

Welcome to the Historic Bright Angel Restaurant


Xanterra is committed to providing our guests with a variety of options to help promote a healthy lifestyle.

Throughout the menu you will find calories, sodium and fat nutritional information.

From The Pantry

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|--|--|
| FRESH FRUIT SAMPLER 7.50
A Variety of Fresh Seasonal Fruit
Served with Yogurt and a Slice of Banana Bread
375 calories; 285 mg sodium; 9 g fat | THE HIKER 5.35
A Flavorful Mixture of Granola Served with Blueberries, Banana and Warm or Cold 2% Milk
550 calories; 460 mg sodium; 6 g fat |
| CHOICE OF HOT CEREAL WITH MILK 3.25
Oatmeal 159 calories; 123 mg sodium; 3 g fat
Cream of Wheat 92 calories; 99 mg sodium; 0.5 g fat | COLD CEREAL WITH MILK 3.00
Add Sliced Banana for Additional 1.60
251 calories; 359 mg sodium; 5.31 g fat |
| CHOICE OF HOT CEREAL WITH MILK AND BERRIES 3.95
Oatmeal 177 calories; 123 mg sodium; 3.5 g fat
Cream of Wheat 110 calories; 99 mg sodium; 1 g fat | PLAIN BAGEL WITH CREAM CHEESE 2.60
391 calories; 630 mg sodium; 2.11 g fat |
| |  BANANA BREAD 1.95
161 calories; 80 mg sodium; 2.5 g fat |

Beverages

- | | |
|---|---|
| CHILLED FRUIT JUICE 2.50 8 oz. 3.00 12 oz.
Orange, Apple, Grapefruit, Cranberry, V8 or Tomato |  GLASS OF MILK 2.75
2%, Chocolate or Soy |
| ORGANIC SHADE GROWN COFFEE 2.70
100% Rainforest Alliance | HOT CHOCOLATE 2.70 |
| BLACK OR HERBAL TEA 2.70 | SOFT DRINKS 2.90
Coke, Diet Coke, Root Beer, Sprite, Mr. Pibb, Lemonade or Iced Tea |

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Due to our remote location, a surcharge will be added to each guest check to offset local utility expense.

House Specialties

Toast -Whole Wheat, White, Rye or Sourdough



ROASTED VEGGIE SCRAMBLE 7.75

Two Large Eggs Any Style with Roasted Red Peppers, Mushrooms, Zucchini, Squash and Roasted Tomato topped with Asiago Cheese and Green Onions
Served with Breakfast Potatoes or Fresh Fruit Salad and Choice of Toast

604 calories; 622 mg sodium; 18 g fat



PULLED PORK AND GREEN CHILE HASH 8.10

Two Large Eggs Any Style with Hearty Pulled Pork Hash
Garnished with Green Chile and Pepperjack Cheese
Served with Breakfast Potatoes and Choice of Toast

926 calories; 847 mg sodium; 47 g fat



HUEVOS RANCHEROS 8.25

Refried Beans and Corn Tortillas topped with Enchilada Sauce, Pepperjack Cheese Sour Cream, Green Chiles and Black Olives served with Two Large Eggs Any Style
Served with Breakfast Potatoes or Fresh Fruit Salad

745 calories; 1345 mg sodium; 36 g fat



HARVEY EGGS 8.25

Two Broiled Tomatoes filled with Poached Eggs, Cilantro Pesto
Topped with Seasoned Bread Crumbs and Parmesan Cheese
Served with Fresh Fruit Salad, Cheese Grits and Choice of Toast

744 calories; 1201 mg sodium; 46.7 g fat

Off the Griddle

BUTTERMILK OR MULTIGRAIN PANCAKES 6.80

A Tall Stack of Buttermilk or Multigrain Pancakes
Served with Your Choice of Regular or Sugar Free Syrup

*220 calories; 465 mg sodium; 4 g fat *without butter*

BUCKY'S BLUEBERRY CAKES 7.95

A Tall Stack of our Special Blueberry Pancakes
Served with Blueberry Sauce and Your Choice of Regular or Sugar Free Syrup

510 calories; 951 mg sodium; 21 g fat



BRIGHT ANGEL BREAKFAST SANDWICH 7.75

Grilled Ciabatta Roll with Two Scrambled Eggs
Sliced Ham and Pepperjack Cheese
Served with Your Choice of Breakfast Potatoes or Fresh Fruit Salad

538 calories; 828 mg sodium; 18 g fat

Potatoes are included in calorie counts

Ask your Server about our Gluten Free Options Egg Beaters® Available Upon Request



Menu items made with local and/or organic ingredients.

Actual Nutritional Values May Vary Due to Factors such as Individual Preparation of our Menu items

Grand Canyon Breakfasts

Toast - Whole Wheat, White, Rye or Sourdough



FRED HARVEY STEAK & EGGS 12.75

A 6 oz. New York Strip Steak served with Two Eggs Any Style
Served with Breakfast Potatoes or Fresh Fruit Salad and Choice of Toast
971 calories; 814 mg sodium; 38 g fat



BRIGHT ANGEL BREAKFAST 7.50

Two Eggs Any Style with your choice of Bacon, Turkey Bacon, Sausage, Turkey Sausage or Ham
Served with Breakfast Potatoes or Fresh Fruit Salad and Choice of Toast
966 calories; 1600 mg sodium; 50 g fat



DOWN HOME BISCUITS & GRAVY 6.60

Two of Our Warm Biscuits Served with Turkey Sausage Country Gravy
Two Eggs Any Style and Breakfast Potatoes or Fresh Fruit Salad
1112 calories; 2696 mg sodium; 54 g fat



SUNRISE BREAKFAST 6.25

Two Eggs Any Style, Breakfast Potatoes or Fresh Fruit Salad and Choice of Toast
599 calories; 1502 mg sodium; 20 g fat



BREAKFAST BURRITO 7.50

Scrambled Eggs, Refried Beans, Avocado, Cheddar Cheese, Tomato Salsa
and Sliced Jalapeno in a Flour Tortilla
Served with Breakfast Potatoes or Fresh Fruit Salad
793 calories; 1303 mg sodium; 41 g fat



BUILD YOUR OWN OMELET 8.65

A Fluffy Omelet Prepared with Three Fillings of Your Choice, Ham, Bacon, Turkey Bacon,
Sausage, Turkey Sausage, Choice of Cheese, Mushrooms, Onion, Green or Red Bell Pepper,
Tomato, Jalapeno, Fresh Spinach, Black Beans, Avocado, Green Chile
Served with Breakfast Potatoes or Fresh Fruit Salad and Choice of Toast
Additional Fillings .95 each
630 calories; 998 mg sodium; 21 g fat *Does not include filling

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*Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness,

Coffee House Selections

ESPRESSO	2.15 Single	3.25 Double
AMERICANO	2.25 Single	2.95 Double
CAPPUCCINO	3.15 Single	3.65 Double
LATTE	3.15 Single	3.65 Double
MOCHA	3.50 Single	4.25 Double

Add an Extra Shot of Espresso 1.00 or a Flavor Shot .75

Side Selections

ONE EGG 1.65 80 calories; 79.5 mg sodium; 5.3 g fat	HAM 3.50 138 calories; 1439 mg sodium; 8.3 g fat
TWO EGGS 3.25 160 calories; 159 mg sodium; 10.6 g fat	BACON 2.90 86 calories; 99.3 mg sodium; 8.3 g fat
BREAKFAST POTATOES 2.35 300 calories; 387 mg sodium; 14.1 g fat	TURKEY BACON 2.90 75 calories; 100 mg sodium; 3 g fat
TOAST OR ENGLISH MUFFIN 1.95 240 calories; 329 mg sodium; 6.01 g fat	PORK SAUSAGE 2.90 388 calories; 948 mg sodium; 34g fat
MULTIGRAIN PANCAKE 2.50 74 calories; 155 mg sodium; 1.5 g fat	TURKEY SAUSAGE 2.90 176 calories; 672 mg sodium; 9.16 g fat
SLICED BANANA 1.60 90 calories; 1 mg sodium; 0.5 g fat	CHEEE GRITS 2.35 417 calories; 43 mg sodium; 3.4 g fat

Children's Menu

Available for Children 12 and Under

-  **LITTLE ANGEL** 3.75
One Egg any style, Choice of Sausage or Bacon Served with Choice of Toast and Fresh Fruit Cup
492 calories; 508.3 mg sodium; 19.61 g fat
-  **MINI SUNRISE BREAKFAST** 3.15
One Egg any style, Served with Toast and Fresh Fruit Cup
410 calories; 408 mg sodium; 16.31 g fat
- SILVER DOLLAR BUTTERMILK CAKES** 3.40
Three Silver Dollar Buttermilk Pancakes Served with Your Choice of Regular or Sugar Free Syrup
110 calories; 233 mg sodium; 2 g fat

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