



ISLAND PRINCESS SAILAWAY 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.

Seasonal Fresh Fruit Mosaic Flavored with Armagnac
Watercress, Shredded Carrots and Hearts of Iceberg Lettuce
Filet of Zander with Green Asparagus Tips

VEGETARIAN MENU

Cream of Porcini Mushroom Soup Perfumed with Tarragon
Watercress, Shredded Carrots and Hearts of Iceberg Lettuce
Pasta Shells with Broccoli and a Touch of Fresh Tomato Sauce
Moroccan Vegetable Ragoût with Pita Bread
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

Epicurean Cold Water Lobster and Seafood Terrine
A Delicious Blend of Lobster Meat, Shrimp and Rockfish, Accompanied by a Garden Green Bouquet
Seasonal Fresh Fruit Mosaic Flavored with Vintage Armagnac
Crispy Spring Rolls in a Honey-Soy, Sesame and Mustard Seed Sauce

SOUPS

Beef Broth with a Julienne of Carrot, Celery and Wild Rice
Cream of Porcini Mushroom Soup Perfumed with Tarragon
Iced Piña Colada Cream Splashed with Rum

SALAD

Watercress, Shredded Carrots and Hearts of Iceberg Lettuce
Russian, Balsamic Vinaigrette or Low-Fat House Tomato-Herb Dressing

ENTRÉES

PRINCESS FAVORITE

Conchiglie alla Campagnola
*Pasta Shells Tossed with Lemon Roasted Chicken and Fresh Steamed Broccoli in a
Sauce of Fresh Tomato, Capers, Cured Olives, Garlic and Parmesan Cheese*

Filet of Zander with Green Asparagus Tips
*Delicate Freshwater Fish Filet on a Bed of Herb Couscous
with Fresh Squeezed Lemon*

Seafood Turnover in a Lobster Sauce
*Shrimp, Scallops, Calamari and Whitefish Enveloped in
Puff Pastry with Sautéed Fresh Spring Vegetables*

Smoked Virginia Ham with Cranberry Gravy
Port-Glazed Oven Roast with Vichy Carrots and Scalloped Potatoes

Roasted Prime Rib with Creamed Horseradish
Premium Beef with String Beans and Baked Idaho Potato

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, Green Peppercorn Sauce
Grilled Aged New York Sirloin Steak