

# PACIFIC PARLOUR CAR DINING

*Amtrak's Pacific Parlour Car offers an exciting and unique alternative to the Dining Car. Amtrak is pleased to present this dining experience to select sleeping car passengers by reservation only.*

*We hope that this casual and friendly venue with our carefully chosen menu selections will complement your journey aboard the Coast Starlight. If you have any questions, please see your Parlour Car attendant.*

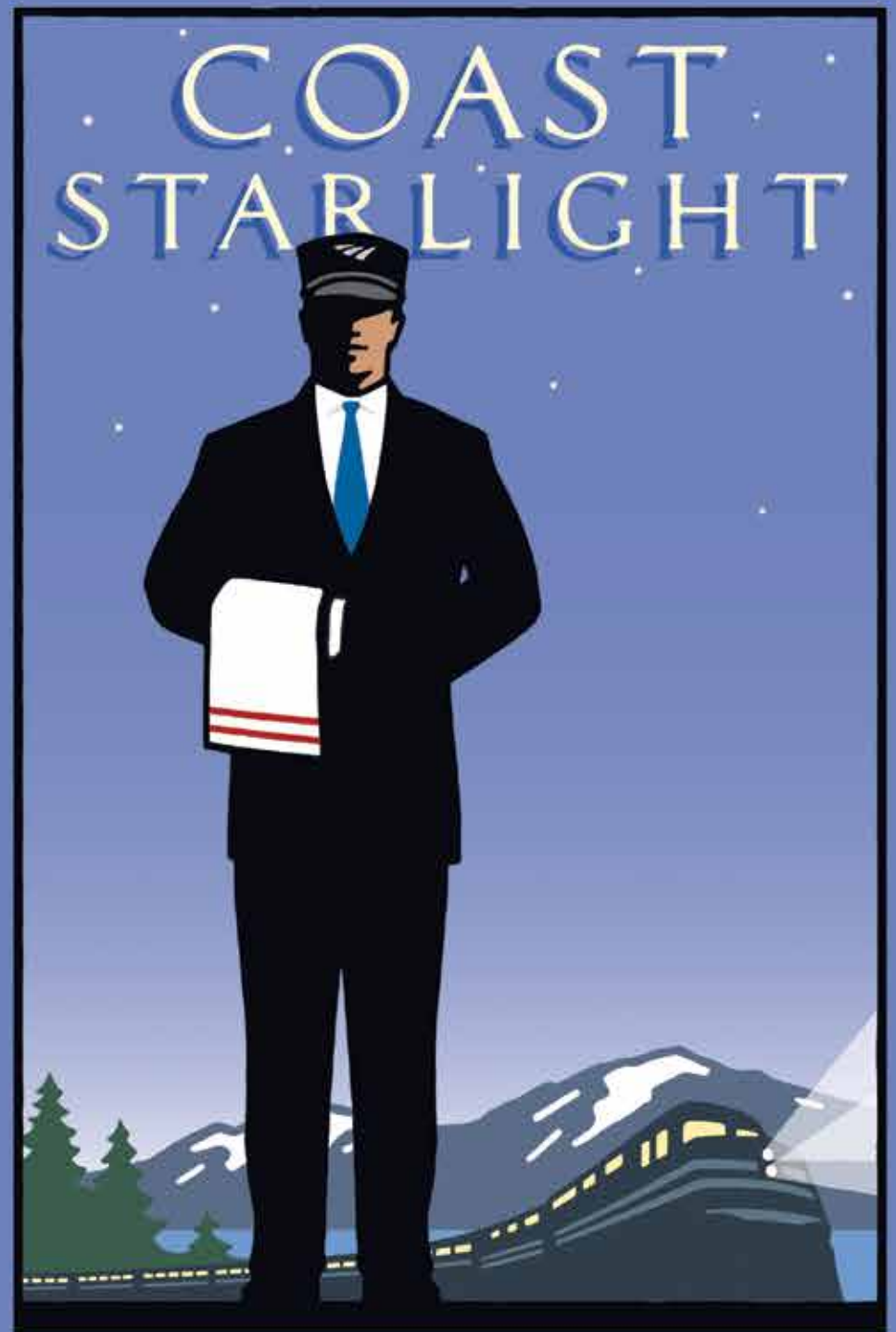
*Bon Appetit!*

*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 November 2015. Ingredient changes may occur before this list is updated. Amtrak makes no guarantees regarding the accuracy of these items.*

Scan to enter the Amtrak Food & Beverage website for access to Food Facts, menus, etc.



AMT CSPC NB 1115



## PACIFIC PARLOUR CAR

*Northbound Menu*

Amtrak.com



Enjoy the journey.®

## PACIFIC PARLOUR CAR MENU NORTHBOUND – TRAIN 14

### DAY ONE

#### Lunch

##### **Vegetarian Greek Entrée Salad**

**Marketplace Lettuces, Cucumbers, Tomatoes,  
Feta cheese & Kalamata Olives**

Served with a vinaigrette dressing and Portuguese roll. (700 cal)  
(add chicken breast - 110 cal.)

or

##### **Tuna Salad Sandwich**

**on Sliced Wheat, garnished with  
Tomato & Green Leaf Lettuce.**

Served with kettle chips and fresh fruit garnish. (580 cal.)

#### Desserts

Your server will describe today's selections.

#### Dinner

##### Starter

Garden salad served with choice of dressing (177 cal.)  
Served with a bread roll. (100 cal.)

##### Entrées

**Six Cheese Vegetarian Lasagna with Marinara Sauce,**  
Served with vegetable medley. (365 cal.)

or

**Slow-cooked, Fork-Tender Braised Lamb Shank  
with Portobello Mushrooms**

Served with buttery mashed potatoes  
and vegetable medley. (720 cal.)

#### Desserts

Your server will describe today's selections.

During peak travel season, your meal option may not be  
available due to high demand.

Please consult your server before placing your order if you, or a person in  
your party, has a food allergy. All 8 major food allergens, recognized by the  
Food and Drug Administration as peanuts, tree-nuts, fish, shellfish, milk,  
soy, eggs, and wheat may be present on Amtrak trains at any time.

\* 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.

### DAY TWO

#### Breakfast

##### **The Parlour Car Continental**

Fresh cut fruit, Greek yogurt, Choice of  
Cold cereal, Milk and Bread Selection. (735 cal.)

or

**Smoked Salmon on Whole Wheat Bagel,  
with Horseradish Cream Cheese, sliced Red Onion & Capers**  
Garnished with fresh fruit. (455 cal.)

#### Lunch

**Tuna Salad Sandwich on Sliced Wheat  
with Tomatoes & Green Leaf Lettuce**

Served with kettle chips and fresh fruit garnish. (580 cal.)

or

##### **Vegetarian Greek Entrée Salad**

**Marketplace Lettuces, Cucumbers & Tomatoes,  
Feta cheese & Kalamata Olives**

Served with a vinaigrette dressing and Portuguese roll. (700 cal)  
(add chicken breast, 110 cal.)

#### Desserts

Your server will describe today's selections.

#### Dinner

##### Starter

Garden salad served with a choice of dressing (177 cal.)  
and a roll. (100 cal.)

##### Entrées

**Short-rib of Beef with Smoky Mesquite Barbecue Sauce**

Served with a vegetable medley  
& buttery mashed potatoes. (535 cal.)

or

**Six Cheese Vegetarian Lasagna with Marinara Sauce**

Served with vegetable medley and warm roll. (365 cal.)

#### Desserts

Your server will describe today's selections.

Sugar free jelly and plain soy milk are available upon request.  
Gratuities are at the passengers' discretion.