**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 crust. (225 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.)

**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.

**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 restaurants 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 in our 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

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 innovative bar, Billy Sunday, he puts short rib poutine and other
American dishes on the menu alongside bottled cocktails. And at A10, he celebrates
Italy and France with recipes like bocconcini carbonara topped with a 60-minute egg.

**DESSERTS –**

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Select from chocolate raspberry tart (460 cal) with whipped cream or a creamy
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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.)
**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 bran cereals or hot steel-cut oatmeal with nuts and honey. Served with fresh seasonal fruit, Greek vanilla yogurt and a flaky croissant. (600 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 pepper and red onion, with your choice of cheddar or Monterey Jack cheese (325 cal.) and a side of tomato salsa (75 cal.). Served with roasted potatoes or grits and a flaky croissant. (390 ave. 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 Monterrey 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**

* 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. (335 cal.)

Two Buttermilk Pancakes ........................................ 7.00
  Flat-top griddled pancake duo (273 cal.) with breakfast syrup. (158 cal.)

**SIDES & TOPPINGS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Cheddar or Monterey Jack Cheese (75 ave. cal.)</td>
<td>1.00</td>
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<tr>
<td>Guacamole (100 cal.)</td>
<td>1.50</td>
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<tr>
<td>Pork Sausage – 2 Patties (260 cal.)</td>
<td>3.50</td>
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<tr>
<td>Apple and Maple Chicken Sausage – 2 Links (100 cal.)</td>
<td>3.50</td>
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<tr>
<td>Applewood Smoked Bacon – 3 Strips (80 cal.)</td>
<td>3.75</td>
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**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 ave. 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, tomatoes, red onion, dill pickle, and ketchup chips. (528 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 brioché roll with lettuce, tomato, red onion, dill pickle, and ketchup chips. (598 cal.)
  Try our toppings listed below.

Baked Chilaquiles ....................................................... 13.50
  Layered corn tortillas with chicken, chorizo, egg and cheese. Served with a tomatillo-chipotle sauce and dusted with Parmesan cheese. (775 cal.) Paired 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.

**CHILDREN’S LUNCH/DINNER MENU**

Garden Salad with choice of dressing (182 ave. cal.) ........................................ 3.50
  Complimentary for Sleeping Car passengers.

**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.

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

Vegetarian Pasta .......................................................... 16.50
  Inspired by ACAT restaurateur – Chef Jamie Bissonnette's Indian Spiced Shrimp Biriyani (480 cal.) with spiced rice, cauliflower, chick peas, ginger, raisins, cashews and peach sauce...

Thyme Roasted Chicken Breast ...................................... 18.50
  Thyme seasoned chicken breast served with mashed potatoes and vegetable medley. Served with a complimentary sauce. (588 ave. 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 herby 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.

Rigatoni pasta served al dente with oven roasted tomatoes, mushrooms, peas and vegan soy sausage. (500 cal.)

**Vegetarian Pasta** ....................................................... 16.50

ACAT Inspired Special – Limited Availability
  Chef Jamie Bissonnette’s Indian Spiced Shrimp Biriyani (480 cal.) with spiced rice, cauliflower, chick peas, ginger, raisins, cashews and peach sauce...

Healthy & Flavor Forward Specialties:
- 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.

* FDA Consumer Advisory: Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. 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.

**Healthy & Flavour Forward Specialties: Light Entrees**

**Healthy & Flavour Forward Specialties: Low Calorie**

**Healthy & Flavour Forward Specialties: Light & Low Sodium**