

DESSERTS

VANILLA PUDDING 2.75

Sugar-free, gluten-free, lower calorie dessert. (90 cal.)

SPECIALTIES 6.50

Flourless Chocolate Tart (370 cal.) or
New York-Style Cheesecake (460 cal.)

AMTRAK SEASONAL DESSERT 7.25

Please ask your server about today's selection.

Egg substitute, sugar free jelly, sugar free breakfast syrup and soy milk 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 you of any changes to the menu.

Due to the special nature of our menu profile, variety of cooking procedures, seasonal and regional variations and our reliance on supplier's information, there may be 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 11/07/18. Ingredient changes may occur before this list is updated. Amtrak makes no guarantees regarding the accuracy of these items.

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.



BEVERAGES

Milk 2% or Soy 2.25

Coffee, Tea 2.25
Regular or Decaffeinated

Iced Tea 2.25

Juice - Apple, Orange, or Cranberry 2.25

Pepsi Soft Drinks - Regular or Diet 2.25

Bottled Water 2.25

BAR SELECTIONS

LIQUOR**

Jack Daniel's Black Label, Dewar's Scotch, Finlandia Vodka, Tanqueray Gin,
Bacardi Rum 7.50

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

BEER**

Ask your server about today's selections.

Domestic 6.50

Import 7.50

Regional Craft 8.00

WINE**

Ask your server about today's selections.

Single Serving 7.50

Half Bottle 16.50

** Alcoholic beverages are available as an extra purchase, not included in first class meal packages.



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DINING CAR MENU



BREAKFAST

SCRAMBLED EGGS* 8.50

Two fresh scrambled cage-free eggs with roasted potatoes or grits. Served with a croissant. (490 ave. cal.)

CONTINENTAL BREAKFAST 8.75

Choice of Kellogg's brand cereal or hot steel-cut oatmeal with raisins and honey, fresh seasonal fruit, Greek yogurt and a croissant. (790 ave. cal.)

AMTRAK SIGNATURE BUTTERMILK PANCAKE TRIO 10.50

Griddled buttermilk pancakes (410 cal), with breakfast syrup (158 cal.)

CHEESE QUESADILLAS, EGGS & TOMATILLO SAUCE* 13.50

Griddled tortillas filled with Monterey Jack cheese, topped with scrambled eggs and tomatillo sauce. Served with salsa and a croissant. (985 cal.)

THREE EGG OMELET* 13.75

Made to order omelet with green bell pepper and red onion. Choice of Monterey Jack or Cheddar cheese (325 cal.) Served with a side of tomato salsa (15 cal.), roasted potatoes or grits and a croissant. (290 cal.) Available with below sides & toppings.

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 Maple Chicken Sausage – 2 Links (100 cal.) 3.50

Applewood Smoked Bacon – 3 Strips (80 cal.) 3.75

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 croissant. (390 ave. cal.)

TWO BUTTERMILK PANCAKES 7.00

Griddled pancake duo (273 cal.) with breakfast syrup. (158 cal.)

SIDES & TOPPINGS

Cheddar or Monterey Jack Cheese (75 ave. cal.) 1.00

Pork Sausage – 1 Patty (180 cal.) 1.75

Apple Maple Chicken Sausage – 1 Link (50 cal.) 1.75

Applewood Smoked Bacon – 2 Strips (54 cal.) 2.50



LUNCH

ENTRÉE SALAD 12.50

Lettuce blend with dried cranberries, grapes, red onions, almonds, walnuts and pecans. With your choice of dressing and a warm roll. (240 ave. cal.) Add chicken breast for an additional \$3.50. (110 cal.)

BLACK BEAN & CORN VEGGIE BURGER 12.50

Spiced, full-flavored veggie burger on a toasted bun with lettuce, tomato, red onion and kettle chips. (828 cal.) Both the burger and the bun are vegan compliant.

NATURAL ANGUS BURGER 12.50

Grilled antibiotic and hormone-free Angus beef burger on a brioche roll with lettuce, tomato, red onion and kettle chips. (1088 cal.)

BAKED CHILAQUILES 13.50

Layered corn tortillas with chicken, chorizo, egg and cheese, with chunky salsa, tomatillo-cilantro sauce and Parmesan cheese. (775 cal.)

STEAMED MUSSELS 14.50

Prince Edward Island mussels in a white wine and garlic broth (270 cal.), served with a warm roll.

GARDEN SALAD 3.50

With choice of dressing (182 ave. cal.) Complimentary for Sleeping Car passengers.

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

CHILDREN'S LUNCH/DINNER

Available for children 12 and under.

HEBREW NATIONAL ALL-BEEF HOT DOG 7.50

Lunch – With kettle chips. (710 cal.)

Dinner – With green beans. (680 cal.)

MACARONI AND CHEESE 7.50

Lunch – With a roll. (610 cal.)

Dinner – With green beans and a roll. (710 cal.)



DINNER

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

LAND & SEA COMBO* 39.00

Cooked to order signature Black Angus flat iron steak with a premium lump crab cake and optional Béarnaise sauce. Served with vegetables and your choice of baked or mashed potato, 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 baked potato, sour cream and baby green beans. (750 cal.) Enjoy this dish with a glass of Cabernet Sauvignon or Merlot.

NORWEGIAN SALMON 23.00

Searched Norwegian salmon fillet with sauce of the day, rice pilaf and baby green beans. (565 cal.) Enjoy this dish with a glass of chilled white wine or a regional craft-brewed beer.

THYME ROASTED CHICKEN BREAST 18.50

Thyme seasoned chicken breast with mashed potatoes and baby green beans. Served with a complimentary sauce. (588 cal.) Enjoy this dish with a glass of crisp Chardonnay.

RIGATONI PASTA** 16.50

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

GARDEN SALAD 3.50

With choice of dressing (182 ave. cal.)

Complimentary for Sleeping Car passengers.

**Healthy & Flavor Forward Specialties: Light Entrée 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.

