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## *Lunch*

*Gluten-free menu*

### *Appetizer*

Seafood cocktail

*baby shrimps, scallops and calamari served with pink sauce*

### *Salad*

*Variety of salads*

### *Pasta*

*Farfalle with Porcini mushrooms*

### *Main course*

*Poached eggs on a vegetable "ratatouille"*

*Roasted scorpion-fish fillet with extra virgin olive oil and Mediterranean herbs,  
served with saffron rice Pilaf and sautéed snow peas*

*"Tagliata di manzo"*

*sliced grilled beef sirloin with rocket, cherry tomatoes,  
shavings of Pecorino cheese and reduction of balsamic vinegar of Modena*

### *Cheese*

*Selection of cheese served with fresh seasonal fruit*

### *Dessert and fruit*

*Ice cream with fresh fruit salad*

*Fresh fruit platter*

### *Always available*

*"Minestrone"*

*vegetable soup*

*Spaghetti with Bolognese or tomato sauce*

*Grilled chicken breast or beef paillard*

*Steamed fish fillet of the day with extra virgin olive oil, lemon and parsley*

*French fries, vegetables of the day or steamed vegetables*

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MSC Cruises takes all possible precautions to ensure that the food offered to its guests is of the highest quality.  
Certain foods may have been frozen. These foods are defrosted using the most scrupulous procedures that do not alter the organoleptic qualities of the products.  
We advise that eating raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.  
All menus are subject to change depending on gluten-free product availability. All dishes are available slightly salted or unsalted.