

# LUNCH MENU

## • SALADS •

### ORGANIC MIXED FIELD GREENS

Smoked Bacon | Grape Tomatoes | Cucumbers | Carrots  
Corn | American Cheddar Cheese | Herb Croutons  
House-Made Ranch Dressing | Balsamic Vinaigrette  
Low-Fat Italian Dressing

### ORGANIC SPINACH & KALE SALAD

Aged Reggiano Parmesan Cheese | Red Bell Peppers  
Red Onions | Lemon & Oregano Dressing

### ROASTED RED BEET SALAD

Pickled Shallots | Fresh Mint | Italian Parsley

### MEDITERRANEAN COUSCOUS & CHICKPEA SALAD

Scallions | Plum Tomatoes | Cumin & Paprika Vinaigrette

## • ENTREES •

### OVEN BAKED ATLANTIC COD FILET

Tomato, Shallot & Caper Sauce

### HONEY & SESAME CHICKEN

Scallions | Fresno Chilies

### WHOLE-ROASTED PORK LOIN

Dijon Mustard Cream Sauce

## • VEGETABLES, POTATOES & PASTA •

### ROASTED BROCCOLI FLORETS

Toasted Garlic | Chili Flakes

### CREAMED CORN & CHEDDAR CHEESE CASSEROLE

Green Chilies | Scallions | Fresh Cilantro

### BAKED ZITI PASTA

Aged Reggiano Parmesan Cheese  
Mozzarella Cheese | Spinach & Garlic Sauce

### MASHED POTATOES

Idaho Potatoes | Roasted Garlic

## • DESSERT BUFFET •

### SEASONAL FRUIT

### LEMON POUND CAKE & STRAWBERRIES

### VANILLA BEAN MOUSSE & RASBERRY SAUCE

### RED VELVET & CHOCOLATE CHIP BROWNIE

### CARAMEL APPLE BREAD PUDDING

# DINNER MENU

## • SALADS •

### ORGANIC MIXED FIELD GREENS

Smoked Bacon | Grape Tomatoes | Cucumbers | Carrots  
Corn | American Cheddar Cheese | Herb Croutons  
House-Made Ranch Dressing | Balsamic Vinaigrette  
Low-Fat Italian Dressing

### ORGANIC SPINACH & KALE SALAD

Aged Reggiano Parmesan Cheese | Red Bell Peppers  
Red Onions | Lemon & Oregano Dressing

### ROASTED RED BEET SALAD

Pickled Shallots | Fresh Mint | Italian Parsley

### MEDITERRANEAN COUSCOUS & CHICKPEA SALAD

Scallions | Plum Tomatoes | Cumin & Paprika Vinaigrette

### ORZO & BAY SHRIMP SALAD

Scallions | English Cucumbers | Cherry Tomatoes  
Dill & Mustard Vinaigrette

## • ENTREES •

### OVEN BAKED ATLANTIC COD FILET

Tomato, Shallot & Caper Sauce

### HONEY & SESAME CHICKEN

Scallions | Fresno Chilies

### WHOLE-ROASTED PORK LOIN

Dijon Mustard Cream Sauce

### BRAISED BEEF SHORT RIBS

Baby Carrots | Cabernet Sauvignon Sauce

## • VEGETABLES, POTATOES & PASTA •

### ROASTED BROCCOLI FLORETS

Toasted Garlic | Chili Flakes

### CREAMED CORN & CHEDDAR CHEESE CASSEROLE

Green Chilies | Scallions | Fresh Cilantro

### BAKED ZITI PASTA

Aged Reggiano Parmesan Cheese  
Mozzarella Cheese | Spinach & Garlic Sauce

### MASHED POTATOES

Idaho Potatoes | Roasted Garlic

## • DESSERT BUFFET •

### SEASONAL FRUIT

### LEMON POUND CAKE & STRAWBERRIES

### VANILLA BEAN MOUSSE & RASBERRY SAUCE

### RED VELVET & CHOCOLATE CHIP BROWNIE

### CARAMEL APPLE BREAD PUDDING

# LUNCH & DINNER MENU

FOOD ITEMS	ALLERGENS					
	DAIRY	GLUTEN	SOY	EGG	NUTS	SHELLFISH
ORGANIC MIXED FIELD GREENS		X				
RANCH DRESSING	X					
BALSAMIC VINAIGRETTE						
LOW FAT ITALIAN	VARIES BY CITY - PLEASE ASK YOUR ACCOUNT MANAGER					
ORGANIC SPINACH & KALE SALAD	X					
ROASTED RED BEET SALAD						
ORZO & BAY SHRIMP SALAD		X				X
MEDITERRANEAN COUSCOUS & CHICKPEA SALAD		X				
CREAMY GARLIC MASHED POTATOES	X					
ROAST BROCCOLI FLORETS						
BAKED ZITI PASTA	X	X				
CREAM CORN & CHEDDAR CHEESE CASSEROLE	X	X		X		
HONEY & SESAME CHICKEN		X	X			
WHOLE ROASTED PORK LOIN	X	X				

*The Entertainment Cruises companies strive to create a fun and safe environment for students. We make every attempt to identify ingredients that may cause allergic reactions for those with food allergies. Menus are subject to change at any time without notice. Manufacturers of the commercial foods we use could change the formulation at any time without notice. Please inform the Restaurant Manager on duty of any allergy questions or concerns you may have before consuming food items.*

# LUNCH & DINNER MENU

FOOD ITEMS	ALLERGENS					
	DAIRY	GLUTEN	SOY	EGG	NUTS	SHELLFISH
OVEN BAKED ATLANTIC COD FILET						
BRAISED BEEF SHORT RIBS		X				
SEASONAL CUT FRUIT						
LEMON POUND CAKE & STRAWBERRIES	X	X		X	X	
VANILLA BEAN MOUSSE & RASBERRY SAUCE	X					
RED VELVET & CHOCOLATE CHIP BROWNIE	X	X		X	X	
CARAMEL APPLE BREAD PUDDING	X	X		X	X	
<b>UPSELLS</b>						
SHRIMP COCKTAIL						X
SPINACH & ARTICHOKE DIP	X					

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