

SPIRIT DINNER MENU

ORGANIC MIXED FIELD GREENS

Grape Tomatoes | Cucumbers | Carrots | Corn | Feta Cheese | Black Olives | Kidney Beans | Sunflower Seeds
Herb Croutons | House-Made Ranch and Balsamic Vinaigrette | Low Fat Italian

ORGANIC SPINACH AND KALE SALAD

Parmesan Cheese | Peppers | Red Onions | Roast Garlic Lemon Dressing

MEDITERRANEAN COUSCOUS AND CHICKPEA SALAD

Green Onions | Cumin-Paprika Vinaigrette

ROAST SALMON & TILAPIA

Garlic Parsley Crust | Tomatoes | Shallots | Capers

CHICKEN PARMESAN MEATBALLS

Tomatoes | Thyme | Oregano

TWICE COOKED BEEF SHORT RIBS

Asian Chili Sauce | Soy Glaze | Ginger | Scallions | White Sesame Seeds

BAKED ZITI

Cream Spinach Sauce | Parmesan Cheese

ROAST BROCCOLI

Olive Oil | Garlic | Chili Flakes

CREAMY GARLIC MASHED POTATOES

Butter | Cream

BUTTERY POUND CAKE

Hazelnut Spread | Peach Compote | Whipped Cream

LAYERED CHOCOLATE BANANA PUDDING

Whipped Cream | Chocolate Chips

SEASONAL FRUIT

PECAN PIE

SWEETS

Mini Pastries | Cookies | Brownies



SPIRIT
CRUISES

Baltimore Boston Chicago National Harbor, MD New Jersey New York Norfolk Philadelphia Washington, DC

AN ENTERTAINMENT CRUISES COMPANY