

**– DESSERTS –**

**No Sugar Added Vanilla Pudding .....2.75**

Designed to appeal to those seeking a gluten-free, lower calorie dessert. (90 cal.)

**Specialties .....6.50**

Select from chocolate raspberry tart (460 cal.) with whipped cream or a creamy

Greek yogurt cheesecake with cinnamon graham cracker crust. (335 cal.)

An autumn pumpkin cheesecake with cinnamon graham crust and whipped cream (340 cal.) will be a seasonal selection.

**Amtrak Signature Dessert ..... 7.25**

Southern pecan tart with whipped cream. (640 cal.)

**Cheese, Fruit & Nut Plate.....7.50**

Sliced goat cheese, grapes, cheddar and assorted nuts. (420 cal.)

**AMTRAK CULINARY ADVISORY TEAM (ACAT)**



Amtrak's Culinary Advisory Team (ACAT) meets annually to develop menu selections which will resonate with our passengers. This extremely talented team is comprised of chefs from Amtrak, the food service industry and three amazing restaurateurs that are dedicated to enhancing your dining experience.

Amtrak's ACAT program is driven by the talents of three successful restaurateurs, featured below. Their dishes, along with other ACAT member's can be found on long distance Dining Car and Acela First Class menus. We encourage you to experience these dishes.

**Jamie Bissonnette**

Jamie Bissonnette (co-chef/owner of Toro, Coppa and recently Little Donkey in 2016), a 2014 winner of the James Beard Award Best Chef: Northeast, co-helms NYC and Boston's most popular tapas destination Toro as well as Boston's beloved Italian enoteca Coppa. Jamie is also the winner of Food Network's Chopped series and Food and Wine first ever People's Choice Best New Chef. In 2014, Jamie debuted his first cookbook: The New Charcuterie Cookbook.

**Roberto Santibañez**

Roberto Santibañez is the chef/owner of Fonda restaurants in Brooklyn and Manhattan, NY. As a native of Mexico City and a graduate with honors from Paris's top culinary institutions, award-winning Chef Roberto Santibañez's culinary resume includes stints as restaurateur, culinary consultant, author and teacher in Mexico, Europe and the United States. He is the author of Rosa's New Mexican Table, Truly Mexican and, Tortas, Tacos and Tamales.

**Matthias Merges**

It's hard enough for a chef to open one great restaurant. Chicago's Matthias Merges has launched three in three years. He has shown his flair for Japanese-accented cooking at Yusho. At his deluxe bar, Billy Sunday, he puts short rib potpie and other American dishes on the menu alongside bottled cocktails. And at A10, he celebrates Italy and France with recipes like bucatini carbonara topped with a 60-minute egg.

**– BEVERAGES –**

**Milk 2% or Soy .....2.25**

**Coffee, Tea Regular or Decaffeinated ..... 2.25**

**Iced Tea .....2.25**

**Juice Apple, Orange, or Cranberry .....2.25**

**Pepsi Soft Drinks Regular or Diet Soda.....2.25**

**Bottled Water.....2.25**

**– BAR SELECTIONS –  
LIQUOR\*\***

**Premium Spirits ..... 7.50**

Spirits – Jack Daniel's Black Label, Dewar's Scotch, Finlandia Vodka, Tanqueray Gin, Bacardi Rum

Mixers – Club Soda, Tonic Water, Ginger Ale, Bloody Mary Mix, Orange Juice

**BEER\*\***

Ask your server about today's selections.

**Domestic..... 6.00**

**Import..... 7.00**

**Regional Craft ..... 7.50**

**WINE\*\***

Ask your server about today's selections.

**Single Serving..... 7.00**

**Half-Bottle..... 16.00**

\*\*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. 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.



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



*Dining Car*  
**MENU**



See where the train can take you<sup>SM</sup>

## – BREAKFAST –

- \* Scrambled Eggs** ..... 8.50  
Two fresh scrambled cage-free eggs served with roasted potatoes or grits and a flaky croissant. (490 ave. cal.) Egg substitute available upon request. (390 cal.)
- Continental Breakfast** ..... 8.75  
Choice of Kellogg's brand cereals or hot steel-cut oatmeal with nuts and honey. Served with fresh seasonal fruit, Greek vanilla yogurt and a flaky croissant. (690 ave. cal.)
- Amtrak Signature Buttermilk Pancake Trio** ..... 10.50  
Griddled buttermilk pancakes (410 cal.), served with breakfast syrup. (158 cal.)
- \* Three Egg Omelet** ..... 13.75  
Made to order omelet with green bell pepper and red onion, with your choice of cheddar or Monterey Jack cheese (325 cal.) and a side of tomato salsa (15 cal.). Served with roasted potatoes or grits and a flaky croissant. (290 avg. cal.). \$1.00. Add Guacamole (100 cal.) for an additional \$1.50. Egg substitute available upon request. (195 cal.)
- \* Cheese Quesadillas, Eggs & Tomatillo Sauce** ..... 13.50  
Two griddled tortillas filled with Monterey Jack cheese, topped with scrambled egg and tomatillo sauce. Served with salsa and a flaky croissant. (985 cal.)  
*Inspired by ACAT member – Chef Paulette Shane*

## – CHILDREN'S MENU –

Available for children 12 and under.

- \* Scrambled Egg** ..... 4.25  
One freshly scrambled egg with roasted potatoes or grits. Served with a flaky croissant. (390 ave. cal.) Egg substitute available upon request. (355 cal.)
- Two Buttermilk Pancakes** ..... 7.00  
Flat-top griddled pancake duo (273 cal.) with breakfast syrup. (158 cal.)

## – SIDES & TOPPINGS –

- Cheddar or Monterey Jack Cheese (75 ave. cal.) ..... 1.00
- Guacamole (100 cal.) ..... 1.50
- Pork Sausage – 2 Patties (360 cal.) ..... 3.50
- Apple and Maple Chicken Sausage – 2 Links (100 cal.) ..... 3.50
- Applewood Smoked Bacon – 3 Strips (80 cal.) ..... 3.75

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.

Please be advised that food prepared on Amtrak trains may contain or have come in contact with: milk, eggs, wheat, soy, shellfish, peanuts, tree nuts and/or fish.

\* FDA Consumer Advisory: Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Additional items may be available but subject to change, ask your server. Occasional substitutions may be required for menu selections listed based on availability and supply. Your server will advise of any changes to the menu.

## – LUNCH –

- Romaine & Goat Cheese Salad** ..... 12.50  
Crispy romaine lettuce with sliced goat cheese, grapes, red onion, almonds, walnuts and pecans. Served with your choice of dressing and a warm roll. (497 avg. cal.)  
Add grilled chicken breast (190 cal.) for an additional \$3.50. Try our toppings listed below.
- Black Bean & Corn Veggie Burger** ..... 12.50  
A spiced, full-flavored veggie burger. Served on a toasted bun with lettuce, tomato, red onion, dill pickle, and kettle chips. (928 cal.) Try our toppings listed below.  
Both the burger and the bun are vegan compliant.
- Natural Angus Burger** ..... 12.50  
Grilled antibiotic and hormone-free Angus beef burger. Served on a brioche roll with lettuce, tomato, red onion, dill pickle, and kettle chips. (1088 cal.)  
Try our toppings listed below.
- Baked Chilaquiles** ..... 13.50  
Layered corn tortillas with chicken, chorizo, egg and cheese. Served with a tomatillo-cilantro sauce and dusted with Parmesan cheese. (775 cal.)  
Paired with chunky salsa.  
*Inspired by ACAT restaurateur – Chef Jamie Bissonette*
- Steamed Mussels** ..... 14.50  
Steamed Prince Edward Island mussels in white wine and garlic broth. (270 cal.)  
Served with a warm roll.
- Garden Salad** with choice of dressing (182 ave. cal.) ..... 3.50  
*Complimentary for Sleeping Car passengers.*

## – CHILDREN'S LUNCH/DINNER MENU –

Available for children 12 and under.

- Hebrew National All-Beef Hot Dog** ..... 7.50  
Lunch – Served with kettle chips. (710 cal.)  
Dinner – Served with vegetable medley. (680 cal.)
- Macaroni and Cheese** ..... 7.50  
Lunch – Served with a roll. (610 cal.)  
Dinner – Served with vegetable medley and a roll. (710 cal.)

## – TOPPINGS –

- Cheddar or Monterey Jack Cheese (75 ave. cal.) ..... 1.00
- Guacamole (100 cal.) ..... 1.50
- Applewood Smoked Bacon – 2 Strips (54 cal.) ..... 2.50

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 09/27/17. Ingredient changes may occur before this list is updated. Amtrak makes no guarantees regarding the accuracy of these items.

Occasionally, verbal substitutions may be offered instead of printed menu selections.

## – DINNER –

All dinner entrées are served with a dinner roll. (100 Cal.)

### \* Land & Sea ..... 39.00

Cooked to order signature Black Angus flat iron steak with optional Béarnaise sauce, paired with a premium crab, shrimp and scallop cake. Served with vegetables and your choice of baked potato, mashed potatoes or wild rice pilaf. (835 ave. cal.)

### \* The Amtrak Signature Steak ..... 25.00

Grilled to order, USDA Choice Black Angus flat iron steak with optional Béarnaise sauce. Served with a baked potato and sour cream with green beans. (675 cal.)

Enjoy this dish with a glass of Cabernet Sauvignon or Merlot.

### Griddle Seared Norwegian Salmon ..... 23.00

Seared Norwegian Salmon fillet with sauce of the day - ask your server.

Served with green beans and wild rice pilaf. (565 avg. cal.)

Enjoy this dish with one of our chilled white wine selections or a regional craft-brewed beer.

### ACAT Inspired Special – Limited Availability

Chef Jamie Bissonette's Indian Spiced Shrimp Biryani (480 cal.)

with spiced rice, cauliflower, chick peas, ginger, raisins,

cashews and peas ..... 23.00

### Thyme Roasted Chicken Breast ..... 18.50

Thyme seasoned chicken breast served with mashed potatoes and vegetable medley. Served with a complimentary sauce. (588 avg. cal.)

Enjoy this dish with a glass of crisp Chardonnay.

### Butternut Squash Risotto ..... 17.50

Italian inspired creamy Arborio rice dish with butternut squash, topped with petite green beans and cherry tomato halves, dusted with Parmesan cheese. (590 cal.) The risotto can also be topped with an optional chicken breast (190 cal.) for an additional \$3.50.

Enjoy this dish with a glass of crisp Pinot Grigio.

### \*\* Vegetarian Pasta ..... 16.50

Rigatoni pasta served al dente with oven roasted tomatoes, mushrooms, peas and vegan soy sausage. (500 cal.) This selection is vegan compliant and also a healthy option for those seeking bold flavors with reduced calories, fat and sodium.

### Garden Salad with choice of dressing (182 ave. cal.) ..... 3.50

Complimentary for Sleeping Car passengers.

\*\*Healthy & Flavor Forward Specialties: Light Entree 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.