



385 calories | 829 mg sodium | 21 g fat

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	8.80		
SONARAN STUFFED JALAPEÑOS Deep Fried Jalapeno Peppers Stuffed with Cream Cheese & served with Ranch Dressing 413 calories 1355 mg sodium 23.2 g fat	8.60		
BATTERED MUSHROOMS & ZUCCHINI Served with Ranch Dressing 614 calories 1640 mg sodium 45 g fat	7.95		
GUACAMOLE MONTEREY Featured on the 1980's El Tovar Dining Room Menu Served with Tortilla Chips 754 calories 1269 mg sodium 45 g fat	6.95		
HOUSE MADE TORTILLA SOUP Vegetarian & Gluten Free	5.10		
Soup of the Day	5.30		
SALADS			
HARVEY HOUSE Romaine Lettuce garnished with Roasted Beets, Carrots, Cucumber, & Pumpkin Seeds with Lime Vinaigrette 119 calories 75 mg sodium 6 g fat	6.10		
ARIZONA COBB Featured on the 1940 Bright Angel Menu Served with Tortilla Chips 576 calories 1603 mg sodium 37 g fat	11.85		
THE HIKER'S CHICKEN CAESAR A Blend of Crisp Romaine & Grilled Chicken Breast Tossed in Caesar Dressing Sprinkled with Parmesan Cheese & Croutons 447 calories 1066 mg sodium 26 g fat	11.85		
SUPAI SPINACH Fresh Spinach with Smoked Rainbow Trout, Granny Smith Apple, Spiced Pecans, Dried Cranberries with Honey Balsamic Vinaigrette	10.30		





SOUTHWEST TRADITIONS



Trailblazing Fajitas	
Boneless Chicken Strips	16.30
Tender Strips of Steak	16.60
Combination of Both	17.10
Marinated in Southwestern Spices, Grilled with Onion, Tomatoes, & Bell Peppers, Includes Flour Tortillas, Guacamole, Sour Cream, Salsa, Southwestern Rice & Black Beans served sizzling! Chicken 1844 calories 1693 mg sodium 68 g fat Beef 2104 calories 1801 mg sodium 78 g fat	
TORTILLA CRUSTED TILAPIA	18.80
Tilapia Filet with Pico de Gallo, Avocado,	

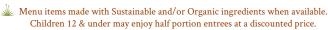
Southwestern Rice, & Chef's Choice Vegetable

905 calories | 1550 mg sodium | 47 g fat

Garnished with Lettuce, Tomato, Onion, & Pickle

Served with your Choice of Harvey House Salad, Steamed Vegetables, Fresh Fruit Salad, Root Vegetable Chips, Sweet Potato Wedges, or French Fries

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	Bright Angel Burger	11.35
	One Third Pound Arizona Grown Angus Beef served on a Ciabatta Bun 00 calories 414 mg sodium 19 g fat	
	CHEESE BURGER One Third Pound Arizona Grown Angus Beef Choice of American or Cheddar Cheese served on a Ciabatta Bun 614 calories mg sodium 28 g fat	11.60
	BACON CHEESE BURGER One Third Pound Arizona Grown Angus Beef, Bacon, & Choice of American or Cheddar Cheese served on a Ciabatta Bun 825 calories 843 mg sodium 48 g fat	11.85
	CHILI BURGER One Third Pound Arizona Grown Angus Beef & Chili served on a Ciabatta Bun 561 calories 668 mg sodium 21 g fat	11.85
	BRIGHTY'S TURKEY BURGER One Third Pound Turkey Patty, Avocado, Pepperjack Cheese, & Ranch Dressing served on a Cibatta Bun 90 calories 712 mg sodium 21 g fat	10.10
	Kaibab Vegetarian Burger	10.10



Vegetarian Patty served on a Whole Wheat Hamburger Bun

Ask your server about our gluten free options

456 calories | 715 mg sodium | 50 g fat

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





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	19.30
Indian Garden Grilled Vegetable Pesto Fusilli Grilled Vegetables with Artichokes & Roasted Tomatoes over Fusilli Pasta with Pesto & Parmesan Cheese 824 calories 620 mg sodium 14 g fat	11.10
MOQUI SOUR CREAM CHICKEN Two Chicken Breasts with Green Chile Sour Cream & Pepperjack Cheese Served with Southwestern Rice & Black Beans 744 calories 1467 mg sodium 22.2 g fat	13.60
ARIZONA TOM TURKEY Featured on the 1939 Bright Angel Menu Sliced Roasted Turkey Served with Sweet Potato, Chef's Choice Vegetable, & Mango Cranberry Sauce 580 calories 1441 mg sodium 23 g fat	14.60
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 Served with Citrus Butter, Rice, & Seasonal Vegetables 705 calories 1300 mg sodium 28.9 g fat	13.85
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	10.85
BRAISED BONELESS BEEF SHORT RIBS With Ju-lié Accompanied with Potato & Chef's Choice Vegetables 1128 calories 1484 mg sodium 71 g fat	12.30







Desserts



Make your Dessert à la mode for an additional 2.75 $_{136\ calories\ |\ 34\ mg\ sodium\ |\ 7.7\ g\ fat}$

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	5.00
NEW YORK STYLE CHEESECAKE Appeared on the 1945 Cleveland Union Terminal Café Menu A Rich & Creamy Tradition with Strawberry Compote or Caramel Sauce 800 calories 513 mg sodium 34 g fat Strawberry Compote 108 calories 9 mg sodium 0.05 g fat Caramel Sauce 108 calories 148 mg sodium 0.05 g fat	5.30
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	4.50
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 & Sorbet: 221 calories 26 mg sodium 1.7 g fat	3.50

BEVERAGES

CHILLED FRUIT JUICE Orange, Apple, Grapefruit, Cranberry, V8, or Tomato	8 oz. 3.00 12 oz. 3.75
100% Rainforest Alliance Coffee	2.80
Black or Herbal Tea	2.75
Cappuccino	single 3.25 double 3.95
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	2.80