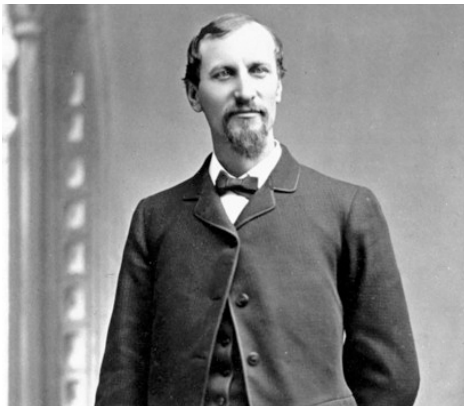


Fred Harvey

3000 MILES OF HOSPITALITY



Fred Harvey is credited with creating the first restaurant chain in the U.S. Harvey and his company also became leaders in promoting tourism in the American Southwest in the late 19th century. The company and its employees, including the famous waitresses who came to be known as Harvey Girls, successfully brought new higher standards of both civility and dining to a region widely regarded in the era as “the Wild West”.

Before then, a rail passenger’s only option for meal service while traveling on the railway was to utilize one of the roadhouses, often located near the railroad’s water stops. The food offered

typically consisted of nothing more than rancid meat, cold beans, and week-old coffee, served late so that patrons wouldn’t have time to eat their meal. Under the terms of an oral agreement, Fred Harvey opened his first depot restaurant in Topeka, Kansas in January 1876. Railroad officials and passengers alike were impressed with Fred Harvey’s strict standards for high quality food and first class service. As a result, Atchison Topeka & Santa Fe entered into subsequent contracts with Harvey wherein he was given unlimited funds to set up a series of what were dubbed “eating houses” along most of the route. At more prominent locations, these eating houses evolved into hotels, many of which survive today. In 1878, Harvey started the first of his eating house-hotel establishments along the AT&SF tracks in Florence, Kansas. The rapid growth of the Harvey House chain soon followed. By the late 1880s, there was a Fred Harvey dining facility located every 100 miles along the AT&SF railway.

AT&SF advertising proclaimed “Fred Harvey Meals All the Way”. Male customers were required to wear a coat and tie in many of Harvey’s dining rooms. The Harvey Houses served many a meal to GIs traveling on troop trains during World War II.

Beginning in the 1930s, the Fred Harvey Company began expanding into other locations beyond the reach of AT&SF, and often away from rail passenger routes. Restaurants were opened in such locations as the Chicago Union Station (the largest facility operated by Harvey), San Diego Union Station, the San Francisco Bus Terminal, and the last of these was established at the Los Angeles Union Passenger Terminal in 1939, and could accommodate nearly 300 diners.

The Fred Harvey legacy was continued in the family until the death of a grandson in 1965. After which, the company became known as Amfac Resorts, and eventually turned in to Xanterra Parks & Resorts and Grand Canyon National Park Lodges.

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, and fat nutritional information.

FROM THE PANTRY

FRESH FRUIT SAMPLER <i>Featured on the 1938 Bright Angel Restaurant Menu</i> A Variety of Fresh Seasonal Fruit Served with Yogurt 214 calories; 205 mg sodium; 6.5 g fat	5.70
CHOICE OF HOT CEREAL WITH MILK <i>Featured on the 1935 El Tovar Dining Room Menu</i> Oatmeal 159 calories 123 mg sodium 3 g fat Cream of Wheat 92 calories 99 mg sodium 0.5 g fat	3.45
THE HIKER A Flavorful Mixture of Granola Served with Blueberries, Banana & Warm or Cold 2% Milk 550 calories 460 mg sodium 6 g fat	5.50
COLD CEREAL WITH MILK <i>Featured on the 1935 El Tovar Dining Room Menu</i> Add Sliced Banana for Additional 1.65 251 calories 359 mg sodium 5.31 g fat	3.00
PLAIN BAGEL WITH CREAM CHEESE 391 calories 630 mg sodium 2.11 g fat	2.75
HOUSE MADE BANANA BREAD 161 calories 80 mg sodium 2.5g fat	2.00

BEVERAGES

CHILLED FRUIT JUICE Orange, Apple, Grapefruit, Cranberry, V8, or Tomato	8 oz. 2.65 16 oz. 3.50
100% RAINFOREST ALLIANCE COFFEE	2.75
BLACK OR HERBAL TEA	2.75
CAPPUCCINO	12 oz. 3.20 16 oz. 3.75
GLASS OF MILK 2%, Chocolate, or Soy	2.90
HOT CHOCOLATE	2.75
SOFT DRINKS Coke, Diet Coke, Root Beer, Sprite, Mr. Pibb, Lemonade, or Iced Tea	2.90





HOUSE SPECIALTIES

Toast: Whole Wheat, White, Rye, or Sourdough

-  **ROASTED VEGGIE SCRAMBLE**

Two Large Eggs Any Style with Roasted Red Peppers, Mushrooms, Zucchini, Squash & Roasted Tomato topped with Asiago Cheese & Green Onions
Served with Breakfast Hashbrowns or Fresh Fruit Salad & Choice of Toast
604 calories | 622 mg sodium | 18 g fat

8.30
-  **PULLED PORK AND GREEN CHILE HASH**

Two Large Eggs Any Style with Hearty Pulled Pork Hash
Garnished with Green Chile & Pepperjack Cheese
Served with Breakfast Potatoes & Choice of Toast
926 calories | 847 mg sodium | 47 g fat

8.85
-  **HUEVOS RANCHEROS**

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 Breakfast Potatoes or Fresh Fruit Salad
745 calories | 1345 mg sodium | 36 g fat

8.85
-  **HARVEY EGGS**

Appears in the Harvey Girls Cookbook

Two Broiled Tomatoes filled with Poached Eggs, Cilantro Pesto
Topped with Seasoned Bread Crumbs & Parmesan Cheese
Served with Fresh Fruit Salad, Cheese Grits & Choice of Toast
744 calories | 1201 mg sodium | 46.7 g fat

8.85

OFF THE GRIDDLE

- BUTTERMILK OR MULTIGRAIN PANCAKES**

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

7.20
- BUCKY'S BLUEBERRY CAKES**

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

8.60
-  **BRIGHT ANGEL BREAKFAST SANDWICH**

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

8.60

Potatoes are included in calorie counts

 Menu items made with Local and/or Organic ingredients

Ask your server about our Gluten Free 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

 FRED HARVEY STEAK & EGGS	13.85
A 6 oz. Arizona Grown New York Strip Steak served with Two Eggs Any Style, served with Breakfast Potatoes or Fresh Fruit Salad & Choice of Toast <small>971 calories 814 mg sodium 38 g fat</small>	
 BRIGHT ANGEL BREAKFAST	8.05
<i>Featured on the 1936 El Tovar Dining Room Menu</i> Two Eggs Any Style with your choice of Bacon, Turkey Bacon, Sausage, Turkey Sausage, or Ham Served with Breakfast Potatoes or Fresh Fruit Salad Choice of Toast <small>966 calories 1600 mg sodium 50 g fat</small>	
 DOWN HOME BISCUITS & GRAVY	7.10
Two of Our Warm Biscuits Served with Turkey Sausage Country Gravy, Two Eggs Any Style & Breakfast Potatoes or Fresh Fruit Salad <small>1112 calories 2696 mg sodium 54 g fat</small>	
 SUNRISE BREAKFAST	6.85
Two Eggs Any Style, Breakfast Potatoes or Fresh Fruit Salad & Choice of Toast <small>599 calories 1502 mg sodium 20 g fat</small>	
 BREAKFAST BURRITO	8.30
Scrambled Eggs, Refried Beans, Avocado, Cheddar Cheese, Tomato Salsa, & Sliced Jalapeño in a Flour Tortilla Served with Breakfast Potatoes or Fresh Fruit Salad <small>793 calories 1303 mg sodium 41 g fat</small>	
 BUILD YOUR OWN OMELET	8.95
<i>Featured on the 1939 El Tovar Dining Room Menu</i> 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 & Choice of Toast Additional Fillings 1.25 each <small>630 calories 998 mg sodium 21 g fat *Does not include filling</small>	

CHILDREN'S MENU

Available for Children 12 and Under

LITTLE ANGEL	4.20
One Egg any style, Choice of Sausage or Bacon served with choice of Toast & Fresh Fruit Cup <small>492 calories 508.3 mg sodium 19.61 g fat</small>	
MINI SUNRISE BREAKFAST	3.60
One Egg any style, served with Toast & Fresh Fruit Cup <small>410 calories 408 mg sodium 16.31 g fat</small>	
SILVER DOLLAR BUTTERMILK CAKES	3.75
Three Silver Dollar Buttermilk Pancakes served with your choice of Regular or Sugar Free Syrup <small>110 calories 233 mg sodium 2 g fat</small>	





COFFEE HOUSE SELECTIONS

Add an Extra Shot of Espresso for 1.25 or a Flavor Shot for 0.75

ESPRESSO	SINGLE 2.20 DOUBLE 3.40
AMERICANO	SINGLE 2.30 DOUBLE 3.10
CAPPUCCINO	SINGLE 3.20 DOUBLE 3.75
LATTE	SINGLE 3.20 DOUBLE 3.75
MOCHA	SINGLE 3.60 DOUBLE 4.40

SIDE SELECTIONS

ONE EGG 80 calories 79.5 mg sodium 5.3 g fat	1.80
TWO EGGS 160 calories 159 mg sodium 10.6 g fat	3.50
BREAKFAST POTATOES 300 calories 387 mg sodium 14.1 g fat	2.50
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	2.75
SLICED BANANA 90 calories 1 mg sodium 0.5 g fat	1.65
HAM 138 calories 1439 mg sodium 8.3 g fat	3.75
BACON 86 calories 99.3 mg sodium 8.3 g fat	3.25
TURKEY BACON 75 calories 100 mg sodium 3 g fat	3.25
PORK SAUSAGE 388 calories 948 mg sodium 34g fat	3.25
TURKEY SAUSAGE 176 calories 672 mg sodium 9.16 g fat	3.25
CHEESE GRITS 417 calories 43 mg sodium 3.4 g fat	2.50

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

 Menu items made with Local and/or Organic ingredients
Ask your server about our Gluten Free options

Actual Nutritional Values may vary due to factors such as individual preparation of our menu items.

