



WELCOME TO THE  
**HISTORIC HARVEY HOUSE CAFÉ**  
 AT THE BRIGHT ANGEL LODGE



Grand Canyon National Park Lodges 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, & fat nutritional information.

## FROM THE PANTRY

<b>FRESH FRUIT SAMPLER</b>	<b>6.25</b>
<i>Featured on the 1938 Bright Angel Restaurant Menu</i>	
A Variety of Fresh Seasonal Fruit Served with Yogurt	
<small>214 calories   205 mg sodium   6.5 g fat</small>	
<b>CHOICE OF HOT CEREAL WITH MILK</b>	<b>3.50</b>
<i>Featured on the 1935 El Tovar Dining Room Menu</i>	
Oatmeal	
<small>159 calories   123 mg sodium   3 g fat</small>	
Cream of Wheat	
<small>92 calories   99 mg sodium   0.5 g fat</small>	
<b>THE HIKER</b>	<b>5.75</b>
A Flavorful Mixture of Granola Served with Blueberries, Banana & Warm or Cold 2% Milk	
<small>550 calories   460 mg sodium   6 g fat</small>	
<b>COLD CEREAL WITH MILK</b>	<b>3.00</b>
<i>Featured on the 1935 El Tovar Dining Room Menu</i>	
Add Sliced Banana for Additional 2.00	
<small>251 calories   359 mg sodium   5.31 g fat</small>	
<b>PLAIN BAGEL WITH CREAM CHEESE</b>	<b>2.85</b>
<small>391 calories   630 mg sodium   2.11 g fat</small>	
<b>HOUSE MADE BANANA BREAD</b>	<b>2.25</b>
<small>161 calories   80 mg sodium   2.5g fat</small>	

## BEVERAGES

<b>CHILLED FRUIT JUICE</b>	8 oz. <b>3.00</b>
Orange, Apple, Grapefruit, Cranberry, V8, or Tomato	12 oz. <b>3.75</b>
<b>100% RAINFOREST ALLIANCE COFFEE</b>	<b>2.80</b>
<b>BLACK OR HERBAL TEA</b>	<b>2.75</b>
<b>CAPPUCCINO</b>	SINGLE <b>3.25</b>
	DOUBLE <b>3.95</b>
<b>GLASS OF MILK</b>	<b>2.90</b>
2%, Chocolate, or Soy	
<b>HOT CHOCOLATE</b>	<b>2.80</b>
<b>SOFT DRINKS</b>	<b>2.90</b>
Coke, Diet Coke, Root Beer, Sprite, Mr. Pibb, Lemonade, or Iced Tea	




## HOUSE SPECIALTIES

Toast: Whole Wheat, White, Rye, or Sourdough

-  **ROASTED VEGGIE SCRAMBLE** 8.95  
 Two Large Eggs Any Style with Roasted Red Peppers, Mushrooms, Zucchini, Squash & Roasted Tomato topped with Asiago Cheese & Green Onions  
 Served with Hashbrowns or Fresh Fruit Salad & Choice of Toast  
 604 calories | 622 mg sodium | 18 g fat
-  **PULLED PORK & GREEN CHILE HASH** 9.45  
 Two Large Eggs Any Style with Hearty Pulled Pork Hash  
 Garnished with Green Chiles & Pepperjack Cheese  
 Served with Hashbrowns & Choice of Toast  
 926 calories | 847 mg sodium | 47 g fat
-  **HUEVOS RANCHEROS** 9.45  
*Featured on the 1955 Bright Angel Restaurant Menu*  
 Refried Beans & Corn Tortillas topped with Enchilada Sauce, Pepperjack Cheese  
 Sour Cream, Green Chiles & Black Olives served with Two Large Eggs Any Style  
 Served with Hashbrowns or Fresh Fruit Salad  
 745 calories | 1345 mg sodium | 36 g fat

## OFF THE GRIDDLE

- BUTTERMILK OR MULTIGRAIN PANCAKES** 7.75  
*Featured on the 1953 Santa Fe Dining Car Menu*  
 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** 9.15  
 A Tall Stack of our Special Blueberry Pancakes  
 Served with Blueberry Sauce & Your Choice of Regular or Sugar Free Syrup  
 510 calories | 951 mg sodium | 21 g fat
- KOLB FRENCH TOAST** 7.75  
 Three Thick Slices of Texas Toast Dipped in Egg Batter  
 Grilled to Golden Brown Perfection  
 Served with Your Choice of Regular or Sugar Free Syrup  
 596 calories | 1244 mg sodium | 28 g fat
-  **BRIGHT ANGEL BREAKFAST SANDWICH** 9.15  
*Featured on the 1942 Santa Fe Dining Car Menu*  
 Grilled Ciabatta Roll with Two Scrambled Eggs, Sliced Ham, & 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



Menu items made with Local and/or Organic ingredients

Ask your server about our Gluten Free & Vegetarian options

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



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**FRED HARVEY STEAK & EGGS** 14.50  
 A 6 oz. Arizona Grown New York Strip Steak served with  
 Two Eggs Any Style, served with Hashbrowns or  
 Fresh Fruit Salad & Choice of Toast  
971 calories | 814 mg sodium | 38 g fat
- 
**BRIGHT ANGEL BREAKFAST** 8.45  
*Featured on the 1936 El Tovar Dining Room Menu*  
 Two Eggs Any Style with your choice of Bacon,  
 Turkey Bacon, Sausage, Turkey Sausage, or Ham  
 Served with Hashbrowns or Fresh Fruit Salad  
 Choice of Toast  
966 calories | 1600 mg sodium | 50 g fat
- 
**SUNRISE BREAKFAST** 7.40  
 Two Eggs Any Style,  
 Served with Hashbrowns or Fresh Fruit Salad & Choice of Toast  
599 calories | 1502 mg sodium | 20 g fat
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**BREAKFAST BURRITO** 8.95  
 Scrambled Eggs, Refried Beans, Avocado, Cheddar Cheese,  
 Tomato Salsa, & Sliced Jalapeño in a Flour or Wheat Tortilla  
 Served with Hashbrowns or Fresh Fruit Salad  
793 calories | 1303 mg sodium | 41 g fat
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**WESTERN OMELET** 9.45  
 Two Eggs, Diced Ham, Bell Peppers, Onions, & Cheddar Cheese  
 Served with Hashbrowns or Fresh Fruit Salad & Choice of Toast  
511 calories | 918 mg sodium | 39 g fat
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**ARIZONA OMELET** 9.45  
 Two Eggs, Refried Beans, Salsa, Pepperjack Cheese, & Guacamole  
 Served with Hashbrowns or Fresh Fruit Salad & Choice of Toast  
500 calories | 790 mg sodium | 38 g fat
- 
**COLTER OMELET** 9.45  
 Two Eggs, Chopped Bacon, Red Onion, & Cheddar Cheese  
 Served with Hashbrowns or Fresh Fruit Salad & Choice of Toast  
365 calories | 603 mg sodium | 56 g fat
- 
**COWBOY OMELET** 9.45  
 Two Eggs, Chili, Onion, & Cheddar Cheese  
 Served with Hashbrowns or Fresh Fruit Salad & Choice of Toast  
471 calories | 794 mg sodium | 35 g fat

## CHILDREN'S MENU

Available for Children 12 & Under

- LITTLE ANGEL** 4.60  
 One Egg any style, Choice of Sausage or Bacon  
 served with choice of Toast & Fresh Fruit Cup  
492 calories | 508.3 mg sodium | 19.61 g fat
- MINI SUNRISE BREAKFAST** 4.10  
 One Egg any style, served with Toast & Fresh Fruit Cup  
410 calories | 408 mg sodium | 16.31 g fat
- ONE BUTTERMILK PANCAKE** 3.25  
 One Buttermilk Pancake  
 served with your choice of Regular or Sugar Free Syrup  
110 calories | 233 mg sodium | 2 g fat



## COFFEE HOUSE SELECTIONS



Add an Extra Shot of Espresso for 1.50 or a Flavor Shot for 0.75

ESPRESSO	SINGLE 2.20   DOUBLE 3.60
AMERICANO	SINGLE 2.20   DOUBLE 3.60
CAPPUCCINO	SINGLE 3.25   DOUBLE 3.95
LATTE	SINGLE 3.25   DOUBLE 3.95
MOCHA	SINGLE 3.75   DOUBLE 4.50

## SIDE SELECTIONS

ONE EGG 80 calories   79.5 mg sodium   5.3 g fat	1.85
TWO EGGS 160 calories   159 mg sodium   10.6 g fat	3.60
BREAKFAST POTATOES 300 calories   387 mg sodium   14.1 g fat	2.60
TOAST OR ENGLISH MUFFIN 240 calories   329 mg sodium   6.01 g fat	2.00
MULTIGRAIN PANCAKE 74 calories   155 mg sodium   1.5 g fat	2.85
SLICED BANANA 90 calories   1 mg sodium   0.5 g fat	2.00
HAM 138 calories   1439 mg sodium   8.3 g fat	3.85
BACON 86 calories   99.3 mg sodium   8.3 g fat	3.35
TURKEY BACON 75 calories   100 mg sodium   3 g fat	3.35
PORK SAUSAGE 388 calories   948 mg sodium   34g fat	3.35
TURKEY SAUSAGE 176 calories   672 mg sodium   9.16 g fat	3.35
CHEESE GRITS 417 calories   43 mg sodium   3.4 g fat	2.60

Potatoes are included in calorie counts  
Egg Beaters® Available Upon Request



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