

Why you should acquire a taste for trains, if you haven't already.

To make an important point about traveling by train, we'd like to point out this basic human habit: most people eat when they're hungry. Don't you? Yet other forms of transportation require that you change your eating habit. Instead of eating when you're hungry, you find yourself having breakfast, lunch or dinner when food is the last thing on your mind.

The airlines serve up delectable meals with fancy names. But if you're not hungry when they roll out the beef bourguignon, they may as well roll it right back.

Likewise, buses go out of their way to find good food stops. But if you don't feel like eating at the time, you could go hungry for the next 100 miles or so.

Traveling in your own car seems to allow the most flexibility when it comes to satisfying your appetite, but think about it. How many times have you lost a lot of time looking for "a good place to eat?" Probably plenty.

Fact is, the train is the only widely used means of travel that allows you to eat when you'll enjoy it the most... just about whenever you want.

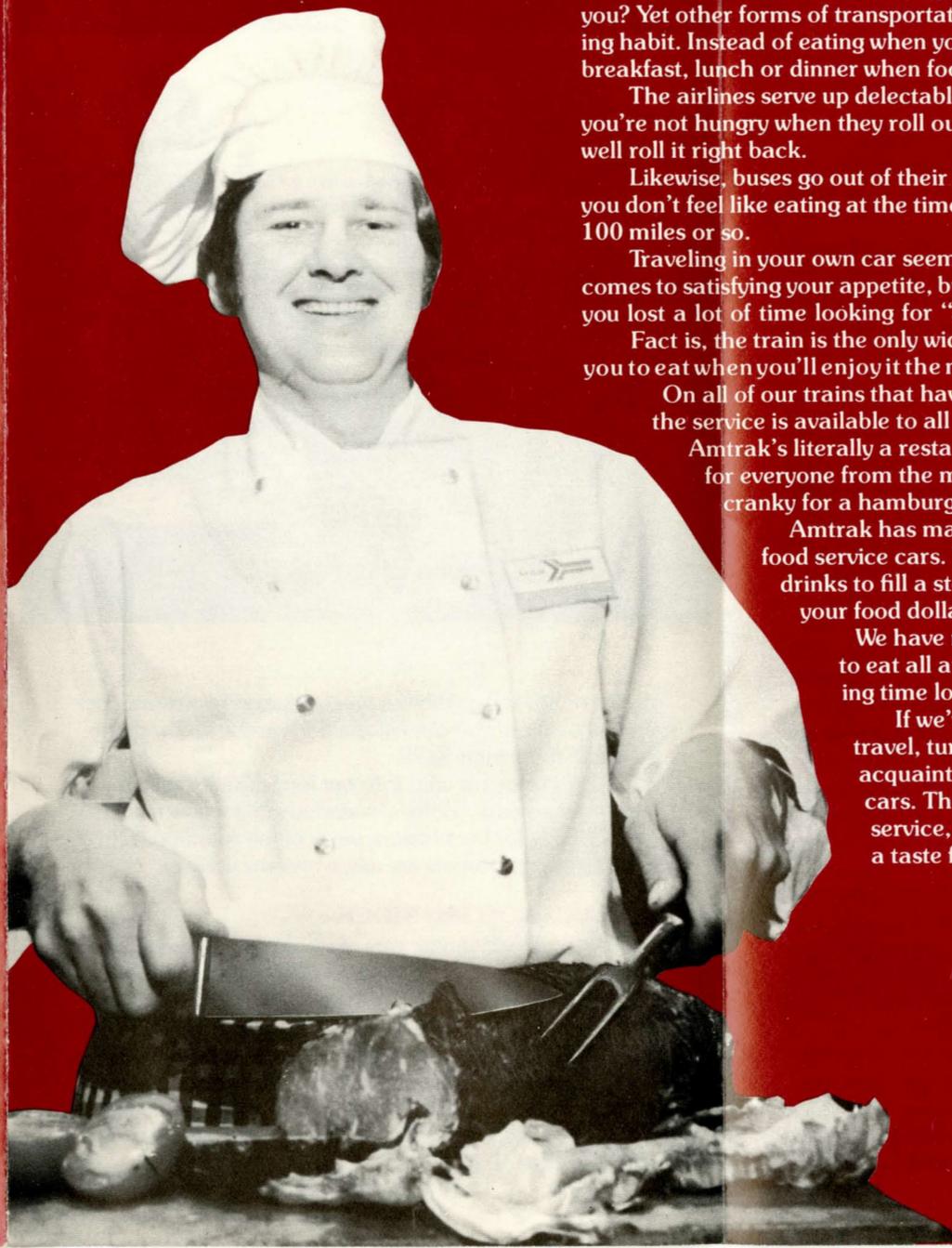
On all of our trains that have food service cars—and most do—the service is available to all passengers throughout the trip.

Amtrak's literally a restaurant on wheels. We're fully prepared for everyone from the midnight snacker to the child who gets cranky for a hamburger and a Coke in between meals.

Amtrak has many different types of clean, efficient food service cars. We stock enough different foods and drinks to fill a store. Better yet, our prices can make your food dollar go a long way.

We have never forced a trainload of passengers to eat all at once. Nor do we have to waste traveling time looking for "a good place to eat."

If we've whetted your appetite for train travel, turn the page and develop a passing acquaintance with our different food service cars. The more you know about Amtrak food service, the more likely you, too, will acquire a taste for trains.



Amtrak brings new meaning to the phrase "eating on the run."

To most people, eating on the run means racing through a meal. On Amtrak, it means racing to your destination while you relax and enjoy your meals.

You can eat just about whenever the mood suits you. Linger over a meal for as long as you wish, without affecting your schedule. And enjoy dramatic views that even the finest, most expensive restaurants can't offer.

Eating on the run on the train is never boring, because we serve a variety of foods and beverages. We also offer different menus in our different types of food service cars, and we change our menus periodically. All of our food service cars are described below.

DINING CAR

Each morning, the aroma of fresh-brewed coffee and the sizzle of sausage and bacon give an Amtrak dining car the air of a country kitchen. Then, by the time the sumptuous dinners are served, the car takes on the tone of a friendly restaurant.

Our dining cars are the most traditional of Amtrak's food service cars. You'll find them on most of our long-distance trains. All of our dining cars feature extensive menus for breakfast, lunch and dinner. The morning menu, for instance, includes everything from an a la carte selection of fruits, fruit juices and cereals to filling club breakfasts. The luncheon bill of fare features appetizers, hot and cold sandwiches, salads, desserts and a choice of platters. Full dinners usually include salad, one vegetable, potatoes, bread, dessert and a beverage. Light evening meals are also available. All meals are prepared on board under the watchful eyes of an Amtrak chef.

The average costs for breakfast, lunch or dinner in a dining car are \$2.75, \$3.00 and \$4.50 respectively. In most dining cars, you may order children's portions at reduced prices. Some dining cars even have a separate "children's menu." Special diet requirements can also be accommodated, if advance notice is given.

LOUNGE CAR

With the right chemistry between passengers, any given evening in an Amtrak lounge car can become as festive as New Year's Eve. Although our lounge cars really come to life at night, they're accessible in the daytime, too. The inexpensive sandwiches and light snacks available here complement a



long list of hot and cold beverages, including beer, wine, cocktails and cordials. You can enjoy a drink and a sandwich for usually no more than \$2.50.

Lounge cars are unique to our long-distance trains. Some lounges have "domes"—windows that follow the shape of the ceiling—for breathtaking views of the countryside. In most lounge cars, orders are taken over the counter.

AMTRAK'S ROLLING STOCK

Many Amtrak food service cars stock alcoholic beverages. Unless the state you are passing through has laws that prohibit serving liquor, you'll have a variety of "top shelf" brands to choose from.

The selection runs the gamut from cocktails and cocktail sherry to beer, ale, wine and cordials. Wine is served by the half-bottle. Liquor, generally, is served in individual bottles. Each bottle contains a single drink and is opened by a waiter in the passenger's presence.

Cocktails and cordials average \$1.50. Beer and ale cost about \$.85. And wine—white, rosé, and red—goes for \$2.00 as a general rule.

METROLINER SNACK CAR

The Metroliner is Amtrak's short-range train between New York and Washington. The assorted bakery items, hot and cold, hard and soft drinks, snack foods and sandwiches served in the snack bar have fortified many distinguished travelers. Metrocoach passengers order over the counter. Metroclub passengers enjoy the added convenience of waiter service, plus a more extensive menu which includes complete meals.

A typical continental breakfast on the Metroliner costs no more than \$1.00. A sandwich and a drink in the evening runs about \$2.75.

AMCAFE

To look at the Amcafe aboard our new Amfleet trains, you marvel at how such a wide variety of food can be stocked in such a compact area. There are breakfast foods, a mountain of interesting sandwiches, including Amtrak's mighty hero, and reasonable dinners which include an entree, salad, bread and butter, dessert and a beverage. All this and lots of drinks, too—everything from coffee to soda to cocktails.

Amcoach passengers order over the counter and may eat at their seats, using the fold-down table attached to the back of each seat. Amclub passengers order and are served at seatside. Food service is fast and efficient. Four quick-cooking ovens are standard equipment in every Amcafe. A typical Amcafe breakfast runs no more than \$2.00. Dinner averages \$4.00, or less.



AM-DINETTE

Entire families have been known to occupy the booth-style seats in our Am-dinettes to pit their appetites against Amtrak's mighty hero sandwich. You, too, can attempt to finish our hero, or simply enjoy the Am-dinette for what it is—a perfect place to gather with family or friends for a snack or a complete meal.

The Am-dinette is a variation of the Amcafe theme and can be found on more and more Amfleet trains. The food selection is as broad as in the Amcafe. The prices are just as economical.

TURBOCAFE

The Turbocafe is the newest idea in food service to come down the track. There are Turbocafes on all of our new French-designed Turboliners now serving New York State from New York City to Buffalo. Like the Amcafe and the Am-dinette, the compact Turbocafe has fast-cooking ovens. There's a breakfast selection, sandwiches for lunch or a light evening meal, and full-course dinners with all the trimmings. You can cap off your meals with any of a long list of soft and hot drinks, or have a beer or cocktail.

Coach passengers order over the counter and dine at their seats on convenient, fold-down tables. Passengers in the exclusive Turboclub are served by waiters. Every seat affords a commanding view of the New York countryside. Interiors are opulent, to say the least. From the looks of the Turboliner, you'd think the food is expensive. Hardly. Breakfast averages less than \$2.00. Lunch under \$4.00. And dinner is usually no more than \$4.50.

WAITER SERVICE

You're rarely served by waiters on a plane. But a train wouldn't be a train without waiters stationed in the food service cars. Waiter service is a valued tradition in rail travel. We think you'll agree that our white-jacketed waiters and our waitresses add a touch of class to any on-board meal.



Amtrak's fine food service in a nutshell.

Next time you travel, try something different. Eat when you want—not when someone else wants you to. Order the food and drinks you enjoy the most from a plentiful menu. Take in priceless views and pay sensible prices for your beverages and food. And add a touch of class to your meals with waiter service. Next time you travel, try the train.



Next time you travel, try something different.

Eat when you're hungry.

