PRINCESS GRILL

Lunch

CANYON RANCH SPA SELECTIONS

Appetizer — Fennel Soup with Celeriac 90/4/1 Entrée — Baked Cod with Macaroni and Cheese 405/12/6 Dessert — Freshly Sliced Watermelon 120/tr/6

APPETIZERS & SOUPS

Assorted Cooked Sushi, Wasabi & Kikkoman
Baby Shrimp Cocktail, Marie Rose Dressing & Pumpkin Seed Biscuit
Fennel Soup with Celeriac
Chilled Tomato Soup with Gin & Basil

SALADS

Butter Lettuce, Romaine, Choice of Dressings & Canyon Ranch Signature Dressing (V)

Queen Mary 2 Club Sandwich

A Selection of Cold Meats is always available

QUEENS GRILL

ENTRÉES

Fusilli Pasta Caponata, Little Neck Clams, Smoked Bacon, Navy Beans

Jerk Spiced Basa, Dirty Rice, Cilantro & Lime Dressing

Chicken Masala, Kashmiri Pulao & Poppadom

Moroccan Vegetable Stew with Couscous & Harissa Sauce

Steak & Potato Hash, Roasted Brussels Sprouts & Fried Egg

DESSERTS

Baba au Rhum, Tropical Fruit Salad

Spotted Dick with Custard

Sugar-free Iced Coffee Strasbourg

Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce

 $Nutrition \ Key: Calories \ / \ Fat \ Grams \ / \ Fibre \ Grams \qquad (V) \quad Indicates \ dishes \ suitable \ for \ Vegetarians$

PRINCESS GRILL

Lunch Wednesday 30th September, 2009

CANYON RANCH SPA SELECTIONS

Appetizer — Fennel Soup with Celeriac 90/4/1 Entrée — Baked Cod with Macaroni and Cheese 405/12/6 Dessert — Freshly Sliced Watermelon 120/tr/6

APPETIZERS & SOUPS

Assorted Cooked Sushi, Wasabi & Kikkoman
Baby Shrimp Cocktail, Marie Rose Dressing & Pumpkin Seed Biscuit
Fennel Soup with Celeriac
Chilled Tomato Soup with Gin & Basil

SALADS

Butter Lettuce, Romaine, Choice of Dressings & Canyon Ranch Signature Dressing (V)

Queen Mary 2 Club Sandwich

A Selection of Cold Meats is always available

PRINCESS GRILL

ENTRÉES

Fusilli Pasta Caponata, Little Neck Clams, Smoked Bacon, Navy Beans

Jerk Spiced Basa, Dirty Rice, Cilantro & Lime Dressing

Chicken Masala, Kashmiri Pulao & Poppadom

Moroccan Vegetable Stew with Couscous & Harissa Sauce

Steak & Potato Hash, Roasted Brussels Sprouts & Fried Egg

DESSERTS

Baba au Rhum, Tropical Fruit Salad

Spotted Dick with Custard

Sugar-free Iced Coffee Strasbourg

Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce

 $Nutrition \ Key: Calories \ / \ Fat \ Grams \ / \ Fibre \ Grams \qquad (V) \quad Indicates \ dishes \ suitable \ for \ Vegetarians$

BRITANNIA CLUB

Lunch Wednesday 30th September, 2009

CANYON RANCH SPA SELECTIONS

Appetizer — Fennel Soup with Celeriac 90/4/1 Entrée — Baked Cod with Macaroni and Cheese 405/12/6 Dessert — Freshly Sliced Watermelon 120/tr/6

APPETIZERS & SOUPS

Assorted Cooked Sushi, Wasabi & Kikkoman
Baby Shrimp Cocktail, Marie Rose Dressing & Pumpkin Seed Biscuit
Fennel Soup with Celeriac
Chilled Tomato Soup with Gin & Basil

SALADS

Butter Lettuce, Romaine, Choice of Dressings & Canyon Ranch Signature Dressing (V)

Queen Mary 2 Club Sandwich

A Selection of Cold Meats is always available

BRITANNIA CLUB

ENTRÉES

Fusilli Pasta Caponata, Little Neck Clams, Smoked Bacon, Navy Beans

Jerk Spiced Basa, Dirty Rice, Cilantro & Lime Dressing

Chicken Masala, Kashmiri Pulao & Poppadom

Moroccan Vegetable Stew with Couscous & Harissa Sauce

Steak & Potato Hash, Roasted Brussels Sprouts & Fried Egg

DESSERTS

Baba au Rhum, Tropical Fruit Salad

Spotted Dick with Custard

Sugar-free Iced Coffee Strasbourg

Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce

 $Nutrition \ Key: Calories \ / \ Fat \ Grams \ / \ Fibre \ Grams \qquad (V) \quad Indicates \ dishes \ suitable \ for \ Vegetarians$

BRITANNIA RESTAURANT

Lunch Wednesday 30th September, 2009

CANYON RANCH SPA SELECTIONS

Appetizer — Fennel Soup with Celeriac 90/4/1 Entrée — Baked Cod with Macaroni and Cheese 405/12/6 Dessert — Freshly Sliced Watermelon 120/tr/6

APPETIZERS & SOUPS

Assorted Cooked Sushi, Wasabi & Kikkoman
Baby Shrimp Cocktail, Marie Rose Dressing & Pumpkin Seed Biscuit
Fennel Soup with Celeriac
Chilled Tomato Soup with Gin & Basil

SALADS

Butter Lettuce, Romaine, Choice of Dressings & Canyon Ranch Signature Dressing (V)

Queen Mary 2 Club Sandwich

A Selection of Cold Meats is always available

BRITANNIA RESTAURANT

ENTRÉES

Fusilli Pasta Caponata, Little Neck Clams, Smoked Bacon, Navy Beans

Jerk Spiced Basa, Dirty Rice, Cilantro & Lime Dressing

Chicken Masala, Kashmiri Pulao & Poppadom

Moroccan Vegetable Stew with Couscous & Harissa Sauce

Steak & Potato Hash, Roasted Brussels Sprouts & Fried Egg

DESSERTS

Baba au Rhum, Tropical Fruit Salad

Spotted Dick with Custard

Sugar-free Iced Coffee Strasbourg

Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce

 $Nutrition \ Key: Calories \ / \ Fat \ Grams \ / \ Fibre \ Grams \qquad \ (V) \quad Indicates \ dishes \ suitable \ for \ Vegetarians$

QUEENS GRILL

Dinner Wednesday 30th September, 2009

CANYON RANCH SPA SELECTIONS

Appetizer — Artichoke Salad 65/5/2 (V) Entrée —Sausage Stuffed Chicken with Fig Demi Glace 390/13/2 Dessert — Poppy Seed Cake 160/8/tr

APPETIZERS & SOUPS

Symphony of Salmon Tartar, Shrimp Ceviche on Trumpet Mushroom & Green Asparagus
Sturgeon Caviar on Buckwheat Blini
Crab & Baby Shrimp Thermidor in a Parmesan Brioche
Cream of Broccoli & Stilton with Scallions
Beef Consommé with Herbed Pancake Strips
Chilled Artichoke Velouté

SALADS

Baby Spinach Salad, Walnut & Crispy Bacon Bits, Balsamic & Grape Dressing Endive Salad with Asparagus, Honey Ginger Dressing (V)

QUEENS GRILL

ENTRÉES

Pan-roasted Halibut, Forked Potato, Orange & Lime Marmalade, Vanilla Beurre Blanc
Lobster Américaine Flambé with Cognac, Truffle, Wild Mushroom Risotto
Roast Duck à L'Orange, Pommes Amandine
Châteaubriand, Larded Peas & Gratin Dauphinoise Potatoes
Grilled Vegetables, Parmesan Whipped Potatoes & Garlic Spinach (V)

DESSERTS

Cassis Champagne Mousse, Wild Berry Coulis

Mango & Passion Fruit Crème Brûlée

Baked Alaska with Flambéed Morello Cherries

Chocolate and Raspberry Crêpe Soufflé with Oranges, Vanilla Sauce

Sugar-free Strawberry Tart with Fresh Berry Salad

Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce

A Selection of International Cheeses from the Cheese Trolley is Served at your Table

Nutrition Key: Calories / Fat Grams / Fibre Grams (V) Indicates dishes suitable for Vegetarians

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PRINCESS GRILL

Dinner Wednesday 30th September, 2009

CANYON RANCH SPA SELECTIONS

Appetizer — Artichoke Salad 65/5/2 (V) Entrée —Sausage Stuffed Chicken with Fig Demi Glace 390/13/2 Dessert — Poppy Seed Cake 160/8/tr

APPETIZERS & SOUPS

Symphony of Salmon Tartar, Shrimp Ceviche on Trumpet Mushroom & Green Asparagus
Sturgeon Caviar on Buckwheat Blini
Crab & Baby Shrimp Thermidor in a Parmesan Brioche
Cream of Broccoli & Stilton with Scallions
Beef Consommé with Herbed Pancake Strips
Chilled Artichoke Velouté

SALADS

Baby Spinach Salad, Walnut & Crispy Bacon Bits, Balsamic & Grape Dressing Endive Salad with Asparagus, Honey Ginger Dressing (V)

PRINCESS GRILL

ENTRÉES

Pan-roasted Halibut, Forked Potato, Orange & Lime Marmalade, Vanilla Beurre Blanc
Lobster Américaine Flambé with Cognac, Truffle, Wild Mushroom Risotto
Roast Duck à L'Orange, Pommes Amandine
Châteaubriand, Larded Peas & Gratin Dauphinoise Potatoes
Grilled Vegetables, Parmesan Whipped Potatoes & Garlic Spinach (V)

DESSERTS

Cassis Champagne Mousse, Wild Berry Coulis

Mango & Passion Fruit Crème Brûlée

Baked Alaska with Flambéed Morello Cherries

Chocolate and Raspberry Crêpe Soufflé with Oranges, Vanilla Sauce

Sugar-free Strawberry Tart with Fresh Berry Salad

Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce

A Selection of International Cheeses from the Cheese Trolley is Served at your Table

Nutrition Key: Calories / Fat Grams / Fibre Grams (V) Indicates dishes suitable for Vegetarians

BRITANNIA CLUB

Dinner Wednesday 30th September, 2009

CANYON RANCH SPA SELECTIONS

Appetizer — Artichoke Salad 65/5/2 (V) Entrée —Sausage Stuffed Chicken with Fig Demi Glace 390/13/2 Dessert — Poppy Seed Cake 160/8/tr

APPETIZERS & SOUPS

Symphony of Salmon & Shrimp Ceviche
Pineapple Carpaccio with Ricotta Cheese & Peppered Strawberries
Crab & Baby Shrimp Thermidor in a Parmesan Brioche
Cream of Broccoli & Stilton with Scallions
Beef Consommé with Herbed Pancake Strips

SALADS

Baby Spinach Salad, Walnut & Crispy Bacon Bits, Balsamic & Grape Dressing Endive Salad with Asparagus, Honey Ginger Dressing (V)

BRITANNIA CLUB

ENTRÉES

Spaghetti Carbonara, Creamy Egg Yolk & Parmesan Sauce, Crispy Smoked Bacon
Broiled Lobster Tail, Shrimp & Scallop Feuillantine, Newburg Sauce
Roast Duck à L'Orange, Pommes Amandine
Châteaubriand, Larded Peas & Gratin Dauphinoise Potatoes
Grilled Vegetables, Parmesan Whipped Potatoes & Garlic Spinach (V)

DESSERTS

Cassis Champagne Mousse, Wild Berry Coulis

Mango & Passion Fruit Crème Brûlée

Baked Alaska with Flambéed Morello Cherries

Sugar-free Strawberry Tart with Fresh Berry Salad

Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce

A Selection of International Cheeses from the Cheese Trolley is Served at your Table

 $Nutrition \ Key: Calories \ / \ Fat \ Grams \ / \ Fibre \ Grams \qquad (V) \quad Indicates \ dishes \ suitable \ for \ Vegetarians$

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BRITANNIA RESTAURANT

Dinner Wednesday 30th September, 2009

CANYON RANCH SPA SELECTIONS

Appetizer — Artichoke Salad 65/5/2 (V) Entrée —Sausage Stuffed Chicken with Fig Demi Glace 390/13/2 Dessert — Poppy Seed Cake 160/8/tr

APPETIZERS & SOUPS

Symphony of Salmon & Shrimp Ceviche
Pineapple Carpaccio with Ricotta Cheese & Peppered Strawberries
Crab & Baby Shrimp Thermidor in a Parmesan Brioche
Cream of Broccoli & Stilton with Scallions
Beef Consommé with Herbed Pancake Strips

SALADS

Baby Spinach Salad, Walnut & Crispy Bacon Bits, Balsamic & Grape Dressing Endive Salad with Asparagus, Honey Ginger Dressing (V)

BRITANNIA RESTAURANT

ENTRÉES

Spaghetti Carbonara, Creamy Egg Yolk & Parmesan Sauce, Crispy Smoked Bacon
Broiled Lobster Tail, Shrimp & Scallop Feuillantine, Newburg Sauce
Roast Duck à L'Orange, Pommes Amandine
Châteaubriand, Larded Peas & Gratin Dauphinoise Potatoes
Grilled Vegetables, Parmesan Whipped Potatoes & Garlic Spinach (V)

DESSERTS

Cassis Champagne Mousse, Wild Berry Coulis

Mango & Passion Fruit Crème Brûlée

Baked Alaska with Flambéed Morello Cherries

Sugar-free Strawberry Tart with Fresh Berry Salad

Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce

Cheese Selection with Shropshire Blue, Pont L'Évêque, Swiss Emmental, Pepper Boursin