--- BEVERAGES ---

LIQUOR
Crown Royal Canadian Whisky, Jameson Irish Whiskey, Woodford Reserve Bourbon, Dewar’s 12 year Scotch, Ketel One Vodka, Bombay Sapphire Gin, Captain Morgan Rum, Bailey’s Irish Cream

COCKTAILS
Bloody Mary, Screwdriver, Mimosa

BEER
Heineken Light, Stella Artois, Sam Adams Seasonal Selection, Allagash White, Dogfish Head 90 Minute IPA, Stone IPA

WHITE & RED WINE
Please ask your server for today’s featured selection

SPARKLING WINE
Korbel Brut

HOT & COLD
*Freshly Brewed Dunkin’ Donuts® regular or decaffeinated coffee, Lipton tea, green tea, hot chocolate, selection of sodas, FIJI artesian water or Perrier

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Amtrak makes no guarantees regarding the accuracy of these items.

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## Breakfast

### Starter

**Breakfast Bar**
Kashi honey almond flax chewy granola bar (140 cal.)

### Entrées

**Greek Omelet**
A classic folded egg white omelet filled with spinach, feta cheese and cherry tomato compote. Served with roasted golden breakfast potatoes (260 cal.)

**Scrambled Eggs, Chives & Bacon**
Scrambled eggs with chives, Applewood smoked bacon and crisp hash browns, garnished with a cherry tomato (460 cal.)

**Seasonal Fresh Fruit Plate**
Fresh seasonal sliced honeydew, pineapple, cantaloupe and mango with raspberries, blackberries and blueberries (140 cal.)

**Continental Selection**
Apple walnut oatmeal (290 cal.), Special K (178 cal.), Raisin Bran Crunch (280 cal.), Frosted Flakes (220 cal.) with 2% milk (60 cal.), Greek yogurt (120 cal.) and a bagel (210 cal.)

**Hot & Cold Beverages**
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## Lunch & Dinner

### Welcome Snack

A blend of honey-roasted sesame sticks, honey-roasted cashews, wasabi peas, chili cheese rice triangles and roasted salted almonds (140 cal.)

### Entrées

**Cheese and Fruit Plate**
Collection of Beemsters aged Gouda, Mobier and Buttermilk Blue cheeses. Served with red grapes, strawberry garnish and orange blossom honey (410 cal.)

**Vegetarian Option**
**Chicken Bulgogi**
Marinated chicken with Korean barbeque sauce serve with stir-fried vegetables and udon noodles, garnished with sesame seeds (350 cal.)

**Pan Seared Shrimp**
Pan seared jumbo shrimp with black beans and rice, sugar snap peas and a Hazelnut mole sauce (460 cal.)

**Superfood Salad**
Super foods salad with quinoa, red cabbage, beets, broccoli, tomatoes, baby kale, Arcadian lettuce mix and pumpkin seeds. Served with Balsamic vinaigrette (290 cal.)

**Vegetarian Option Healthy Option**

### Dessert Du Jour

Ask your server about our seasonal dessert selection

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Special Requests: Amtrak is pleased to offer our first class guests (with twenty-four hour advance notice) Vegan and Kosher Meals. Please request these meals when making your reservation.

Your food and beverage choice may not be available due to an unexpected high demand.

Amtrak Healthy Menu Option guidelines are based on 700 total calories per serving. Specifics:
Less than 30% (23 grams) total fat; less than 10% (8 grams) saturated fat; 0% (0 grams) trans fat and less than 750 milligrams of sodium per serving.
— BEVERAGES —

LIQUOR
Crown Royal Canadian Whisky, Jameson Irish Whiskey, Woodford Reserve Bourbon, Dewar’s 12 year Scotch, Ketel One Vodka, Bombay Sapphire Gin, Captain Morgan Rum, Bailey’s Irish Cream

COCKTAILS
Bloody Mary, Screwdriver, Mimosa

BEER
Heineken Light, Stella Artois, Sam Adams Seasonal Selection, Allagash White, Dogfish Head 90 Minute IPA, Stone IPA

WHITE & RED WINE
Please ask your server for today’s featured selection

SPARKLING WINE
Korbel Brut

HOT & COLD
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## BREAKFAST

### STARTER

**BREAKFAST BAR**
Kashi honey almond flax chewy granola bar (140 cal.)

### ENTRÉES

**HAM & CHEESE OMELET**
A classic folded egg omelet filled with ham and cheddar cheese with breakfast potatoes and garnished with a cherry tomato (340 cal.)

**MEXICAN BREAKFAST**
Scrambled Eggs, Chihuahua cheese, tomatoes, onions, bacon and jalapenos. Served with roasted tri-colored potatoes, salsa verde and crisp tortilla strips (420 cal.)

**SEASONAL FRESH FRUIT PLATE**
Fresh seasonal sliced honeydew, pineapple, cantaloupe and mango with raspberries, blackberries and blueberries (140 cal.)

**CONTINENTAL SELECTION**
Apple walnut oatmeal (290 cal.), Special K (178 cal.), Raisin Bran Crunch (280 cal.), Frosted Flakes (220 cal.) with 2% milk (60 cal.), Greek yogurt (120 cal.) and a bagel (210 cal.)

### HOT & COLD BEVERAGES
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## LUNCH & DINNER

### WELCOME SNACK

A blend of honey-roasted sesame sticks, honey-roasted cashews, wasabi peas, chili cheese rice triangles and roasted salted almonds (140 cal.)

### ENTRÉE

**CHEESE AND FRUIT PLATE**
Collection of Beemsters aged Gouda, Mobier and Buttermilk Blue cheeses. Served with red grapes, strawberry garnish and orange blossom honey (410 cal.)

**VEGETARIAN OPTION**

**BEEF TENDERLOIN TIPS WITH MADEIRA SAUCE**
Sautéed Beef Tenderloin tips in Madeira sauce with Crimini mushrooms, onions, carrots and spring peas over egg noodles (440 cal.)

**PAN SEARED ATLANTIC COD FILLET**
Pan seared Atlantic cod with baby green beans, potato rosti and smokey tomato sauce (450 cal.)

**ASIAN SALAD**
Arcadian lettuce with mandarin orange, edamame, carrots, grape tomatoes, almonds and sesame ginger dressing. Served with crisp wonton strips (310 cal.)

**VEGETARIAN OPTION**

**HEALTHY OPTION**

**DESSERT DU JOUR**
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— BEVERAGES —

LIQUOR
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COCKTAILS
Bloody Mary, Screwdriver, Mimosa

BEER
Heineken Light, Stella Artois, Sam Adams Seasonal Selection, Allagash White, Dogfish Head 90 Minute IPA, Stone IPA

WHITE & RED WINE
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— BREAKFAST —

STARTER
BREAKFAST BAR
Kashi honey almond flax chewy granola bar (140 cal.)

ENTRÉES
SPANISH OMELET
A classic folded egg omelet filled with chorizo sausage, piquillo peppers and Manchego cheese with roasted golden cumin potatoes garnished with a cherry tomato (390 cal.)

BREAKFAST CREPES
Breakfast crepes filled with scrambled eggs, sun dried tomatoes, asparagus and gruyere. Served with hollandaise and shredded hash brown potatoes (360 cal.)

SEASONAL FRESH FRUIT PLATE
Fresh seasonal sliced honeydew, pineapple, cantaloupe and mango with raspberries, blackberries and blueberries (140 cal.)

CONTINENTAL SELECTION
Apple walnut oatmeal (290 cal.), Special K (178 cal.), Raisin Bran Crunch (280 cal.), Frosted Flakes (220 cal.) with 2% milk (60 cal.), Greek yogurt (120 cal.) and a bagel (210 cal.)

HOT & COLD BEVERAGES
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— LUNCH & DINNER —

WELCOME SNACK
A blend of honey-roasted sesame sticks, honey-roasted cashews, wasabi peas, chili cheese rice triangles and roasted salted almonds (140 cal.)

ENTRÉES
CHEESE AND FRUIT PLATE
Collection of Beemsters aged Gouda, Mobier and Buttermilk Blue cheeses. Served with red grapes, strawberry garnish and orange blossom honey (410 cal.)
Vegetarian Option

POKED MEDALLIONS WITH HAWAIIAN FRIED RICE
Crisp Boneless Pork Chop Katsu with Hawaiian Fried Rice and Mushroom Miso Gravy (340 cal.)

VEGETABLE TIKKA MASALA
Vegetable Tikka Masala with peas and carrots, cauliflower, broccoli, onions, peppers, and chick peas, served over Basmati rice and roasted garlic naan (530 cal.)
Vegetarian Option

GRILLED SHRIMP COCKTAIL
Marinated grilled and chilled jumbo Shrimp with avocado wasabi cocktail sauce and fresh lemon (200 cal.)
Healthy Option

DESSERT DU JOUR
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