



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

FRESH FRUIT SAMPLER 5.85

Featured on the 1938 Bright Angel Restaurant Menu

A Variety of Fresh Seasonal Fruit

Served with Yogurt

214 calories | 205 mg sodium | 6.5 g fat

CHOICE OF HOT CEREAL WITH MILK 3.50

Featured on the 1935 El Tovar Dining Room Menu

Oatmeal

159 calories | 123 mg sodium | 3 g fat

Cream of Wheat

92 calories | 99 mg sodium | 0.5 g fat

THE HIKER 5.75

A Flavorful Mixture of Granola Served with
Blueberries, Banana & Warm or Cold 2% Milk

550 calories | 460 mg sodium | 6 g fat

COLD CEREAL WITH MILK 3.00

Featured on the 1935 El Tovar Dining Room Menu

Add Sliced Banana for Additional 2.00

251 calories | 359 mg sodium | 5.31 g fat

PLAIN BAGEL WITH CREAM CHEESE 2.85

391 calories | 630 mg sodium | 2.11 g fat

HOUSE MADE BANANA BREAD 2.25

161 calories | 80 mg sodium | 2.5g fat

BEVERAGES

CHILLED FRUIT JUICE 8 oz. 3.00

Orange, Apple, Grapefruit, Cranberry, V8, or Tomato 12 oz. 3.75

100% RAINFOREST ALLIANCE COFFEE 2.80

BLACK OR HERBAL TEA 2.75

CAPPUCCINO SINGLE 3.25
DOUBLE 3.95

GLASS OF MILK 2.90

2%, Chocolate, or Soy

HOT CHOCOLATE 2.80

SOFT DRINKS 2.90

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



HOUSE SPECIALTIES

Toast: Whole Wheat, White, Rye, or Sourdough



ROASTED VEGGIE SCRAMBLE

8.55

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

9.05

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

9.05

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

7.35

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

8.75

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

7.35

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

8.75

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



FRED HARVEY STEAK & EGGS

14.10

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

8.05

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

7.00

Two Eggs Any Style,
Served with Hashbrowns or Fresh Fruit Salad & Choice of Toast

599 calories | 1502 mg sodium | 20 g fat



BREAKFAST BURRITO

8.55

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



WESTERN OMELET

9.05

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



ARIZONA OMELET

9.05

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

9.05

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

9.05

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

4.20

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

3.70

One Egg any style, served with Toast & Fresh Fruit Cup

410 calories | 408 mg sodium | 16.31 g fat

ONE BUTTERMILK PANCAKE

2.85

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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