

# BEVERAGES

## LIQUOR

Jameson Irish Whiskey, Woodford Reserve Bourbon, Dewar's Scotch, Ketel One Vodka, Bombay Sapphire Gin, Captain Morgan Rum, Bailey's Irish Cream

## COCKTAILS

Dogfish Head Sonic Archeology Whiskey Sour, Bloody Mary, Screwdriver, Mimosa

## BEER

Heineken Light, Stella Artois, 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

**\*Dunkin'** Freshly brewed Original Blend and Dunkin' Decaf® coffees, Lipton tea, green tea, hot chocolate, selection of sodas, FIJI artesian water or Lacroix lime sparkling water.

Due to the special nature of our menu profile, variety of our cooking procedures, seasonal and regional variations and our reliance on supplier's information, variations in the ingredients and nutritional content of these menu items may occur. This list is compiled based on information provided by Amtrak approved food suppliers, as of 05/08/19. Ingredient changes may occur before this list is updated.

*Amtrak makes no guarantees regarding the accuracy of these items.*



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# FIRST CLASS MENU

# BREAKFAST

## BREAKFAST BAR

KIND Healthy Grain Oats & Honey granola bar (150 cal).

## ENTRÉES

### EGG WHITE OMELET

Egg white omelet filled with asparagus and ricotta cheese. Served with a fruit and grain breakfast salad (230 cal).

### SCRAMBLED EGGS & BACON

Scrambled eggs with Applewood smoked bacon and hash brown potatoes (490 cal).

### FRESH SEASONAL FRUIT & BERRIES WITH COTTAGE CHEESE

Sliced honeydew, cantaloupe and pineapple with mixed berries. Served with cottage cheese (170 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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Children's meals are available at breakfast, lunch and dinner. Ask your server for today's selection.

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.

# 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

Gouda, Brie and Maytag Blue cheese with grapes, strawberries and orange blossom honey (420 cal). *Vegetarian Option*

### CHICKEN TIKKA MASALA

Slow roasted chicken with carrots, peppers, cauliflower, peas and raisins. Served with Basmati rice and Naan (580 cal). *Healthy Option (without Naan)*

### SHRIMP & GRITS

Pan seared shrimp smothered in Andouille Creole sauce with a creamy grits cake (520 cal).

### CAPRESE SALAD

Burrata cheese with cherry tomato chutney, baby tomatoes with fresh basil and balsamic vinaigrette (320 cal). *Vegetarian Option*

## DESSERT DU JOUR

*Ask your server about our seasonal dessert selection*

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.

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Bloody Mary, Screwdriver, Mimosa

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# FIRST CLASS MENU

# BREAKFAST

## BREAKFAST BAR

KIND Healthy Grain Oats & Honey granola bar (150 cal).

## ENTRÉES

### CAJUN BREAKFAST

Scrambled eggs, sweet corn cakes stuffed with mozzarella cheese and Andouille Creole sauce (490 cal).

### BREAKFAST SANDWICH

Thick cut bacon, egg and smoked Gouda cheese on a Croissant roll (500 cal).

### FRESH SEASONAL FRUIT & BERRIES WITH COTTAGE CHEESE

Sliced honeydew, cantaloupe and pineapple with mixed berries. Served with cottage cheese (170 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).

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# LUNCH & DINNER

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## ENTRÉES

### CHEESE AND FRUIT PLATE

Gouda, Brie and Maytag Blue cheese with grapes, strawberries and orange blossom honey (420 cal). *Vegetarian Option*

### BRAISED CHIPOTLE SHORT RIB

Braised short rib with chipotle sauce, Gorgonzola stuffed gnocchi, fresh peas and carrot coins (530 cal).

### RAMEN NOODLE BOWL

Tofu, Shiitake and Shimeji mushrooms, carrots, snow peas, pickled ginger and scallions in a Miso broth (480 cal). *Vegetarian Option*

### NICOISE SALAD

Chilled rare tuna, hardboiled eggs, tomatoes, olives, green beans, red onion and potato salad. With mixed greens and a balsamic vinaigrette (230 cal). *Healthy Option*

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## ENTRÉES

### HAM & SWISS CHEESE OMELET

Ham and Swiss cheese omelet with breakfast potatoes (370 cal).

### SMOKED SALMON PLATTER

Chilled Smoked Salmon, chive cream cheese, micro salad, red onions, sliced tomatoes and capers (180 cal).

### FRESH SEASONAL FRUIT & BERRIES WITH COTTAGE CHEESE

Sliced honeydew, cantaloupe and pineapple with mixed berries. Served with cottage cheese (170 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.).

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Gouda, Brie and Maytag Blue cheese with grapes, strawberries and orange blossom honey (420 cal). *Vegetarian Option*

### BEEF BULGOGI

Korean short ribs with Gochujang barbeque sauce. Served over fried rice with baby corn, bok choy, peppers, carrots and scallions (720 cal).

### SRIRACHA CHICKEN BOWL

Warm Sriracha chicken with Napa and red cabbage, carrots, peppers, broccoli, edamame, scallions, cilantro and baby lettuce with sesame ginger dressing (280 cal).  
*Healthy Option*

### GREEK MEZES PLATE

Hummus, stuffed grape leaves, Feta cheese, Tzatziki sauce, baba ganoush, olives, cucumber and tomato salad. Served with pita triangles (470 cal).  
*Vegetarian Option*

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