### 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. (325 cal.)

- **Amtrak Signature Dessert** ............................................. 7.25  
  Southern pecan tart with whipped cream. (460 cal.)

- **Cheese, Fruit & Nut Plate** ............................................. 7.50  
  Sliced goat cheese, grapes, cheddar and assorted nuts. (420 cal.)

### 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**

- **Domestic** ........................................................................... 6.00  
- **Import** .................................................................................. 7.00  
- **Regional Craft** ...................................................................... 7.50  

### WINE**

- **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.
**BREAKFAST**

* Scrambled Eggs ................................. 8.50
Two fresh scrambled cage-free eggs served with roasted potatoes or grits and a flaky croissant. (490 cal.) Egg substitute available upon request. (390 cal.)

Continental Breakfast ............................ 8.75
Choice of Kellogg’s bran cereals or hot steel-cut oatmeal with nuts and honey. Served with fresh seasonal fruit, Greek vanilla yogurt and a flaky croissant. (390 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 grilled tortillas filled with Monterey Jack cheese, topped with scrambled egg and tomatillo sauce. Served with salsa and a flaky croissant. (985 cal.)

**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. (290 cal.) Egg substitute available upon request. (353 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 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

**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 ketchup 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 ketchup 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.) Pared with chunky salsa.

Inspired by ACAT restaurateur – Chef Jamie Bissonnette

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 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 ketchup 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 avg. cal.) .................. 1.00
Guacamole (100 cal.) .................................. 1.50
Applewood Smoked Bacon – 2 Strips (54 cal.) ............... 2.50

**DINNER**

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 avg. 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. (875 cal.)

Try 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.)

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

ACAT Inspired Special – Limited Availability

Chef Jamie Bissonnette’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 green beans and creamy tomato halves, dusted with Parmesan cheese. ($90 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.

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Sugar free jelly, sugar free breakfast syrup and plain yoga milk are available upon request. All buts eggs are pasteurized and served only 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 fish. 

*FDA Consumer Advisory: Consuming food or water in a condition that is spoiled, moldy, or slimy may increase your risk of foodborne illness, especially if you have certain medical conditions.

Additional taxes may be included due to pricing or service surcharges. Occasional substitutions may be required for menu selections listed based on availability and supply. Your server will advise of any changes to the menu.

This list is compiled based on information provided by the approved food supplier as of 09/27/17. Ingredient changes may occur before this list is updated. Amtrak makes no guarantees regarding the accuracy of these menu items. All dinner entrées are served with a dinner roll. (100 Cal.)

**Healthy & Flavor Forward Specialties:** Light Entree Guidelines are based on 700 total calories per serving. Specials less than 300 cal, medium less than 500 cal, medium less than 500 cal, medium less than 500 cal. Trans-fat and less than 750 milligrams of sodium per serving.