

Norwegian Cruise Line DINING GUIDE

COMPLIMENTARY. SPECIALTY. CASUAL. YOUR WAY.

A family-friendly guide to what is included, what costs extra, where Free at Sea fits, and how to build a dining plan without turning your cruise into a reservation calendar.

NCL DINING AT A GLANCE

- Freestyle Dining means no fixed dinner time and no pre-assigned table.
- Complimentary dining includes main dining rooms, buffets and other included venues that vary by ship.
- Specialty restaurants are extra unless covered by an eligible dining benefit or package.
- The Local, O'Sheehan's and similar venues provide late-night / 24-hour options on select ships.
- Specialty reservations can be made before the cruise through My NCL or the NCL app, subject to availability.

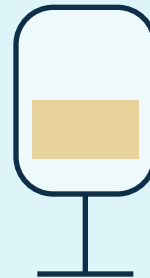
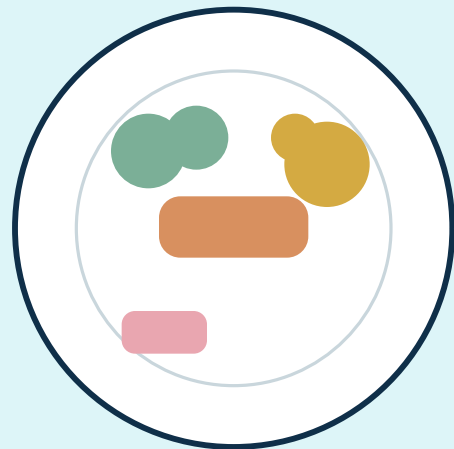


PHOTO / VENUE REFERENCE FOR DIGITAL PROMOTION

NCL - Cruise Food & Dining Options

Prepared by 7220 Travel | Family & Group Travel Experts

Plan unforgettable family adventures.

7220travel.com | 307-314-2517 | dave.engel@7220travel.com

Independent guide by 7220 Travel; not an official Norwegian Cruise Line publication.

Updated September 11, 2026 | Verify current dining details in My NCL and at NCL.com

How Dining Works on Norwegian

Freestyle Dining gives you choices without traditional assigned dinner times or pre-assigned seating.

FREESTYLE DINING - THE BIG IDEA

You decide when and where to eat. Complimentary venues do not carry a restaurant charge. Specialty dining is an upgraded experience and normally carries a cover charge unless your reservation includes eligible specialty dining meals. Menus, hours and venues vary by ship.

COMPLIMENTARY

Main dining rooms, buffet, selected casual venues, 24-hour eatery on select ships and other ship-specific included choices.

SPECIALTY

Steakhouse, French, Italian, seafood, Teppanyaki, sushi, Mexican, Brazilian, BBQ, Thai and more - depending on ship.

CASUAL / QUICK

Pool grills, outdoor buffet, Indulge Food Hall on select ships, cafes and grab-and-go choices.

ROOM SERVICE

Available around the clock, with current NCL convenience charges for most staterooms. Haven / Suite rules differ.

PRIVATE / HAVEN

The Haven Restaurant is a private, included dining experience for eligible Haven guests on ships that offer it.

7220 TRAVEL TIP

Do not assume every restaurant has an extra charge. Learn your ship's complimentary venues first, then decide which specialty meals are worth planning around. That usually produces a better cruise - and a better budget.

CURRENT NCL SOURCES

[NCL - How Freestyle Dining Works](#)

[NCL - What the Cruise Fare Includes](#)

[NCL - Cruise Food & Dining Options](#)

Complimentary Dining

These meals are included in the cruise fare at designated venues; exact names and hours vary by ship.

MAIN DINING ROOMS

Best for: a relaxed sit-down breakfast, lunch or dinner. NCL offers up to three main dining rooms on many ships. Expect multi-course menus with modern and classic choices. This is the easiest way to get a full-service dinner without paying a specialty cover charge.

BUFFET / GARDEN CAFE / SURFSIDE

Best for: families, quick meals and flexible schedules. The buffet is available for breakfast, lunch and dinner on many ships, with stations such as carving, made-to-order eggs or pasta and a wide variety of familiar options.

24-HOUR EATERY

Best for: late nights, comfort food and a meal outside normal dining hours. Depending on ship, look for The Local, O'Sheehan's Neighborhood Bar & Grill or Cadillac Diner. NCL currently lists these 24-hour eateries as complimentary on participating ships.

INDULGE FOOD HALL

Best for: groups who want different cuisines at the same meal. On Prima-class / Prima Plus ships that offer it, Indulge Food Hall is a complimentary food hall with global choices and indoor / outdoor seating. Availability varies by ship.

OUTDOOR BUFFET / POOL GRILL

Best for: pool days and casual lunch. Select ships add outdoor buffets or pool grills with burgers, hot dogs and other quick favorites. These are useful when you do not want to leave the pool deck for a full meal.

THE HAVEN RESTAURANT

Best for: Haven guests who value a quieter private dining experience. On participating ships, The Haven Restaurant serves signature dishes as an included private venue for guests staying in eligible Haven accommodations.

WHAT ABOUT DRINKS?

NCL lists regular coffee, tea, ice water and selected buffet juices at breakfast among its cruise-fare inclusions. Specialty coffees, soda, bottled water and alcoholic beverages may cost extra unless covered by a package.

CURRENT NCL SOURCES

[NCL - Explore Onboard Dining](#)

[NCL - What the Cruise Fare Includes](#)

Specialty Dining

These are the meals many cruisers choose for date night, celebrations or a favorite cuisine.

Cuisine / Style	Popular NCL Examples	Why Choose It
Steakhouse	Cagney's Steakhouse	Classic steakhouse night; premium beef and seafood.
French	Le Bistro	More intimate, polished dinner; good for celebrations.
Italian	Onda by Scarpetta, La Cucina	Italian classics and modern Italian menus, depending on ship.
Japanese Grill	Teppanyaki / Hasuki	Chef-at-the-grill show plus dinner - especially fun for families.
Seafood	Palomar, Ocean Blue	Seafood-forward dining; Palomar has Mediterranean influence.
Mexican	Los Lobos	Traditional Mexican flavors with a modern presentation.
Brazilian	Moderno Churrascaria	Tablesides carved meats and a steakhouse-style experience.
BBQ	Q Texas Smokehouse	Smoked meats, comfort food and a lively atmosphere.
Asian / Sushi	Food Republic, Sushi venues, Nama	Small plates, sushi and shareable dining on selected ships.
Thai / New Concepts	Sukhothai and ship-specific venues	Newer ships add additional specialty concepts; check your ship.

CURRENT SPECIALTY PRICING MODEL

NCL currently lists specialty restaurants with cover charges on ship pages and its specialty dining FAQ. Exact charges and taxes/fees can change. Your eligible Free at Sea specialty dining meals may cover selected specialty dinners under the package terms.

KIDS AT SPECIALTY RESTAURANTS

NCL currently says guests age 12 and under can eat free from the complimentary kids menu at specialty restaurants, excluding dinner-and-show dining events. If they order from the specialty menu, different terms may apply - verify onboard.

CURRENT NCL SOURCES

[NCL - Cruise Food & Dining Options](#)

[NCL - Free at Sea](#)

[NCL - Family Dining & Entertainment](#)

Packages, Room Service & Special Needs

The small-print details matter because dining packages, convenience charges and dietary planning can affect the experience.

FREE AT SEA - CURRENT SPECIALTY DINING MEAL COUNTS

Sail Length	Specialty Meals*
2-4 nights	1
5-6 nights	2
7-8 nights	3
9+ nights	4

*Current published Free at Sea structure as of Sept. 11, 2026. Eligibility, gratuities and terms depend on the booking; verify your confirmation.

ROOM SERVICE

NCL currently lists complimentary menu items with an order-based convenience charge of up to \$9.95 for most staterooms, plus a separate breakfast fee of \$4.95. NCL says Haven & Suite orders are not subject to the service fee. Prices are subject to change.

DINING ATTIRE

Think relaxed resort. NCL asks for shirts and footwear in dining venues, appropriate coverage, and swimwear kept for the pool. Some guests dress up more for specialty dining, but there is no requirement to turn dinner into formal night.

FOOD ALLERGIES & MEDICAL DIETS

Tell 7220 Travel when you book and have dietary needs documented early. NCL asks guests with food allergies or special medical diets to contact its Access Desk before sailing. Published lead times vary by request and itinerary; some needs can require 30-90 days of advance notice.

COFFEE, TREATS & EXTRAS

Regular coffee and some pastries are included in designated venues, but specialty coffee, Starbucks items, gelato, bakery treats and certain beverages may be extra unless covered by an applicable package. Check your ship because offerings differ.

CURRENT NCL SOURCES

[NCL - Free at Sea](#)

[NCL - Room Service Charges](#)

[NCL - Restaurant & Bar Attire](#)

[NCL - Dietary Requirements](#)

Build Your Dining Plan

Reserve what matters, leave room for spontaneity, and use the included venues instead of over-scheduling every night.

THE 7220 TRAVEL DINING STRATEGY

1 Learn the ship first

List the complimentary dining rooms, buffet, 24-hour venue, food hall and pool-grill options available on your specific ship.

2 Pick your must-do specialty meals

Choose the one to three dinners you would be disappointed to miss, then reserve those before the cruise if possible.

3 Match dinner to the day

After a long port day, a flexible main dining room or casual venue may feel better than rushing back for a fixed specialty reservation.

4 Leave buffer around shows

Specialty meals can take longer. Avoid scheduling dinner so tightly that the table spends the entire meal checking the time.

5 Use the app onboard

NCL allows dining reservations before sailing and offers onboard reservation tools. Check availability again after embarkation if your preferred time was not available pre-cruise.

EXAMPLE: 7-NIGHT CRUISE WITH 3 SPECIALTY MEALS

Night 1: Main Dining Room **Night 2:** Cagney's **Night 3:** Flexible after port **Night 4:** Teppanyaki **Night 5:** The Local / MDR **Night 6:** Le Bistro or Onda **Night 7:** Favorite included venue. This is an example, not a rule - the best plan follows your itinerary.

OUR DINING PLAN

Use this before you make reservations so the meal plan supports the vacation instead of controlling it.

OUR TOP 3 SPECIALTY RESTAURANTS

1. _____ 2. _____ 3. _____

BEST NIGHT FOR A CELEBRATION

MEALS WE WANT TO KEEP FLEXIBLE

FOOD ALLERGIES / DIETARY NEEDS

SHOW / ENTERTAINMENT CONFLICTS TO AVOID

CURRENT NCL SOURCES

[NCL - How to Make Dining Reservations](#)

[NCL - Cruise Food & Dining Options](#)

[NCL - Free at Sea](#)