

DESSERTS

- No Sugar Added Vanilla Pudding**..... \$2.50
 Designed to appeal to those seeking a gluten-free, light calorie 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 chocolate fudge brownie cake (340 cal.) or a New York cheesecake (370 cal.) with fruit topping (90 cal.).

CHILDREN'S MENU

(Available for children 12 and under.)
 All entrées 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.

BREAKFAST

- * Scrambled Eggs**..... \$3.75
 Freshly scrambled eggs served with roasted potatoes or grits, whole wheat biscuit, corn muffin or cinnamon raisin bread. (478 cal.)
 (Egg substitute available upon request.) (423 cal.)
- Buttermilk Pancakes** \$6.00
 Two griddled buttermilk pancakes, 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 LIQUOR*

- 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

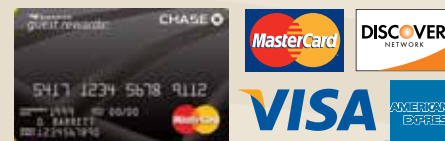
WINE*

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..

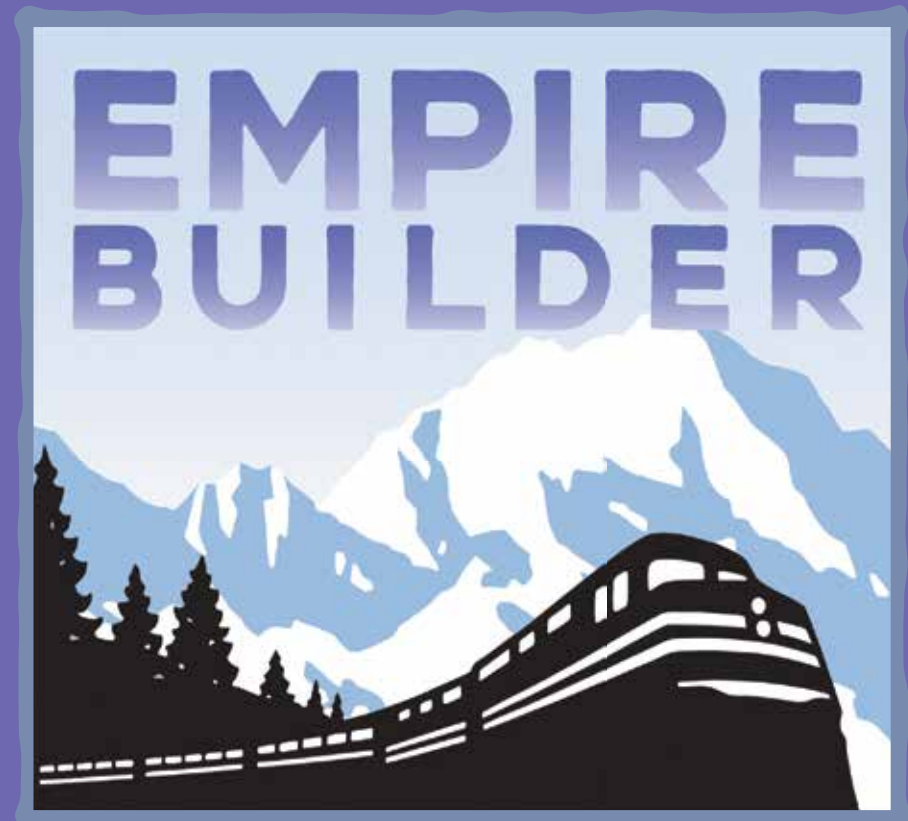
Prices are in U.S. currency and include all taxes. Amtrak accepts major payment cards. Gratuity is at the passenger's discretion. Water served upon request.



If you paid by cash or payment card and did not receive a receipt, your purchase is complimentary.



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



MENU Dining Car

Amtrak.com



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. (548 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.)

Made to Order Buttermilk Pancakes \$9.00

Trio of griddled buttermilk pancakes, served with syrup and fruit topping. (438 cal.)

* Chef's Good Morning Special \$10.75

Southwest quiche with a savory egg custard, roasted green chiles, garlic sautéed onions, corn and three cheeses wrapped in a pastry crust. Served with roasted potatoes or grits and breakfast bread selection. (925 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. (731 cal.)
(Egg substitute available upon request) (551 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.

LUNCH MAIN COURSES

All lunch entrées include coffee, tea or milk.

Vegetarian Entrée Salad \$8.75

Baby spinach topped with cucumbers, thinly sliced red onion, cherry tomatoes and bleu cheese crumbles. Served with choice of dressing and a roll. (414 cal.) (Available with 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.)

Angus Steak Burger \$9.75

Grilled Angus beef chuck 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. (580 cal.)
(Also available with two smoked bacon strips for an additional \$2.00.) (60 cal.)

Specialty Sandwich \$9.75

Griddled gruyere and smoked cheddar cheeses with sliced tomatoes and whole grain mustard on multigrain bread. Served with lettuce, tomato, dill pickle and kettle chips. (733 cal.)

Soup & Salad Combo \$10.75

A hearty bowl of chicken, vegetable and dumpling soup, served with a small garden salad, choice of dressing and a roll. (691 cal.)

Chef's Marketplace Special \$11.75

Penne pasta and meatballs with tomato cream sauce. Served with a small garden salad, choice of dressing and a roll. (807 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.

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 Morel 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 Shell Pasta \$16.00

Amtrak Culinary Advisory Team chef, restaurateur and author Sara Jenkins, inspired this recipe of shell pasta with corn, leeks & parmesan cream, topped with griddled tomatoes and served with a vegetable medley. (695 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 breast of chicken with marsala mushroom sauce, served with orzo pasta and vegetable medley. (320 cal.) (This entrée contains 320 calories of which 19% is 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 Roberto Santibanez inspired this recipe for a red chile braised beef short-rib. The short-rib is slow cooked in a pasilla-chipotle sauce then garnished with lime marinated red onions, served with garlic mashed potatoes and a vegetable medley. (585 cal.)
(Enjoy this dish with one of our fine vineyard selections.)

* Spice-Rubbed Atlantic Salmon Fillet \$23.25

Cooked to order salmon fillet seasoned with Amtrak Culinary Advisory Team chef, restaurateur and author Tom Douglas' rub-with-love spice blend. Garnished with a lemon wedge and parsley, served with three grain rice pilaf and vegetable medley. (652 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.