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

If you have any type of food allergy, please advise your Waiter before ordering.
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

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