

# VEGETARIAN & GLUTEN FREE



Sample Vegetarian and Gluten Free entree, main & dessert.  
Please refer to your cruise selection for number of courses.  
Our buffet menus include gluten free and vegetarian choices.

## ENTRÉE

### **Sweet Potato & Pumpkin**

*with shredded kale and couscous, fragrant herb vinaigrette dressing with rosemary, oregano, thyme, dried cranberries & crashed walnuts (V)*

## MAIN

### **Tian of Mediterranean Vegetables**

*with olive polenta and tomato salsa (V-GF)*

## DESSERT

### **Fruit plate**

*Seasonal fresh berries and fruit plate*

We cannot guarantee that certain products or ingredients (halal, nuts, gluten, dairy, etc.) will not be in our food, and we explicitly accept no liability in this regard. For serious food allergies you must make your own decisions on selecting meals. Our staff's comments are only to assist you in making an informed decision.