

– DESSERTS –

No Sugar Added Vanilla Pudding 2.75

Designed to appeal to those seeking a gluten-free, lower calorie dessert. (90 cal.)

Specialties 6.25

Choice of a caramel filled warm chocolate lava cake (370 cal.), or a Greek yogurt cheesecake with a cinnamon graham cracker crust. (330 cal.)

Amtrak Signature Dessert 7.25

Warm date-pudding cake with toffee pecan sauce. (530 cal.)

– CHILDREN’S MENU –

Available for children 12 and under.

BREAKFAST

Scrambled Egg 4.00

One freshly scrambled egg, served with roasted potatoes or grits, and a whole wheat biscuit or croissant. (405 ave. cal.)
Egg substitute available upon request. (355 cal.)

Buttermilk Pancakes 6.50

Two griddled buttermilk pancakes. Served with breakfast syrup. (270 cal.)

Sides

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/DINNER

Hebrew National All-Beef Hot Dog 7.00

Lunch – Served with kettle chips. (710 cal.)

Dinner – Served with vegetable medley and a roll. (680 cal.)

Macaroni and Cheese 7.00

Lunch – Served with a roll. (610 cal.)

Dinner – Served with vegetable medley and a roll. (640 cal.)

Sides

Garden Salad with choice of dressing (210 cal.) 3.00

– BEVERAGES –

Milk 2% or Soy 2.00

Coffee, Tea Regular or Decaffeinated 2.00

Iced Tea 2.00

Juice Apple, Orange, or Cranberry 2.00

Pepsi Soft Drinks Regular or Diet Soda 2.25

Bottled Water 2.25

– BAR SELECTIONS – LIQUOR*

Premium Spirits 7.00

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 5.50

Import 6.50

Regional Craft 7.50

WINE*

Ask your server about today’s selections.

Single Serving 6.50

Half Bottle 16.00

*Note that 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.



AMT SM 0916

Silver Meteor MENU Dining Car



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– BREAKFAST –

* Scrambled Eggs 8.00

Two freshly scrambled eggs served with roasted potatoes or grits. With a choice of whole wheat biscuit or croissant. (505 ave. cal.) Egg substitute available upon request. (405 cal.)

Continental Breakfast 8.75

Choice of Kellogg's brand cereal or hot steel-cut oatmeal with raisins and honey. Served with fresh fruit, Greek yogurt and a whole wheat biscuit or croissant. (749 ave. cal.)

Buttermilk Pancakes 9.75

Griddled, made to order trio of buttermilk pancakes. Served with breakfast syrup. (410 cal.)

* Omelet Selection 12.00

Three egg omelet made to order with today's fresh vegetable filling. Available with Cheddar or Swiss cheese for an additional \$1.00. (70 cal.) Served with roasted potatoes or grits, and a whole wheat biscuit or croissant. (610 ave. cal.) Egg substitute available upon request. (470 cal.)

* Breakfast Specials

Ask your server about additional options being offered on today's trip.

Sides

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

Sugar free jelly, sugar free breakfast syrup and plain soy milk are 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, honey, 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 of any changes to the menu.

– LUNCH –

Spinach Entrée Salad 10.00

Spinach leaves with cucumber, cherry tomato, julienne red onion and shredded Asiago cheese. Served with your choice of dressing and a warm roll. (530 ave. cal.) Sliced chicken breast available for an additional \$3.50. (110 cal.)

This option is also available for dinner.

Black Bean & Corn Veggie Burger 12.00

A spiced, full-flavored veggie burger, served on a country white roll with lettuce, tomato, red onion, dill pickle, and kettle chips. (975 cal.)

Cheese available for an additional \$1.00. (70 cal.)

Also available as a dinner option. Both the burger and the bun are vegan compliant.

Natural Angus Burger 12.00

Grilled antibiotic and hormone-free Angus beef burger. Served on a country white roll with lettuce, tomato, red onion, dill pickle, and kettle chips. (810 cal.) Available with cheese for an additional \$1.00 (70 cal.) and/or two apple-wood smoked

bacon strips for an additional \$2.50. (54 cal.)

Also available as a dinner option.

Chef's Marketplace Special 13.00

Sliced turkey breast with Portobello mushroom sauce on a sliced biscuit with buttery mashed potatoes. (470 cal.)

Lunch Special

Ask your server about additional options being offered on today's trip.

Sides

Garden salad with choice of dressing (210 ave. cal.) 3.00

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 09/28/16. Ingredient changes may occur before this list is updated. Amtrak makes no guarantees regarding the accuracy of these items.

Occasionally, verbal substitutions may be offered instead of printed menu selections.

– DINNER (ONLY) –

All sleeping car passengers traditional dinner entrées are served with a garden salad (210 ave. cal.) and a dinner roll. (100 Cal.)

* The Amtrak Signature Steak 25.00

A well-marbled, USDA Choice Black Angus flat iron steak, grilled to order. Served with Portobello mushroom sauce, accompanied by a baked potato with sour cream and vegetable medley. (505 cal.) A glass of Cabernet Sauvignon or Merlot would be the perfect complement to this American classic.

Healthy & Flavor Forward Specialties 15.75

Choice of Chinese rice noodles and veggies with cashew sauce (480 cal.) or vegetable lasagna with vegan mozzarella. (300 cal.) Both vegetarian offerings are vegan compliant and a healthy option for those seeking bold flavor with reduced calories, fat and sodium.

Light Entree 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.

Creamy Tortellini with Pesto & Vegetables 16.50

Three cheese filled tortellini pasta in a creamy pesto sauce topped with wax beans, carrots, greens and parsley, dusted with Parmesan cheese. (625 cal.)

Enjoy this dish with one of our fine vineyard selections.

Thyme Roasted Chicken Breast 17.50

Thyme scented chicken breast with smoky tomato sauce. Served with a rice and orzo pilaf, and vegetable medley. (885 cal.)

Consider enhancing this menu choice with a glass of crisp Chardonnay.

Seafood Catch of the Day 22.75

Spice-rubbed atlantic cod with buttery mashed potatoes and vegetable medley. (305 cal.)

This course will pair well with one of our delicious chilled white wine offerings.

Dinner Specials

Ask your server about additional options being offered on today's trip.

Sides

Garden salad with choice of dressing (210 ave. cal.) 3.00



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