

DESSERTS

- No Sugar Added Vanilla Pudding**.....\$2.75
 Designed to appeal to those seeking a gluten-free, lower calorie dessert. (90 cal.)
- Vanilla Bean Ice Cream**..... \$4.25
 Blue Bunny brand, scooped. (150 cal.)
- Specialties**.....\$6.25
 Choice of a chocolate cream tart with shaved chocolate (370 cal.), or a Greek yogurt cheesecake with a cinnamon graham cracker crust. (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, and a whole wheat biscuit or croissant. (405 cal.)
 Egg substitute available upon request. (355 cal.)
- French Toast with Breakfast Syrup**\$4.75
 Griddled, egg-battered, sliced toast served with breakfast syrup. (155 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

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

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.

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.



SILVER METEOR



MENU Dining Car

Amtrak.com



BREAKFAST MAIN COURSES

* Scrambled Eggs \$7.50

Two freshly scrambled eggs served with roasted O'Brien potatoes or grits, and a whole wheat biscuit or croissant. (505 cal.)

Egg substitute available upon request. (405 cal.)

Continental Breakfast \$8.75

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

Railroad French Toast \$9.50

Griddled, egg-battered, sliced toast served with breakfast syrup. (310 cal.)

* Omelet Selection \$11.25

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 O'Brien potatoes or grits, and a whole wheat biscuit or croissant. (600 cal.)

Egg substitute available upon request. (470 cal.)

* Breakfast Specials

Ask your server about any menu additions being offered this morning in the dining car.

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

Marinated Vegetable Entrée Salad \$9.00

Fresh zucchini, cherry tomato halves and julienne onions marinated in Italian dressing, atop crispy romaine lettuce with crumbled feta cheese. Served with Newman's Own dressing selection and a warm roll. (377 cal.) Sliced chicken breast available for an additional \$3.50. (110 cal.)

This option is also available for dinner.

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

Also available as a dinner option. Both the burger and the bun are 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 cheese for an additional \$1.00 (70 cal.) and/or two apple-wood smoked bacon strips for an additional \$2.50. (60 cal.)

Also available as a dinner option.

Chef's Marketplace Special \$12.00

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

Lunch Special

Ask your server whether there are any menu additions being offered on today's trip.

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 04/20/16. 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, 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. (660 cal.)

(A glass of Cabernet Sauvignon would be the perfect complement to this American classic.)

Creamy Cavateppi Pasta with Vegetables \$15.75

Corkscrew pasta served in a creamy, three cheese sauce topped with crookneck squash, zucchini, green beans, carrots and parsley, dusted with Parmesan cheese. (930 cal.)

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

Herb Roasted Chicken \$16.50

Ask your server about today's specific dining car chicken offering. Served with a rice & orzo pilaf, and vegetable medley. (925 average cal.)

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

Healthy & Flavor Forward Specialties \$15.75

Choice of a bowl of Pad Thai with Rice Noodles (540 cal.) or Black Bean-Vegetable Enchiladas (450 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.

* Seafood Catch of the Day \$22.75

Griddle seared shrimp-crab cakes with a chilled remoulade sauce, buttery mashed potatoes and vegetable medley. (610 cal.)

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

Dinner Specials

Ask your server if there are any menu additions available in the dining car tonight.

Sides

Garden salad with choice of dressing (182 cal.) \$3.00

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