Amtrak’s Pacific Parlour Car offers an exciting and unique alternative to the Dining Car. Amtrak is pleased to present this dining experience to select sleeping car passengers by reservation only.

We hope that this casual and friendly venue with our carefully chosen menu selections will complement your journey aboard the Coast Starlight. If you have any questions, please see your Parlour Car attendant.

Bon Appetit!

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 November 2015. Ingredient changes may occur before this list is updated. Amtrak makes no guarantees regarding the accuracy of these items.
DAY ONE

Lunch

Vegetarian Greek Entrée Salad
Marketplace Lettuces, Cucumbers, Tomatoes, Feta cheese & Kalamata Olives
Served with a vinaigrette dressing and Portuguese roll. (700 cal)
(add chicken breast - 110 cal.)

or

Tuna Salad Sandwich
on Sliced Wheat, garnished with Tomato & Green Leaf Lettuce.
Served with kettle chips and fresh fruit garnish. (580 cal.)

Desserts

Your server will describe today's selections.

Dinner

Starter

Garden salad served with choice of dressing (177 cal.)
Served with a bread roll. (100 cal.)

Entrées

Six Cheese Vegetarian Lasagna with Marinara Sauce,
Served with vegetable medley. (365 cal.)
or

Slow-cooked, Fork-Tender Braised Lamb Shank
with Portobello Mushrooms
Served with buttery mashed potatoes and vegetable medley. (720 cal.)

Desserts

Your server will describe today's selections.

During peak travel season, your meal option may not be available due to high demand.

Please consult your server before placing your order if you, or a person in your party, has a food allergy. All 8 major food allergens, recognized by the Food and Drug Administration as peanuts, tree-nuts, fish, shellfish, milk, soy, eggs, and wheat may be present on Amtrak trains at any time.

* 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.

DAY TWO

Breakfast

The Parlour Car Continental
Fresh cut fruit, Greek yogurt, Choice of Cold cereal, Milk and Bread Selection. (735 cal.)
or

Smoked Salmon on Whole Wheat Bagel, with Horseradish Cream Cheese, sliced Red Onion & Capers Garnished with fresh fruit. (455 cal.)

Lunch

Tuna Salad Sandwich on Sliced Wheat with Tomatoes & Green Leaf Lettuce
Served with kettle chips and fresh fruit garnish. (580 cal.)
or

Vegetarian Greek Entrée Salad
Marketplace Lettuces, Cucumbers & Tomatoes, Feta cheese & Kalamata Olives
Served with a vinaigrette dressing and Portuguese roll. (700 cal)
(add chicken breast, 110 cal.)

Desserts

Your server will describe today's selections.

Sugar free jelly and plain soy milk are available upon request.
Gratuities are at the passengers' discretion.