## DESSERTS

## No Sugar Added Vanilla Pudding

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

## Haagen-Dazs Ice Cream . <br> (210.......

Vanilla bean ice cream (210 cal.)

## Specialties

Choose from a chocolate truffle mousse cup (280 cal.)
or New York cheesecake ( 410 cal .) with fruit topping. (25 cal.)

## CHILDREN'S MENU

(Available for children 12 and under.)

## BREAKFAST

* Scrambled Eggs

Fresh scrambled eggs, served with roasted
potatoes or grits, whole wheat biscuit or
croissant. ( 505 cal.)
(Egg substitute available upon request.) (452 cal.)
Railroad French Toast $\qquad$
Traditional thick slice of egg batter dipped
toast, griddled to a golden brown, dusted
with powdered sugar and served with syrup
and/or fruit topping. (210 cal.)

## Sides

Pork Sausage - 1 Patty ( 140 cal.) ................................ \$1
Chicken Apple-Maple Sausage - 1 Patty (50 cal.) $\$ 1.75$

Applewood Smoked Bacon - 2 Strips ( 60 cal.). $\qquad$ $\$ 2.50$

## LUNCH/DINNER

Hebrew National All-Beef Hot Dog ....
Lunch - Served with kettle chips. (580 cal.)
Dinner - Served with vegetable medley and a roll. ( 905 cal.)
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Lunch - Served with a roll. ( 610 cal.)
Dinner - Served with vegetable medley and a roll. ( 655 cal.)

## Sides

Garden Side Salad (200 cal.)

## 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 $\qquad$
Spirits - Canadian Club Blended Whiskey, 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. $\qquad$ $\$ 5.00$
Import. $\$ 6.00$
Regional Craft

## WINE*

Ask your server about today's selections.
Single Serving $\$ 6.00$
Half Bottle $\$ 15.00$

- 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 $\mathcal{E}$ 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.



## BREAKFAST MAIN COURSES

*Scrambled Egg$\$ 7.50$Fresh scrambled eggs offered with roastedpotatoes or grits, whole wheat biscuit orcroissant. ( 605 cal .)
(Egg substitute available upon request.) (500 cal.)
Continental Breakfast
Available with a choice of Kellogg's brand cereal or hot steel cut oatmeal with golden raisins and honey. Served with fresh fruit selection, Greek yogurt and choice of a whole wheat biscuit or croissant. ( 573 cal.)

## Railroad French Toast.

Traditional thick slices of egg batter dipped toast, griddled to a golden brown, dusted with powdered sugar and served with syrup and/or fruit topping. ( 360 cal .)

## * Omelet Selection <br> $\qquad$ <br> Three egg omelet made to order, available

 plain, topped with cheddar or Swiss cheese, filled with today's fresh vegetable filling or with both. Served with roasted potatoes or grits, whole wheat biscuit or croissant. ( 705 cal.) (Egg substitute available upon request). ( 585 cal .)
## Sides



Sugar free jelly, sugar free breakfast syrup and plain soy milk are available upon request.

## LUNCH MAIN COURSES

## Entrée Caesar Salad

$\qquad$
Crisp chopped romaine lettuce, cherry tomatoes, shredded parmesan cheese and croutons, served with Caesar Dressing. (360 cal.) (Available with Chicken for an additional \$3.50) (110 cal.) (Available as a dinner option.)

Chipotle Black Bean \& Corn Veggie Burger.
A spiced, full flavored veggie burger, served on a corn dusted kaiser roll with lettuce, tomato, red onion, dill pickle and kettle chips. ( 680 cal.) (Available as a dinner option.)

Angus Steak Burger
Grilled Angus beef chuck burger, served on a corn dusted kaiser roll with lettuce, tomato, red onion, dill pickle and kettle chips. ( 840 cal.) (Available with two applewood smoked bacon strips for an additional \$2.50) (60 cal.) (Available as a dinner option.)

## Chef's Marketplace Special

Natural turkey meatballs topped with a roasted tomato sauce and dusted with parmesan cheese. Served with garlic mashed tomatoes and a roll. ( 640 cal .)

Sides
Garden Salad with Choice of Dressing ( 200 cal . $\qquad$ $\$ 3.00$

* 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 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 10/1/14. Ingredient changes may occur before this list is updated. Amtrak makes no guarantees regarding the accuracy of these items.


## DINNER (ONLY) MAIN COURSES

## * The Amtrak Signature Steak

A well marbled Black Angus USDA Choice flat iron steak, grilled to perfection and cooked to order. Served with a three peppercorn sauce, accompanied by a baked potato with sour cream and vegetable medley. ( 945 cal.) (A glass of either Cabernet Sauvignon or Merlot would be the perfect complement to this American classic.)

## Vegetarian Pasta

Six Cheese Lasagna: wavy-edged whole grain lasagna noodles layered with a creamy combination of ricotta, mozzarella, provolone, romano, fontina and parmesan-asiago cheeses. Served with an herbed sauce of fire-roasted tomatoes, garlic, onions and basil. ( 480 cal .) (Enjoy this dish with one of our fine vineyard selections.)

## Herb Roasted Half Chicken

Herb roasted half chicken, served with three grain rice pilaf and vegetable medley. ( 1285 cal.) (Consider enhancing this menu choice with a glass of crisp Chardonnay.)

## Healthy Option, Light Entrée

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Amtrak Healthy Option, 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. Today's selection features an eye round of beef topped with a red wine sauce, served with pearl couscous and baby carrots. (410 cal.)

## *Seafood Catch of the Day

$\qquad$
Two grill-marked tilapia fillets, served with three grain rice pilaf and a vegetable medley, with a side of parsely pesto sauce. ( 845 cal.) (This course will pair well with one of our delicious chilled white wine offerings.)

## Sides

Garden Salad with Choice of Dressing (200 cal.)

