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, Flying Dog The Truth Imperial IPA, 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

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 happen. This list is compiled based on information provided by Amtrak approved food suppliers, as of 11/07/18. Ingredient changes may occur before this list is updated.

Amtrak makes no guarantees regarding the accuracy of these items.

Prices are in U.S. currency and include all taxes. Amtrak accepts major payment cards. If you paid by cash or payment card and did not receive a receipt, your purchase is complimentary.

Please retain your receipt for all returns, refunds and exchanges.
**BREAKFAST**

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

**ENTRÉES**

**FARMERS MARKET OMELET**
Classic folded Farmers market omelet with tomatoes, peppers, onions and mushrooms. Served with Yukon gold potatoes and andouille chicken sausage (430 cal.).

**“BENEDICT STYLE” EGG BITES**
Gruyere and bacon egg bites atop rustic flat bread with hollandaise sauce and red bliss breakfast potatoes (650 cal.).

**SEASONAL FRESH FRUIT PLATE**
Honeydew, cantaloupe, pineapple, strawberries, raspberries, blackberries and blueberries (100 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.

**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**
Beemster 18 month aged Gouda, Brie and Kerrygold aged Irish cheddar. Served with red grapes, strawberries and orange blossom honey (430 cal.). Vegetarian Option

**BUTTERNUT SQUASH LASAGNA**
Roasted butternut squash, spinach and Swiss chard lasagna with three cheese and roasted piquillo pepper sauce (480 cal.). Vegetarian Option

**CRAB AND SHRIMP CAKE**
Jumbo lump crab and shrimp cake, with ribbon cut zucchini and yellow squash, carrots and peppers. Served with forbidden rice and Thai red curry sauce (370 cal.). Healthy Option

**CHARCUTERIE PLATE**
Prosciutto, chorizo Española and soppressata, pesto marinated fresh mozzarella, Kalamata olives, artichoke hearts and sun blush tomatoes (590 cal.).

**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.
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, Flying Dog The Truth Imperial IPA, 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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Amtrak and Acela are registered service marks of the National Railroad Passenger Corporation.
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
Beemster 18 month aged Gouda, Brie and Kerrygold aged Irish cheddar. Served with red grapes, strawberries and orange blossom honey (430 cal.). Vegetarian Option

BEEF PROVENÇALE
Red wine braised beef with sundried tomatoes and garlic. Served with glazed Parisian carrots and creamy polenta (530 cal.).

LOBSTER TORTELLINO
Large tortellini filled with lobster. Served with sautéed spinach, baby vegetable coins and Sorrento sauce (440 cal.).

ASIAN SALAD
Chilled, marinated rice noodles, julienne carrots, peppers, mushrooms, edamame, grape tomatoes and sesame ginger dressing (230 cal.). Vegetarian Option & Healthy Option

DESSERT DU JOUR
Ask your server about our seasonal dessert selection

BREAKFAST

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

ENTRÉES

EGG WHITE OMELET
Classic folded egg white omelet with sautéed tomatoes, onions and spinach. Served with shredded hash brown potatoes and chicken apple sausage (390 cal.).

SCRAMBLED EGGS AND BACON
Scrambled eggs with cheddar cheese, served with apple wood smoked bacon, and diced golden breakfast potatoes (440 cal.).

SEASONAL FRESH FRUIT PLATE
Honeydew, cantaloupe, pineapple, strawberries, raspberries, blackberries and blueberries (100 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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Breakfast is served until 10:30 a.m.

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COCKTAILS
Bloody Mary, Screwdriver, Mimosa

BEER
Heineken Light, Stella Artois, Flying Dog The Truth Imperial IPA, Allagash White, Dogfish Head 90 Minute IPA, Stone IPA

WHITE & RED WINE
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BREFAST

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

ENTRÉES

THREE CHEESE OMELET
Omelet filled with cheddar, mozzarella and pepper jack cheese. Served with roasted red bliss potato and country sausage (700 cal.)

BREAKFAST QUESADILLAS
Tortillas filled with scrambled eggs, tomatoes, peppers, onions, cheddar and scallions. Served with Spanish potatoes and salsa verde (430 cal.)

SEASONAL FRESH FRUIT PLATE
Honeydew, cantaloupe, pineapple, strawberries, raspberries, blackberries and blueberries (100 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
Beemster 18 month aged Gouda, Brie and Kerrygold aged Irish cheddar. Served with red grapes, strawberries and orange blossom honey (430 cal.) Vegetarian Option

CHICKEN ROULADE
Chicken breast filled with figs and goat cheese. Served with shitake mushroom bread pudding, asparagus spears and apricot ginger chutney (520 cal.)

LAMB TAGINE
Slow braised lamb with caramelized onions, garlic, tomatoes, garbanzo beans, apricots, green olives and almonds. Served with Moroccan basmati rice (390 cal.)

SUPER COBB SALAD
Arcadian lettuce, quinoa, broccoli, grape tomatoes, avocado, roasted sweet potatoes, beets and smoked coconut (190 cal.) Served with balsamic vinaigrette (140 cal.) Vegetarian Option Healthy Option

DESSERT DU JOUR
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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.