DESSERTS
No Sugar Added Vanilla Pudding................................. $2.50
Designed to appeal to those seeking a gluten-free, light caloric dessert. (70 cal.)
Ciao Bella Gelato & Sorbet................................. $3.75
Selections include Tahitian vanilla bean gelato (180 cal.) or blood orange sorbet. (90 cal.)
Specialties......................................................... $6.00
Choose from a triple chocolate mousse parfait (420 cal.) or a New York cheesecake (370 cal.) with fruit topping. (90 cal.)

CHILDREN’S MENU
(Without children 12 and under.)
All entries include juice (orange, apple, cranberry) and milk. Please note that children may order any item from the regular dining car menu at the regular menu price.

*Scrambled Eggs................................................. $3.75
Freshly scrambled eggs served with roasted potatoes or grits, whole wheat biscuit, croissant or cinnamon raisin bread. (478 cal.)
(Egg substitute available upon request.) (423 cal.)

Railroad French Toast.......................................... $6.00
Traditional thick slice of egg batter dipped toast, griddled to a golden brown, dusted with powdered sugar and served with syrup and fruit topping. (386 cal.)

Sides
Pork (150 Cal.) or
Chicken apple-maple sausage (53 cal.) – One Patty ........... $1.50
Applewood smoked bacon – Two Strips (60 cal.) .......... $2.00

LUNCH/DINNER
Hebrew National Hot Dog....................................... $7.00
Served with kettle chips. (780 cal.)
Griddled Cheddar Cheese Sandwich........................ $7.00
Lunch – Served with kettle chips. (660 cal.)
Dinner – Served with mashed potatoes and vegetable medley. (570 cal.)
Pizza ........................................................................ $7.00
Choice of cheese (720 cal.) or pepperoni (770 cal.)
Breaded Chicken Breast Tenders............................... $7.00
Lunch – Served with kettle chips. (550 cal.)
Dinner – Served with a small salad, choice of dressing, mashed potatoes and vegetable medley. (651 cal.)
Kraft Macaroni and Cheese .................................... $7.00
Lunch – Served with a roll. (590 cal.)
Dinner – Served with a small salad, choice of dressing, vegetable medley and a roll. (811 cal.)

SOFT BEVERAGES
Pepsi Soft Drinks.................................................. $2.25
Regular or diet sodas
Bottled Water ....................................................... $2.25

ALCOHOLIC BEVERAGES
LIQUR*
Premium Spirits and Cordials .................................... $7.00
Spirits – Canadian Club Blended Whiskey, Jack Daniel’s Black Label, Dewar’s Scotch, Finlandia Vodka, Tanqueray Gin, Bacardi Rum
Cordials – Bailey’s Irish Cream, Courvoisier Cognac
Mixers – Club Soda, Tonic Water, Ginger Ale, Bloody Mary Mix, Orange Juice

BEER*
Ask your server about today’s selections.

Domestic .......................................................... $5.25
Import ............................................................ $6.25
Regional Craft ..................................................... $7.00

WINE*
Ask your server about today’s selections.

Single Serving ....................................................... $6.00
Half Bottle .......................................................... $15.00

*Note that alcoholic beverages are available as an extra purchase and are not included in first class meal packages.

Prices are in U.S. currency and include all taxes. Amtrak accepts major payment cards. Gratitude is at the passenger’s discretion. Water served upon request.
If you paid by cash or payment card and did not receive a receipt, your purchase is complimentary.
**BREAKFAST MAIN COURSES**

All breakfast entrées include juice (orange, apple, cranberry) and coffee, tea or milk.

*Scrambled Eggs* .............................................................. $7.50
Freshly scrambled eggs offered with roasted potatoes or grits, whole wheat biscuit, croissant or cinnamon raisin bread. (546 cal.)
(Egg substitute available upon request.) (438 cal.)

**Continental Breakfast** ................................................ $8.75
Available with a choice of Kellogg’s brand cereal or hot steel cut oatmeal with golden raisins and brown sugar. Served with fresh fruit selection, Greek yogurt and choice of a whole wheat biscuit, croissant or cinnamon raisin bread. (699 cal.)

**Classic Railroad French Toast** ................................ $9.50
Traditional thick slices of egg batter dipped toast, griddled to a golden brown, dusted with powdered sugar and served with syrup and fruit topping. (438 cal.)

*Chef’s Good Morning Special* ................................... $10.75
Egg and pepper-jack cheese burrito wrapped in a whole wheat tortilla. Served with guacamole, diced tomato, roasted potatoes or grits and breakfast bread selection. (895 cal.)

*Omelet Selection* ........................................................... $11.25
Freshly made three egg omelet served plain, topped with cheddar or Swiss cheese, filled with today’s fresh vegetable filling or with both. Served with roasted potatoes or grits, whole wheat biscuit, croissant or cinnamon raisin bread. (735 cal.)
(Egg substitute available upon request). (570 cal.)

**SIDES**

Selections .............................................................. $3.00
Applewood smoked bacon strips (90 cal.), Pork sausage patties (300 cal.) or Chicken apple-maple sausage patties. (105 cal.)

Sugar free jelly, sugar free breakfast syrup and plain soy milk are available upon request.

All fresh eggs are pasteurized and sourced from cage free suppliers.

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**LUNCH MAIN COURSES**

All lunch entrées include coffee, tea or milk.

**Vegetarian Southwest Entrée Salad** ......................... $8.75
Crisp romaine lettuce topped with cherry tomatoes, a sweet corn pepper-onion medley, feta cheese and guacamole. Served with choice of dressing and a roll. (595 cal.) (Available with a grilled chicken breast for an additional $3.00.) (110 cal.)

**Chipotle Black Bean & Corn Veggie Burger** ............... $9.75
A spiced, full flavored veggie burger, served with or without cheddar or Swiss cheese on a corn-dusted kaiser roll with lettuce, tomato, red onion, dill pickle and kettle chips. (440 cal.)

**Specialty Sandwich** ................................................. $9.75
A traditional grilled pork bratwurst, served on a pretzel roll with made to order lettuce-tomato slaw. Served with a dill pickle and kettle chips. (490 cal.)

**Soup & Salad Combo** ................................................ $10.75
A hearty bowl of creamy New England clam chowder, served with a small garden salad, choice of dressing and a roll. (856 cal.)

**Chef’s Marketplace Special** ................................... $12.50
A country crispy natural chicken breast, served with sweet onion sauce, garlic mashed potatoes, a small garden salad, choice of dressing and a roll. (810 cal.)

* FDA Consumer Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Please be advised that the special nature of our menu profile, variety of our cooking procedures, seasonal and regional variations and our reliance on supplier’s information, may result in variations in the ingredients and nutritional content of these menu items. This list is compiled based on information provided by Amtrak approved food suppliers, as of 5/8/13. Ingredient changes may occur before this list is updated. Amtrak makes no guarantees regarding the accuracy of these items.

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**DINNER MAIN COURSES**

All dinner entrées include a small salad (16 cal.) with choice of dressing (170 cal.), dinner roll (100 cal.) and coffee, tea or milk.

*The Amtrak Signature Steak* ........................................... $25.75
A well marbled Black Angus USDA Choice flat iron steak, grilled to perfection and cooked to order. Served with our signature Wild Forest Mushroom Sauce, accompanied by a baked potato with sour cream and vegetable medley. (589 cal.) (A glass of either Cabernet Sauvignon or Merlot would be the perfect complement to this American classic.)

**Vegetarian Gemelli Pasta** ......................................... $16.00
Amtrak Culinary Advisory Team chef, restaurateur and author Sara Jenkins inspired this recipe for gemelli pasta with spinach, and mushrooms in a light garlic cream sauce. Topped with crumbled feta cheese and served with a vegetable medley. (690 cal.)

**Herb Roasted Half Chicken** ..................................... $16.75
Herb roasted half chicken, served with three grain rice pilaf and vegetable medley. (995 cal.) (Consider enhancing this menu choice with a glass of crisp Chardonnay.)

**Healthy Option, Light Entrée** ................................... $16.75
A healthy, flavorful option that is both light and balanced for those watching calories, fat and salt intake. Today’s choice features an eye round of beef topped with red wine sauce, served with pearl couscous and baby carrots. (310 cal.) (This entrée contains 310 calories of which 15% are derived from fat, with a sodium content of 500 mg.)

**Chef’s Evening Marketplace Special** ....................... $19.75
Amtrak Culinary Advisory Team chef, restaurateur and author Michel Richard inspired this fork-tender Dogfish Head Ale braised turkey shank with pearl onions and bacon. This savory entrée is served bone-on with garlic mashed potatoes and vegetable medley. (740 cal.) (Enjoy this dish with one of our fine vineyard selections.)

**Wild Caught Mahi-Mahi Fillet** ................................ $23.25
Amtrak Culinary Advisory Team chef, restaurateur and author Roberto Santibanez provides the inspiration for this dish. A grilled to order mahi-mahi fillet served with a roasted poblano salsa verde. Garnished with diced tomato, citrus wedge and parsley, served with three grain rice pilaf and vegetable medley. (405 cal.) (This main course will harmonize admirably with our food-friendly, chilled Pinot Grigio.) Occasionally, verbal substitutions may be offered instead of printed menu selections.