

# PACIFIC PARLOUR CAR MENU

## NORTHBOUND – TRAIN 14

### FIRST DAY

#### Lunch

***Southwest Romaine Salad with Tomatoes,  
Corn & Black-Beans, with Optional Pickled  
Jalapenos & Pepper-Jack Cheese.***

*Served with a warm ciabatta roll.*

**or**

***Smoked Deli-Sliced Chicken Breast & Jack on  
Cheddar Focaccia Roll.***

*Served with carrot-almond & raisin slaw.*

#### Desserts

*Your server will inform you of today's special selections.*

#### Dinner

##### Starter

*Crispy green garden salad, served with a warm roll.*

##### Entrées

***Merlot Braised Lamb Provencal with  
Tomatoes & Herbs***

*Served with rice pilaf and vegetable melange.*

**or**

***Five-Spice Breast of Duck with Sherry-Soy Glaze***

*Served with rice pilaf and vegetable medley.*

#### Desserts

*Your server can describe today's sweet selections.*

*During peak travel season, your meal option may not be  
available due to high demand.*

*FDA Consumer Advisory: If you are especially vulnerable to  
food-borne illness, you should only eat seafood, meat and eggs  
that have been thoroughly cooked.*

# SECOND DAY

## Breakfast

### ***The Parlour Car Continental***

*Fresh cut fruits, yogurt, mini-croissant and fresh baked cranberry bread.*

**or**

### ***Freshly Scrambled Eggs***

*Served with roast breakfast potatoes and turkey sausage patties.*

## Lunch

### ***Chicken Caesar Wrap Sandwich with Caesar Dipping Sauce***

*Served with roasted corn, tomato and corkscrew pasta salad.*

**or**

### ***Vegetarian Three Cheese Lasagna with Spinach & Marinara Sauce***

*Served with a green salad.*

## Desserts

*Please consult your server for today's offerings.*

## Dinner

### Starter

*Garden green salad, served with a warm ciabatta roll.*

### Entrées

#### ***Chilled Wild Alaskan Salmon Fillet Nicoise***

*Served with spring mix salad with green beans, tomatoes, roasted potatoes, artichokes, hard cooked eggs & black olives.*

**or**

#### ***American Bison Meatloaf with Chipotle BBQ Sauce***

*Served with vegetable medley and rice pilaf.*

## Desserts

*Your server can describe today's sweet selections.*

*Sugar free jelly and plain soy milk is available for those with special needs.*

# PACIFIC PARLOUR CAR DINING

*Amtrak's refurbished Pacific Parlour Car offers an exciting and unique alternative to the Dining Car. Amtrak is pleased to present this dining experience to select sleeping car passengers by reservation only.*

*We hope that this casual and friendly venue with our carefully chosen menu selections will complement your journey aboard the Coast Starlight. If you have any questions, please see your Parlour Car attendant. Bon appetit!*