

DESSERTS

- No Sugar Added Vanilla Pudding**.....\$2.75
 Designed to appeal to those seeking a gluten-free, lower calorie dessert. (90 cal.)
- Häagen-Dazs Ice Cream** \$4.25
 Vanilla bean ice cream (210 cal.)
- Specialties**.....\$6.25
 Choose from a chocolate cream tart with shaved chocolate (370 cal.), or strawberry cheesecake. (330 cal.)

CHILDREN'S MENU

(Available for children 12 and under.)

BREAKFAST

- * Scrambled Egg**..... \$3.75
 One freshly scrambled egg, served with roasted potatoes or grits, whole wheat biscuit or croissant. (405 cal.)
 (Egg substitute available upon request.) (355 cal.)
- Two Buttermilk Pancakes**\$6.00
 Griddled to order buttermilk pancakes served with breakfast syrup. (274 cal.)
- Sides**
- Pork Sausage – 1 Patty (180 cal.) \$1.75
- Apple & Maple Chicken Sausage – 1 Patty (50 cal.) \$1.75
- Applewood Smoked Bacon – 2 Strips (60 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 (182 cal.)\$3.00

SOFT BEVERAGES

- Milk** 2% or Soy \$2.00
- Coffee** Regular or decaffeinated \$2.00
- Tea** Regular or decaffeinated \$2.00
- Iced Tea** \$2.00
- Juice** Apple, Orange, or Cranberry \$2.00
- Pepsi Soft Drinks** Regular or diet sodas \$2.25
- Bottled Water**..... \$2.25

ALCOHOLIC BEVERAGES LIQUOR

- Premium Spirits and Liqueurs**..... \$7.00
- Spirits – Jack Daniel's Black Label, Dewar's Scotch, Finlandia Vodka, Tanqueray Gin, Bacardi Rum
- Liqueurs – Bailey's Irish Cream, Courvoisier Cognac
- 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** \$7.00

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.

Please retain your receipt for all returns, refunds & exchanges.

Prices are in U.S. currency and include all taxes. Amtrak accepts major payment cards. Gratuity is at the passenger's discretion. Water served upon request.



If you paid by cash or payment card and did not receive a receipt, your purchase is complimentary.



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



MENU

Dining Car

Amtrak.com



BREAKFAST MAIN COURSES

* Scrambled Eggs \$7.50

Two freshly scrambled eggs served with roasted O'Brien potatoes or grits, whole wheat biscuit or croissant. (505 cal.)
(Egg substitute available upon request.) (405 cal.)

Continental Breakfast \$8.75

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

Buttermilk Pancake Trio \$9.00

Three griddled to order buttermilk pancakes, served with breakfast syrup. (410 cal.)

* Omelet Selection \$11.25

Three egg omelet made to order. Available plain, with Cheddar or Swiss cheese, with today's fresh vegetable filling or with both. Served with roasted O'Brien potatoes or grits, whole wheat biscuit or croissant. (535 cal.) Available with optional cheese for \$1.00 (70 cal.)
(Egg substitute available upon request.) (435 cal.)

* Breakfast Specials

Ask your server about any menu additions being offered this morning in the dining car – they will happily describe them for you.

Sides

- Pork Sausage – 2 Patties (360 cal.) \$3.50
- Apple & Maple Chicken Sausage – 2 Patties (100 cal.) .. \$3.50
- Applewood Smoked Bacon – 3 Strips (90 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.

* 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.

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.

LUNCH MAIN COURSES

Vegetarian Entrée Salad \$9.00

Crisp chopped romaine lettuce, red bell pepper, cucumbers, red onions & bleu cheese, served with Newman's Own dressing selection and a warm roll. (426 cal.) (Add sliced chicken breast – \$3.50) (110 cal.) A vegan option is available for this category – please ask your server.

Gardein Black Bean & Corn Veggie Burger \$11.50

A spiced, full-flavored veggie burger, served on a country white roll with lettuce, tomato, red onion, dill pickle, and kettle chips. (975 cal.) & optional cheese (70 cal.) for an additional \$1.00. Also available as a dinner option. Note that this burger & bun is vegan compliant.

Angus Steak Burger \$11.50

Grilled Angus beef chuck burger served on a country white roll with lettuce, tomato, red onion, dill pickle, and kettle chips. (1075 cal.) Available with optional cheese for \$1.00 (70 cal.) and/or two applewood smoked bacon strips for an additional \$2.50 – 60 cal.) Also available as a dinner option.

Smoky BBQ Pork Shanks \$12.00

Bone-in pork shanks with smokey mesquite barbecue sauce and buttery mashed potatoes. (400 cal.)

Chef's Market Special

Ask your server whether there are any menu additions being offered for this meal period on today's trip – they will describe them for you.

Sides

- Garden Salad with Choice of Dressing (182 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 11/4/15. Ingredient changes may occur before this list is updated. Amtrak makes no guarantees regarding the accuracy of these items.

DINNER (ONLY) MAIN COURSES

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

* The Amtrak Signature Steak \$24.75

A well-marbled Black Angus USDA Choice flat iron steak, griddled to perfection and cooked to order. Served with caramelized onions, accompanied by a baked potato with sour cream and vegetable medley. (660 cal.) (A glass of either Cabernet Sauvignon or Merlot would be the perfect complement to this American classic.)

Vegetarian Pasta \$15.75

Six cheese lasagna with marinara sauce, dusted with Parmesan cheese, served with a vegetable medley. (475 cal.)

(Enjoy this dish with one of our fine vineyard selections.)

Healthy & Flavor Forward Specialties \$15.75

Choose from a bowl of Pad Thai with Rice Noodles (540 cal.) or Black Bean-Vegetable Enchiladas (450 cal.) – both vegetarian offerings are certified vegan and also healthy choice options 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.

Herb Roasted Half Chicken \$16.50

Herb roasted half chicken, served with rice & orzo pilaf and vegetable medley. (1370 cal.) (Consider enhancing this menu choice with a glass of crisp Chardonnay.)

* Seafood Catch of the Day \$22.75

Griddle seared shrimp-crab cakes with a mild chile-lime butter sauce with buttery mashed potatoes and vegetable medley. (685 cal.) (This course will pair well with one of our delicious chilled white wine offerings.)

Dinner Specials

Ask your server whether there are any menu additions available in the dining car for dinner tonight – they will describe them for you.

Sides

- Garden Salad with Choice of Dressing (182 cal.) \$3.00

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