you know?

A cooked serving of farmed rainbow trout contains approximately 981 milligrams of omega-3 fatty acids, eicosapentaenoic acid, or EPA, and docosahexaenoic acid, or DHA.

This amount far exceeds the 250 milligram per day minimum that Seafood Watch recommends.

The American Heart Association and the Harvard School of Public Health agree that trout's relatively low-fat and cholesterol content make it a good protein to substitute in your diet for meats such as beef, pork and lamb, which contain significantly higher amounts of saturated fat and cholesterol.

Marinated Sea Scallops*
crunchy vegetables, ginger-turmeric sauce, papadum crisp

Trout Fillet Roll
soft cornmeal mush, butter sauce with capers and herbs

V Warm Apple Crumble
vanilla ice cream

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Desserts

International Cheese Selection from the Trolley

fruit and vegetable preserves, jellies, honey, dried and fresh fruit

Coconut Pistachio Dacquoise

coconut biscuit, pistachio mousseline, raspberry coulis

Crema Catalana

caramel sauce

Tiramisù

mascarpone cream, ladyfinger biscuits dipped in coffee and bitter cocoa powder

New York Cheesecake

your choice of caramel, chocolate, strawberry, peach, and passion fruit toppings

Grandma's Chocolate Cake

with layers of dulce de leche and chocolate fudge

Selection of Ice Cream and Fruit Sorbets

ask your waiter for our assortment of ice cream and sorbets



Ice Cream

ask your waiter for our daily selection

Fresh Fruit Plate

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natural jus

Grilled Chicken Breast

lemon oil, roast vegetables,
green asparagus

Sauces for your Steak

béarnaise sauce,
green peppercorn sauce

Baked Just for You

Enjoy a different selection of fresh-baked bread every day

Kornspitz whole wheat bread
with sunflower seeds

Country white rolls

Olive oil focaccia

Starters

Herb and Citrus-Marinated Seafood Salad*

shrimp, squid, sea scallops and black mussels, creamy aioli emulsion

Vitello Tonnato*

sliced veal loin, creamy tuna and caper sauce, anchovy, extra virgin olive oil

V Asparagus in Tarragon Sauce

with golden puff pastry

French-Style Salad

tuna, steamed potatoes, string beans, tomatoes, hard-boiled egg, anchovies,
olives, and lettuce

French dressing

Caribbean Fish Soup

yuca, coconut milk

Entrées

Paccheri Pasta with Traditional Cured Speck

arugula and pine nut pesto sauce, roast tomatoes

Ligurian Cioppino

shrimp, monkfish, mussels, and clams, with garlic bread toast and fish soup

Breaded Chicken Breast Kiev

stuffed with garlic and parsley flavored butter, roast potatoes, asparagus,
and beetroot coulis

V Jamaican Patties Filled with Sweet Potatoes and Swiss Chard

sweet-and-spicy jerk sauce

Deliciously Healthy



Did you know?

The word rice has been initially used in English in the middle of the 13th century; it derives from the Old French ris, which comes from Italian riso, in turn from the Latin oriza, and even earlier from the Greek ὀρυζα (oruzā). Rice is the staple food of over half the world's population.

It provides 20% of the world's dietary energy supply; it is the predominant dietary energy source for 17 countries in Asia and the Pacific, 9 countries in North and South America and 8 countries in Africa.

The world rice consumption is approximately 631.6 million metric tons.

Lemon-Scented Creamy Oyster Risotto

carabinieri rice, mozzarella cream, fresh herbs

Broiled Amberjack Fillet*

potatoes, asparagus, cream of peas, crunchy fennel



Arroz con Leche

cinnamon rice pudding

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Desserts

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fruit and vegetable preserves, jellies, honey, dried and fresh fruit

Caribbean Rum Cake

coconut ice cream

Chocolate Soufflé

vanilla anglaise

Tiramisù

mascarpone cream, ladyfinger biscuits dipped in coffee and bitter cocoa powder

New York Cheesecake

your choice of caramel, chocolate, strawberry, peach, and passion fruit toppings

Grandma's Chocolate Cake

with layers of dulce de leche and chocolate fudge

Selection of Ice Cream and Fruit Sorbets

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Ice Cream

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Fresh Fruit Plate

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Gala Dinner

FreestyleTravelers.com

Baked Just for You

Enjoy a different selection
of fresh-baked bread every day

Spelt rolls topped
with assorted seeds

Country white rolls

Black olive focaccia

Starters

Burgundy Snails
garlic herb butter, baguette crouton

V Twice-Baked Blue Cheese Soufflé
toasted walnuts, fig chutney

V Williams Salad
mixed greens, pears, celery, caramelized walnuts
Carrot orange dressing

Shellfish Bisque
creamy brandy foam and chives

Entrées

— — — **Fresh Pasta Made on Board**
Egg Fettuccini in a Creamy Porcini Mushroom Sauce

V Champagne Risotto
Carnaroli rice, aged Pecorino Romano sabayon

Grilled Lobster Tail*
steamed asparagus, new potatoes, aromatic butter

Beef Tenderloin Rossini*
foie gras escalope, truffle shavings and red wine reduction, new potatoes,
and green asparagus

V Imam Bayildi
baked eggplant with onion, tomatoes, and confit bell peppers

Deliciously Healthy



Did you know?

A common scene in the Greek islands is octopuses hanging in the sunlight from a rope, just like laundry from a clothesline. They are often caught by spear fishing close to the shore.

The fisherman brings his prey to land and tenderizes the flesh by pounding the carcass against a stone surface. Thus treated, they are hung out to dry, and later will be served grilled, either hot or chilled in a salad.

Steamed Octopus Carpaccio
potato caper salad, basil oil

Monkfish Medallion au Gratin
bouillabaisse reduction, potatoes, sautéed mussels

V No Sugar Added Mint-Flavored Pineapple Salad
coconut flakes

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Gala Dinner

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Desserts

International Cheese Selection from the Trolley

fruit and vegetable preserves, jellies, honey, dried and fresh fruit

Chocolate Royal Cake

dark chocolate mousse, crunchy praline, vanilla anglaise

Crêpe Suzette

caramelized crêpe, vanilla ice cream, toasted almonds

Tiramisù

mascarpone cream, ladyfinger biscuits dipped in coffee and bitter cocoa powder

New York Cheesecake

your choice of caramel, chocolate, strawberry, peach, and passion fruit toppings

Grandma's Chocolate Cake

with layers of dulce de leche and chocolate fudge

Selection of Ice Cream and Fruit Sorbets

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Ice Cream

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Petits Fours

Fresh Fruit Plate

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natural jus

Grilled Chicken Breast

lemon oil, roast vegetables,
green asparagus

Sauces for your Steak

béarnaise sauce,
green peppercorn sauce

Baked Just for You

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of fresh-baked bread every day

Six-grain rolls topped
with assorted seeds

Country white rolls

Oregano grissini

Starters

Maryland Crab Cake

panko coated king crab meat, green apple and fennel salad, dill

Beef Tartare*

minced beef tenderloin with gherkins, capers, quail egg, sour cream,
mustard, shallots

Crispy Hand-Rolled Vegetable Spring Rolls

hoisin-peanut dip, lemongrass, cilantro

Spring Salad

lettuce, tomatoes, cucumber, sweet corn, radishes, sunflower seeds
Creamy avocado dressing

Entrées

Fresh Pasta Made on Board

Lobster Bualetti

ravioli filled with lobster, Roma tomato, fiordilatte cheese, marjoram

Pumpkin Risotto

flavored with truffle, crispy sausage

Succulent Roasted Prime Rib of Angus Beef*

shallot chianti wine sauce, string beans, Roma tomato, truffle-ricotta potato flan

Mignonette of Pork Tenderloin

balsamic demi-glace, market vegetables, truffle mash

Roasted Vegetable Tagine

slow-roasted potatoes, red onion, peppers and tomatoes with fragrant quinoa
and a creamy coconut sauce

Deliciously Healthy



Did you know?

Olives are a staple of the Mediterranean diet. They have been associated with many health benefits, especially for heart health and cancer prevention. Dietary antioxidants have been shown to reduce the risk of chronic diseases such as heart disease and cancer. Olives are rich in antioxidants, with health benefits ranging from fighting inflammation to reducing the growth of unwanted microorganisms.

Provençal Country Vegetable Soup

with lentils and sourdough croutons

Grilled Mediterranean Sea Bass Fillet

fennel coulis, Parisienne potatoes, Taggiasca olives

Crispy Tulip

filled with vanilla ice cream and diced strawberries

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Desserts

International Cheese Selection from the Trolley

fruit and vegetable preserves, jellies, honey, dried and fresh fruit

Opera Cake

almond biscuit layer with chocolate and coffee cream

Warm Apple Strudel

vanilla sauce

Tiramisù

mascarpone cream, ladyfinger biscuits dipped in coffee and bitter cocoa powder

New York Cheesecake

your choice of caramel, chocolate, strawberry, peach, and passion fruit toppings

Grandma's Chocolate Cake

with layers of dulce de leche and chocolate fudge

Selection of Ice Cream and Fruit Sorbets

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Ice Cream

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Fresh Fruit Plate

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garden vegetables, hollandaise sauce

Broiled Beef Filet Mignon*

thyme-roasted vegetables,
natural jus

Grilled Chicken Breast

lemon oil, roast vegetables,
green asparagus

Sauces for your Steak

béarnaise sauce,
green peppercorn sauce

Baked Just for You

Enjoy a different selection
of fresh-baked bread every day

Six-grain rolls topped
with assorted seeds

Country white rolls

Grissini

Starters

Herbed Gravlax Salmon*

three-day cured salmon, potato patty, Bacardi-infused sour cream,
salmon roe, honey mustard dressing

Assorted Chinese Dumplings

sweet chili sauce, fresh cilantro

V Potato Mascarpone Flan

aromatic herbs, shallots, coarse pepper, cheese fondue

Vinaigrette sauce

V Seasonal Vegetable Soup

extra virgin olive oil, garlic croutons

Entrées

— Fresh Pasta Made on Board

Pappardelle with Duck Ragout

roasted duck, juniper berries, white wine, sage

Shrimp Risotto

carnaroli rice, Mediterranean shrimp, white fish reduction, cherry tomatoes,
shrimp bisque

Seared Diver Scallops with Ginger Lime Butter Sauce*

diced tomatoes, chervil, broccoli florets, vegetable jasmine pilaf rice

Pistachio-Crusted Rack of Lamb*

cherrywood-smoked bacon morsels, mashed potatoes,
light sour cherry pan gravy

V Grilled Vegetable Tortillas

red beans, tomato rice, guacamole

Deliciously Healthy



Did you know?

Just a few grams of turmeric per day either in the form of powder, crushed root or fresh root can provide enough nutrients to help you avoid anemia, neuritis, memory disorders and offer protection against cancers, infectious diseases, high blood pressure, and strokes.

It is also a natural food preservative. The paste is used to marinate fish, chicken and meat and enhances shelf life. It also offsets the smell of fish.

In India, the sun dried roots are mixed with other spices such as curry leaves, peppers, etc., and are then gently roasted and ground to prepare masala curry powder.

V Winter Salad

lettuce, radicchio, red lollo, cherry tomatoes and a mozzarella ball

Indian Butter Chicken

cumin basmati rice pilaf, crispy pappadum bread, raita sauce



Strawberry Milkshake with Yogurt

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Vegetarian



Vegan



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Desserts

International Cheese Selection from the Trolley

fruit and vegetable preserves, jellies, honey, dried and fresh fruit

Chocolate Duo Cake

dark and white Bavarian cream, Sacher biscuit

Bolo de Coco

coconut cream cake, raspberry sauce

Tiramisù

mascarpone cream, ladyfinger biscuits dipped in coffee and bitter cocoa powder

New York Cheesecake

your choice of caramel, chocolate, strawberry, peach, and passion fruit toppings

Grandma's Chocolate Cake

with layers of dulce de leche and chocolate fudge

Selection of Ice Cream and Fruit Sorbets

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Ice Cream

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Fresh Fruit Plate

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natural jus

Grilled Chicken Breast

lemon oil, roast vegetables,
green asparagus

Sauces for your Steak

béarnaise sauce,
green peppercorn sauce

Baked Just for You

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Farmer sourdough rye bread rolls

Country white rolls

Olive oil focaccia

Starters

Rich Shrimp Cocktail

mesclun, bacon, scallions, cilantro-cocktail sauce, jalapeño

Foie Gras Terrine

pain brioche, apricot preserve, sea salt

V Asiago Cheese Fritters

semi-aged Italian cheese, spicy pear compote, toasted hazelnuts

Traditional Caesar Salad

romaine lettuce, anchovies, crunchy croutons

Caesar dressing

Beef Consommé

with meat ravioli

Entrées

V Truffle Risotto

carnaroli rice, black truffle, Parmesan cheese, double cream, curly parsley

Herb-Scented Steamed Black Cod*

saffron potato cream sauce, garden vegetables

Slow-cooked Lamb Shank, Chianti Wine Sauce

garlic chive mashed potatoes, minted parsnips and carrots

Surf & Turf*

filet mignon of angus beef and jumbo shrimp, béarnaise sauce, asparagus, carrots, sautéed new potatoes

V Leek and Ricotta Cheese Tart

vegetable ratatouille

Deliciously Healthy



Did you know?

*Tapioca is obtained from the fleshy root of the bitter cassava. The name tapioca derives from the word *tipi'óka*, used in Tupí language of South America for this starch. Tapioca is commonly used instead of wheat flour in South America, the West Indies and India. The most popular use of tapioca in the Western world is a milk-based dessert pudding with milk and sugar. In the tropics, it is also popular prepared as a pudding with fruit or fruit juice. Tapioca is used worldwide as a thickening agent, mainly in foods. It is gluten-free and almost completely protein-free.*

In the USA tapioca is celebrated on June 28th as National Tapioca Day and on July 15th as National Tapioca Pudding Day.

V Cream of Argenteuil Asparagus Soup

with tapioca pearls

V Potato Gnocchi

fire-roasted eggplant, red onion, plum tomato sauce, ricotta cheese



Coconut Tapioca Pudding

mango compote



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Vegan



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Desserts

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fruit and vegetable preserves, jellies, honey, dried and fresh fruit

Ice Cream Pyramid

caramelized meringue

Vanilla Cream

wild berry coulis

Tiramisù

mascarpone cream, ladyfinger biscuits dipped in coffee and bitter cocoa powder

New York Cheesecake

your choice of caramel, chocolate, strawberry, peach, and passion fruit toppings

Grandma's Chocolate Cake

with layers of dulce de leche and chocolate fudge

Cherries Jubilee

cooked with kirsch liqueur



Ice Cream

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Fresh Fruit Plate

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Grilled Chicken Breast
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green asparagus

Sauces for your Steak
béarnaise sauce,
green peppercorn sauce

Baked Just for You

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Six-grain rolls topped
with assorted seeds

Country white rolls

Tomato grissini

Starters

Mixed Fried Seafood
deep-fried squid, shrimp and cuttlefish, homemade aioli

Beef Carpaccio*
Parmesan shavings, mesclun salad, extra virgin olive oil,
aged balsamic vinegar

V Tricolor Salad
baby spinach, romaine lettuce, mozzarella cheese and tomato wedges
Sun-dried tomato dressing

V Gardener's Minestrone Soup
with fresh seasonal vegetables and extra virgin olive oil

Entrées

—  — **Fresh Pasta Made on Board**

Lasagna Bolognese
au gratin with beef sauce, béchamel and Parmigiano Reggiano

V Asparagus Risotto
carnaroli rice, green asparagus, Grana Padano cheese

Veal Ossobuco
braised veal shank, green peas, buttered mash potatoes, gremolata dust

Grilled Spring Lamb Chops*
green bean and bacon, grilled tomato, roasted rosemary potatoes

V Parmigiana di Melanzane
eggplant Parmesan au gratin with mozzarella, Parmesan
and basil tomato sauce

Deliciously Healthy



Did you know?

Red vegetables, such as tomatoes, contain two phytochemicals: lycopene and anthocyanins, which are both powerful antioxidants. Red vegetables also contain vitamin C, which aids the production of collagen, maintains blood vessels, stimulates the immune system, and increases the absorption of iron from plants.

V Buffalo Mozzarella Caprese
ripe tomatoes, fresh basil, extra virgin olive oil, sea salt

Pan-Seared Swordfish*
couscous, asparagus spears, vegetable salmoriglio



Wild Berry Cobbler
almond crumble, vanilla ice cream

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fruit and vegetable preserves, jellies, honey, dried and fresh fruit

Seasonal Fruit and Ice Cream Sundae

strawberry ice cream, sliced pineapple, diced strawberries, chocolate sauce, crunchy granola, and whipped cream

Lemon Delight

sponge cake with limoncello cream

Tiramisù

mascarpone cream, ladyfinger biscuits dipped in coffee and bitter cocoa powder

New York Cheesecake

your choice of caramel, chocolate, strawberry, peach, and passion fruit toppings

Grandma's Chocolate Cake

with layers of dulce de leche and chocolate fudge

Selection of Ice Cream and Fruit Sorbets

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Ice Cream

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