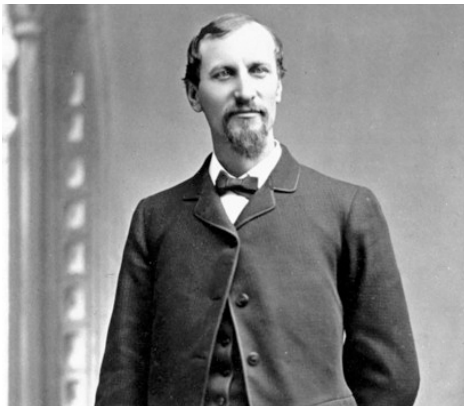


Fred Harvey

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

STARTERS & SOUPS

HOUSE MADE TORTILLA SOUP Vegetarian & Gluten Free	5.10
SOUP OF THE DAY	5.25
BRIGHT ANGEL VEGGIE QUESADILLA Zucchini, Squash, Red Onion, Tomato, Corn Salsa, Cotija & Monterey Jack Cheeses in a Whole Wheat Tortilla accompanied with Salsa & Crema <small>536 calories 1567 mg sodium 28 g fat</small>	8.25
WHITE BEAN & ROASTED GARLIC DIP Served with Red Peppers & Carrots <small>432 calories 568 mg sodium 26 g fat</small>	6.75
SONORAN STUFFED JALAPENOS Deep Fried Jalapeno Peppers Stuffed with Cream Cheese & served with Cucumber Ranch Dressing <small>413 calories 1355 mg sodium 23.2 g fat</small>	8.95
BATTERED MUSHROOMS & ZUCCHINI Served with Serrano Chile Buttermilk Dressing <small>614 calories 1640 mg sodium 45 g fat</small>	7.40
GUACAMOLE MONTEREY <i>Featured on the 1980's El Tovar Dining Room Menu</i> Served with Tortilla Chips <small>754 calories 1269 mg sodium 45 g fat</small>	7.40

SALADS

HARVEY HOUSE Romaine Lettuce garnished with Roasted Beets, Carrots, Cucumber, & Pumpkin Seeds with Lime Vinaigrette <small>119 calories 75 mg sodium 6 g fat</small>	5.85
BRAISED LENTIL & KALE Braised Lentils with Kale, a Mixture of Green and Purple Cabbage with Tomato, and Cucumbers Slices served with Dijon Vinaigrette <small>256 calories 460 mg sodium 5 g fat</small>	7.75
ARIZONA COBB <i>Appeared on the 1940 Bright Angel Restaurant Menu</i> Mixed Greens with Chopped Egg, Chipotle Turkey, Avocado, Bleu Cheese, Diced Bacon, & Tomato served with Yogurt Ranch Dressing <small>576 calories 1603 mg sodium 37 g fat</small>	9.95
FRESH FRUIT & YOGURT <i>Appeared 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>	6.05
THE HIKER'S CHICKEN CAESAR A Blend of Crisp Romaine Lettuce & Grilled Chicken Breast Tossed in Caesar Dressing Sprinkled with Parmesan Cheese & Croutons <small>447 calories 1066 mg sodium 26 g fat</small>	10.95
SUPAI SPINACH Fresh Spinach with Smoked Rainbow Trout, Granny Smith Apple, Spiced Pecans, Dried Cranberries with Honey Balsamic Vinaigrette <small>385 calories 829 mg sodium 21 g fat</small>	7.50





GOOD FOR YOU

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.

SANDWICHES

**Served with your Choice of Harvey House Salad, Red Potato Salad, Steamed Veggies, Fresh Fruit Salad
Root Vegetable Chips or Sweet Potato Wedges

 **BRIGHT ANGEL MONTE CRISTO** 10.80

Appeared on the 1970 Bright Angel Restaurant Menu

Sliced Turkey & Ham with Brie Cheese with a side of
Strawberry & Jalapeno Jelly on Whole Wheat Bread

530 calories | 1817 mg sodium | 26 g fat

PONDEROSA CHICKEN CLUB 10.65

Appeared on the 1938 El Tovar Dining Room Menu

Thinly Sliced Chicken & Turkey Bacon, Swiss Cheese, Lettuce,
& Tomato on Toasted 12 Grain Bread served with Chipotle Mayo

601 calories | 618 mg sodium | 22 g fat

COLORADO DIP 10.80

Roast Beef with Sautéed Onions & Mushrooms served on a
French Roll with Horseradish Mayo

517 calories | 1646 mg sodium | 39 g fat

Add au jus 77 calories | 1230 mg sodium | 4 g fat

 **SMOKED BUFFALO BRATWURST** 6.30

with Sauerkraut & served with your choice of side

657 calories | 1740 mg sodium | 30 g fat

BRIGHT ANGEL WRAPS

**Served with your Choice of Harvey House Salad, Red Potato Salad, Steamed Veggies, Fresh Fruit Salad
Root Vegetable Chips or Sweet Potato Fries

SMOKED SALMON 10.60

Honey Smoked Salmon with Spinach, Tomato, Crumbled Feta Cheese,
& Horseradish Yogurt in a Spinach or Whole Wheat Tortilla

441 calories | 704 mg sodium | 18 g fat

SWEET POTATO SPINACH 8.60

Sweet Potato, Kale, Purple Cabbage, Avocado, Roasted Red Pepper,
Goat Cheese, & Spiced Pecans served in a Spinach Wrap

580 calories | 743 mg sodium | 30 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.

**Sides are not included in nutritional information





BUILD YOUR OWN BRIGHT ANGEL BURGER

Garnished with Lettuce, Tomato, Onion, & Pickle

 ONE THIRD POUND ANGUS BEEF	11.30
<i>Appeared on the 1942 Santa Fe Dining Car Menu</i>	
<small>501 calories 324 mg sodium 32 g fat</small>	
 TEPA VEGGIE PATTY	9.80
<small>756 calories 715 mg sodium 50 g fat</small>	
ONE THIRD POUND TURKEY PATTY	9.80
<small>538 calories 426 mg sodium 41 g fat</small>	
 CHICKEN BREAST	10.30
<i>Appeared on the 1938 El Tovar Dining Room Menu</i>	
<small>405 calories 393 mg sodium 29 g fat</small>	

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

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

TRAIL FAVORITES

 PACKER'S STEW IN A SOURDOUGH BOWL	9.30
A Hearty Stew Packed with Tender Beef Tips & a Variety of Garden Vegetables	
<small>1006 calories 511 mg sodium 22 g fat</small>	
 CHILI CON CARNE	9.30
<i>Appeared on the 1956 Bright Angel Restaurant Menu</i>	
Made with Fresh Ground Beef, Plump Red Tomatoes, Beans, Onions, Peppers & a Secret Blend of Spices loaded into a Sourdough Bowl with Crema & Diced Onion	
<small>1074 calories 437 mg sodium 28 g fat</small>	
 THREE SISTERS CHILI	9.30
Squash, Corn & Pinto Bean Chili served in a Sourdough Bowl with Shredded Cotija Cheese & Lime	
<small>915 calories 2066 mg sodium 12 g fat</small>	

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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

HOUSE MADE BREAD PUDDING 4.75

Appeared on the 1945 Cleveland Union Terminal Café Menu

Served with Whipped Topping & Hot Caramel Sauce
480 calories | 610 mg sodium | 24 g fat

NEW YORK STYLE CHEESECAKE 5.95

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

CHEF'S CHOICE HOUSE MADE COBBLER 4.75

Appeared on the 1940 La Posada Menu

Ask your server for today's flavor!
270 calories | 236 mg sodium | 13 g fat

APPLE PIE 4.25

Scrumptious Apples in a flaky crust
278 calories | 236 mg sodium | 13 g fat

HOUSE MADE BRIGHT ANGEL BROWNIE SUNDAE 6.25

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

DREYER'S GRAND ICE CREAM, LOW FAT SHERBET, OR SORBET 4.25

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 | 1.7s g fat

BEVERAGES

CHILLED FRUIT JUICE 8 oz. 2.65
16 oz. 3.50
Orange, Apple, Grapefruit, Cranberry, V8, or Tomato

100% RAINFOREST ALLIANCE COFFEE 2.75

BLACK OR HERBAL TEA 2.75

CAPPUCCINO 12 oz. 3.20
16 oz. 3.75

SOFT DRINKS 2.90
Coke, Diet Coke, Root Beer, Sprite, Mr. Pibb, Lemonade, or Iced Tea

HOT CHOCOLATE 2.75

PREMIUM BEER 16 oz. 5.75
New Belgium Seasonal, 1554 Black Lager, Fat Tire, Grand Canyon IPA, Grand Canyon Pilsner

