



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, & fat nutritional information.

STARTERS & Soups

| BRIGHT ANGEL VEGGIE QUESADILLA Zucchini, Squash, Red Onion, Tomato, Corn Salsa, Cotija & Monterey Jack Cheeses in a Whole Wheat Tortilla accompanied with Salsa & Crema 536 Calories 1567 mg sodium 28 g fat | 8.25 | | |
|---|-------|--|--|
| SONORAN STUFFED JALAPEÑOS Deep Fried Jalapeno Peppers Stuffed with Cream Cheese & served with Cucumber Ranch Dressing 413 calories 1355 mg sodium 23.2 g fat | 8.95 | | |
| BATTERED MUSHROOMS & ZUCCHINI Served with Serrano Chile Buttermilk Dressing 614 calories 1640 mg sodium 45 g fat | 7.40 | | |
| GUACAMOLE MONTEREY Featured on the 1980's El Tovar Dining Room Menu Served with Tortilla Chips 754 calories 1269 mg sodium 45 g fat | 7.40 | | |
| HOUSE MADE TORTILLA SOUP Vegetarian & Gluten Free | 5.10 | | |
| Soup of the Day | 5.25 | | |
| SALADS | | | |
| HARVEY HOUSE Romaine Lettuce garnished with Roasted Beets, Carrots, Cucumber, & Pumpkin Seeds with Lime Vinaigrette 119 calories 75 mg sodium 6 g fat | 5.85 | | |
| ARIZONA COBB Featured on the 1940 Bright Angel Menu Mixed Greens with Chopped Egg, Chipotle Turkey, Avocado, Bleu Cheese, Diced Bacon, & Tomato served with Yogurt Ranch Dressing 576 calories 1603 mg sodium 37 g fat | 9.95 | | |
| THE HIKER'S CHICKEN CAESAR A Blend of Crisp Romaine & Grilled Chicken Breast Tossed in Caesar Dressing Sprinkled with Parmesan Cheese & Croutons | 10.95 | | |
| 447 calories 1066 mg sodium 26 g fat | | | |

Menu items made with Sustainable and/or Organic ingredients when available.

Children 12 & under may enjoy half portion entrees at a discounted price.

Ask your server about our gluten free options

*Consuming raw or undercooked meats, poultry, or seafood may increase your risk of food borne illness, especially if you have certain medical conditions.





Southwest Traditions

| | BRIGHT ANGEL SOUTHWEST SALISBURY STEAK Appeared on the 1938 Bright Angel Restaurant Menu With Mushroom Sauce | 9.80 |
|----|---|-------|
| | Choice of Potato & Chef's Choice Vegetable 653 calories 778 mg sodium 39 g fat | |
| | TACOS AL PASTOR Pork with Pineapple, Guacamole, Salsa, Sour Cream, Shredded Cheddar Cheese, & Lettuce with Corn Tortillas & Southwestern Rice 952 calories 1210 mg sodium 40 g fat | 13.80 |
| | TRAILBLAZING FAJITAS Your choice of Boneless Chicken Strips, Tender Strips of Steak, or a Combination of Both Marinated in Southwestern Spices, Grilled with Onion, Tomatoes, & Bell Peppers Includes Flour Tortillas, Guacamole, Sour Cream, Salsa Southwestern Rice & Black Beans served sizzling! Beef 2104 calories 1801 mg sodium 78 g fat Chicken 1844 calories 1693 mg sodium 68 g fat | 16.30 |
| | SHRIMP STUFFED BLUE CORN CREPES Shrimp, Blue Corn Crepes, Pepper Jack Sauce, Rice, & Chef's Choice Vegetable 634 calories 1284 mg sodium 21 g fat | 21.85 |
| | BUILD YOUR OWN BRIGHT ANGEL BURGER Garnished with Lettuce, Tomato, Onion, and Pickle | |
| W. | ONE THIRD POUND ANGUS BEEF Appeared on the 1942 Santa Fe Dining Car Menu 501 calories 324 mg sodium 32 g fat | 11.30 |
| j. | TEPA VEGGIE PATTY 756 calories 715 mg sodium 50 g fat | 9.80 |
| | ONE THIRD POUND TURKEY PATTY 538 calories 426 mg sodium 41 g fat | 9.80 |
| V. | CHICKEN BREAST Appeared on the 1938 El Tovar Dining Room Menu 405 calories 393 mg sodium 29 g fat | 10.30 |
| | SELECT ONE EACH: Bun, Cheese, Condiment, Topping, & Sides | |
| | BUN: Whole Grain, Ciabatta, Gluten Free Bun, Lettuce Wrap | |
| | CHEESE: Pepperjack, Lite Swiss, Cheddar, Cotija, Bleu | |
| | CONDIMENT: Cilantro, Chimichurri Sauce, Cucumber Ranch, BBQ, Horseradish Sauce, Basil Pesto, Caesar Dressing, Red Chile Sauce | |
| | TOPPING: Roasted Red Pepper, Green Chile, Portabella Mushroom, Red Onion, Steamed Kale, Turkey Bacon, Fresh Avocado | |
| | | |

Menu items made with Sustainable and/or Organic ingredients when available.

 $SIDE: \ Harvey\ House\ Salad,\ Red\ Potato\ Salad,\ Steamed\ Vegetables,$ Fresh Fruit Salad, Root Vegetable Chips, Sweet Potato Fries, or French Fries Additional Topping: 0.95 or add Chili: 0.95







HARVEY GIRL® TRADITIONS

Choice of Harvey House Salad, House Made Tortilla Soup, or Soup of the Day

| HARVEY HOUSE ARIZONA GROWN STEAK A Hand Cut 8 oz. Arizona Grown NY Strip grilled to order with Sautéed Mushrooms & Onions Served with Potato & Seasonal Vegetables 903 calories 207 mg sodium 48 g fat | 18.60 |
|--|-------|
| Indian Garden Grilled Vegetable Pesto Fusilli Grilled Vegetables with Artichokes & Roasted Tomatoes over Fusilli with Pesto & Parmesan Cheese 824 calories 620 mg sodium 14 g fat | 10.80 |
| MOQUI SOUR CREAM CHICKEN Two Chicken Breasts with Green Chile Sour Cream & Pepperjack Cheese Served with Southwestern Rice & Chef's Vegetable of the Day 744 calories 1467 mg sodium 22.2 g fat | 13.30 |
| ARIZONA TOM TURKEY Featured on the 1939 Bright Angel Menu Sliced Roasted Turkey with Sage Cornbread Dressing Served with Sweet Potato, Chef's Choice Vegetable, & Apple Cranberry Relish 580 calories 1441 mg sodium 23 g fat | 13.85 |
| THE RIVER RUNNER Featured on the 1953 Santa Fe Dining Car Menu A Boneless Trout Fillet, Lightly Dusted in Seasoned Flour & Sautéed to Tender Perfection with Citrus, Rice, & Seasonal Vegetables 705 calories 1300 mg sodium 28.9 g fat | 13.30 |
| SANTA FE SPAGHETTI Featured on the 1949 Bright Angel Menu Homestyle Meatballs Smothered in Marinara or Meat Sauce with Smoked Mozzarella Cheese, Roasted Tomato, & Pesto Garnish Accompanied with Warm Garlic Toast & Parmesan Cheese 889 calories 1446 mg sodium 37.5 g fat | 10.30 |

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DESSERTS

Make your Dessert A la Mode for an additional 2.75

136 calories | 34 mg sodium | 7.7 g fat

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|---|------|--|
| HOUSE MADE BREAD PUDDING Appeared on the 1945 Cleveland Union Terminal Café Menu Served with Whipped Topping & Hot Caramel Sauce 480 calories 610 mg sodium 24 g fat | 4.75 | |
| NEW YORK STYLE CHEESECAKE Appeared on the 1945 Cleveland Union Terminal Café Menu A Rich & Creamy Tradition with Strawberry Compote or Caramel Sauce 275 calories 350 mg sodium 1 g fat Strawberry Compote 108 calories 9 mg sodium 0.05 g fat Caramel Sauce 108 calories 148 mg sodium 0.05 g fat | 5.95 | |
| CHEF'S CHOICE HOUSE MADE COBBLER Appeared on the 1940 La Posada Menu Ask your server for today's flavor! 270 calories 236 mg sodium 13 g fat | 4.75 | |
| APPLE PIE Scrumptious Apples in a flaky crust 278 calories 236 mg sodium 13 g fat | 4.25 | |
| HOUSE MADE BRIGHT ANGEL BROWNIE SUNDAE A Warm Brownie with a Scoop of Vanilla Ice Cream, Drizzled with Hershey's Syrup, Whipped Topping, & a Cherry 1125 calories 663 mg sodium 52 g fat | 6.25 | |
| DREYER'S GRAND ICE CREAM, LOW FAT SHERBET, OR SORBET Choose from Peanut Butter Cup, Mint Chocolate Chip, Chocolate, Vanilla, or Strawberry Ice Cream, or Rainbow Sherbet, Raspberry or Lemon Sorbet Ice Cream: 272 calories 68 mg sodium 15.3 g fat (Vanilla – not including additional ingredients) Sherbet and Sorbet: 221 calories 26 mg sodium 1.7 g fat | 4.25 | |
| 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 |
| SOFT DRINKS Coke, Diet Coke, Root Beer, Sprite, Mr. Pibb, Lemonade, or Iced Tea | 2.90 |
| GLASS OF MILK 2%, Chocolate, or Soy | 2.90 |
| Hot Chocolate | 2.75 |



