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.

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

Amtrak.com
PACIFIC PARLOUR CAR MENU
SOUTHBOUND – TRAIN 11

DAY ONE

Lunch
Organic Spring Mix Vegetarian Salad
with Gorgonzola cheese, Fuji apple,
Walnuts & Dried Cranberries,
Served with Balsamic dressing and a roll. (370 cal.)
(add sliced chicken breast – 110 cal.)
or
Italian Ham and Spicy Salami on Organic Multi-grain Bread
with Tomato, Green Leaf & Dijon Mayonnaise
Served with kettle chips and fresh fruit garnish. (605 cal.)

Desserts
Your server will describe today’s selections.

Dinner
Starter
Garden salad served with choice of dressing (177 cal.)
and dinner roll. (100 cal.)

Entrées
Six Cheese Vegetarian Lasagna with Marinara Sauce
Served with a vegetable medley. (365 cal.)
or
Slow-cooked fork-tender Braised Lamb Shank
Portobello Mushroom Sauce
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
Warm Honey Ham and Cage-Free Egg Sandwich
with Sharp Cheddar on a Multi-grain English Muffin
Served with fresh fruit garnish. (530 cal.)

Lunch
Italian Ham and Spicy Salami on Organic Multi-grain Bread
with Tomato, Green Leaf and Dijon Mayonnaise
Served with kettle chips and fresh strawberry garnish. (605 cal.)
or
Organic Spring Mix Vegetarian Salad
with Gorgonzola cheese, Fuji apple,
Walnuts & Dried Cranberries
Served with a Balsamic dressing and a Portuguese roll. (370 cal.)
(add sliced chicken breast – 110 cal.)

Desserts
Your server will describe today’s selections.

Dinner
Starter
Garden salad served with a choice of dressing (177 cal.)
and a roll. (100 cal.)

Entrées
Short-rib of Beef with Smoky Mesquite Barbecue Sauce
Served with buttery mashed potatoes
and vegetable medley. (535 cal.)
or
Six Cheese Vegetarian Lasagna with Marinara Sauce
Served with a vegetable medley & warm roll. (365 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.