

# DESSERTS

## AMTRAK SEASONAL DESSERT 7.25

Ask your server about today's selection.

## SPECIALTIES 6.50

Flourless Chocolate Torte (410 cal.)

New York Style Cheesecake (680 cal.)

Ask your server about today's special desserts.

## VANILLA PUDDING 2.75

No sugar added, gluten-free, lower calorie dessert. (90 cal.)

*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, 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 01/22/20. 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.



Visit: <http://www.amtrakfoodfacts.com>

# BEVERAGES

Milk 2% or Soy 2.00

Coffee, Tea 2.50

*Regular or Decaffeinated*

Iced Tea 2.25

Juice - Apple, Orange, or Cran-grape 2.25

Coca-Cola Soft Drinks - Regular or Diet 2.50

Bottled Water 2.25

# BAR SELECTIONS

## LIQUOR\*\*

Jack Daniel's Black Label, Dewar's Scotch, Deep Eddy Vodka, Tanqueray Gin,

Bacardi Rum 8.00

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 8.50

## WINE\*\*

Ask your server about today's selections.

Single Serving 8.00

Half Bottle 16.00

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



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# DINING CAR MENU



AMT LDS 0120

# BREAKFAST

## SCRAMBLED EGGS\* 8.50

Two fresh scrambled cage-free eggs with roasted potatoes or grits. Served with a croissant. (480 ave. cal.)  
Egg substitute available upon request (195 cal.)

## CONTINENTAL BREAKFAST 8.75

Choice of Kellogg's brand cereal or hot steel-cut oatmeal with raisins and honey. With fresh seasonal fruit, Greek yogurt and a croissant. (690 ave. cal.)

## AMTRAK SIGNATURE RAILROAD FRENCH TOAST 10.50

Griddled thick cut french toast (480 cal.), with breakfast syrup (100 cal.)

## THREE EGG OMELET\* 13.75

Made to order omelet with tomatoes, mushrooms and red onions. Choice of Monterey Jack or Cheddar cheese (360 cal.)  
Served with a side of tomato salsa (15 cal.), roasted potatoes or grits and a croissant. (290 cal.)  
Egg substitute available upon request (195 cal.)

## SOUTHWESTERN BREAKFAST QUESADILLAS\* 13.50

Two flour tortillas filled with Monterey Jack cheese, topped with scrambled eggs. Served with salsa. (764 cal.)

## SIDES & TOPPINGS

Cheddar or Monterey Jack Cheese (90 ave. cal.) 1.00  
Pork Sausage – 2 Patties (360 cal.) 3.50  
Apple Maple Chicken Sausage – 2 Links (100 cal.) 3.50  
Applewood Smoked Bacon – 3 Strips (90 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.)

## FRENCH TOAST 5.25

Griddled french Toast (240 cal.) with breakfast syrup. (100 cal.)

## SIDES & TOPPINGS

Cheddar or Monterey Jack Cheese (90 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 (60 cal.) 2.50

# LUNCH

## CAESAR SALAD 12.50

Romaine lettuce with shredded Parmesan cheese, grape tomatoes and croutons. Served with classic Caesar dressing and a warm roll. (390 ave. cal.) Add grilled chicken breast for an additional \$3.50. (90 cal.)

## BLACK BEAN & CORN VEGGIE BURGER 12.50

Spiced, full-flavored veggie burger on a toasted bun with lettuce, tomato, red onions and kettle chips. (640 cal.)  
Both the burger and the bun are vegan compliant.

## NATURAL ANGUS BURGER 12.50

Grilled all natural Angus beef burger on a brioche roll with lettuce, tomato, red onions and kettle chips. (750 cal.)

## BBQ PORK WINGS 14.00

Braised bone-in BBQ pork shanks in Stubs smoky BBQ sauce with red skinned garlic mashed potatoes. (540 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 (90 ave. cal.) 1.00  
Applewood Smoked Bacon – 2 Strips (60 cal.) 2.50

# CHILDREN'S LUNCH/DINNER

Available for children 12 and under.

## HEBREW NATIONAL ALL-BEEF HOT DOG (460 cal.) 7.50

Lunch – With kettle chips. (710 cal.)  
Dinner – With vegetable medley. (580 cal.)

## MACARONI AND CHEESE 7.50

Lunch – With a roll. (450 cal.)  
Dinner – With vegetable medley and a roll. (480 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 red wine sauce. Served with vegetables and your choice of baked or red skinned garlic mashed potato, or rice pilaf. (835 ave. cal.)

## THE AMTRAK SIGNATURE STEAK\* 25.00

Grilled to order, USDA Choice Black Angus flat iron steak with optional red wine sauce. Served with baked potato, sour cream and vegetables. (750 cal.) Enjoy this selection with a glass of Cabernet Sauvignon.

## GARLIC HERB COD 23.00

Garlic and herb crusted Cod Fillets with wild rice pilaf, a medley of vegetables and mango-pineapple salsa. (440 cal.) Enjoy this dish with a glass of our chilled white wine or a regional craft-brewed beer.

## THYME ROASTED CHICKEN BREAST 18.50

Thyme seasoned chicken breast with red skin garlic mashed potatoes and a medley of vegetables. Served with a complimentary sauce. (550 cal.)  
Enjoy this dish with a glass of crisp Chardonnay or a regional craft-brewed beer.

## BBQ PORK WINGS 21.00

Braised bone-in BBQ pork shanks in Stubs smoky BBQ sauce, with red skinned garlic mashed potatoes and a medley of vegetables. (710 cal.)  
Enjoy this dish with one of our vineyard selections or a regional craft-brewed beer.

## BAKED MANICOTTI 18.50

Pasta sheets filled with fresh Mozzarella, Ricotta and Parmesan cheeses in a Roma tomato sauce. Topped with Parmesan cheese and served with a medley of vegetables. (320 cal.) Enjoy this dish with a glass of Cabernet Sauvignon.

## CUBANO BOWL\*\* 16.50

Black beans, quinoa, mango, onion, red and green peppers and jalapenos. Served with wild rice pilaf and a medley of vegetables. (380 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 Etree 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.

