



## ISLAND PRINCESS CONTINENTAL DINNER

### LOTUS SPA MENU



Our Lotus Spa Menu is designed to enhance our spa tradition of providing harmony of the mind, body and spirit. These dishes reflect the perfect balance of nutrition and flavor.

Chilled English Cucumber Soup  
Fresh Garden Mixed Greens and Red Cabbage Chiffonade  
Filet of Baby Turbot with a Fennel Pernod Sauce

### VEGETARIAN MENU

Symphony of Royal Fruit  
Chilled English Cucumber Soup  
Fresh Garden Mixed Greens and Red Cabbage Chiffonade  
Leek and Ricotta Cheese Tart with Vegetable Ratatouille  
Assorted International Cheese and Crackers  
Seasonal Fresh Fruit Plate

### ALWAYS AVAILABLE

A Classic Caesar Salad  
Succulent Shrimp Cocktail, Red American Sauce  
Homemade Fettuccine all'Alfredo Original Recipe from Rome

*Baked Potatoes and French Fries can be requested  
in addition to the daily vegetable selection.*

*If you have any food-related allergies or special dietary requirements,  
please make sure to contact only your Head Waiter or the Maître d'Hôtel.*

  
PRINCESS CRUISES  
escape completely™

### APPETIZERS

Strasburg Duck Liver Pâté  
*Flavored with Vintage Port and Served with Warm Toasted Brioche*  
Symphony of Royal Fruit  
*Mixed Fresh Fruits Marinated with Fine Champagne and Cassis*  
Escargots Bourguignon  
*Broiled Mountain Snails in Garlic, Butter and Demi-Glace*

### SOUPS

Onion Soup Gratin  
*A Traditional French Onion Soup Baked with Emmenthal Cheese*  
Corn and Sweet Potato Chowder  
*A Hearty Soup Flavored with Spring Onion Vermouth and Cayenne*  
Chilled English Cucumber Soup  
*Garnished with Red Radish and Dill Yogurt*

### SALAD

Fresh Garden Mixed Greens and Red Cabbage Chiffonade  
*Buttermilk Ranch, Raspberry Vinaigrette or Low-Fat Roasted Pepper Dressing*

### ENTRÉES

#### PRINCESS FAVORITE

Fettuccine in A Sweet Lobster Ragoût  
*Egg Pasta with Lobster and Black Truffle in a  
Light Cognac Cream Sauce with Tomato and Tarragon*  
Filet of Baby Turbot with a Fennel Pernod Sauce  
*Served with Creamed Fennel, Fondant Potatoes and Tomato Gratin*  
Frog Legs Provençale  
*Gently Sautéed in White Wine with a Fresh Tomato Sauce Presented  
with Spinach Leaves, Garlic and Grilled Croûtons.*  
Crispy Duck à l'Orange  
*Roast Duckling Glazed with an Orange Curaçao Sauce,  
Accompanied by Braised Red Cabbage and Macaire Potatoes*  
Rack of Lamb Dijonnaise  
*Roasted Rib Chops Coated in Mustard and Bread Crumbs with  
Brussels Sprouts and Roasted Garlic Mashed Potatoes*

#### ALWAYS AVAILABLE GRILL ENTRÉES

Lemon and Herb Scented Broiled North Sea Silver Salmon Filet  
Herb Marinated Bone and Skinless Breast of Chicken  
Beef Filet Tournedos, Périgourdine Sauce  
Grilled Aged New York Sirloin Steak