



385 calories | 829 mg sodium | 21 g fat

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 | 5.30 |
| 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 |
| SONORAN STUFFED JALAPEÑOS Deep Fried Jalapeño 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 |
| 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 Appeared on the 1940 Bright Angel Restaurant 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 | 11.85 |
| THE HIKER'S CHICKEN CAESAR A Blend of Crisp Romaine Lettuce & 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 |





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, Steamed Vegetables, Fresh Fruit Salad, Root Vegetable Chips, Sweet Potato Wedges, or French Fries

| *************************************** | PONDEROSA CHICKEN CLUB Appeared on the 1938 El Tovar Dining Room Menu Grilled Chicken & Bacon, Cheddar Cheese, Lettuce, & Tomato on Toasted Ciabatta served with Dijon 711 calories 944 mg sodium 33 g fat | 11.30 |
|---|---|-------|
| | COLORADO DIP 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 | 10.90 |
| | CANYON GRILL Turkey Breast, Ham, Swiss Cheese, Cheddar Cheese, Dijon Mustard Served on Sourdough with a Garnish of Lettuce, Tomato, Onion & Pickle 859 calories 2587 mg sodium 30 g fat | 11.00 |
| | BRIGHT ANGEL REUBEN Cornbeef, Sauerkraut, Swiss Cheese, & Russian Dressing on Marbled Rye 1027 calories 2587 mg sodium 67 g fat | 11.30 |
| * | $SMOKED\ BUFFALO\ BRATWURST$ with Sauerkraut & served with your choice of side 657 calories 1740 mg sodium 30 g fat | 6.85 |
| | Bright Angel Wraps | |
| | Served with your Choice of Harvey House Salad, Steamed Vegetables, | |

Served with your Choice of Harvey House Salad, Steamed Vegetables, Fresh Fruit Salad, Root Vegetable Chips, Sweet Potato Wedges, or French 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 | 8.80 |
| 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 | |







Burgers



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

| | BRIGHT ANGEL BURGER One Third Pound Arizona Grown Angus Beef served on a Ciabatta Bun 500 calories 414 mg sodium 19 g fat | 11.35 |
|---|---|-------|
| | CHEESE BURGER One Third Pound Arizona Grown Angus Beef Choice of American or Cheddar Cheese served on a Ciabatta Bun 614 calories 590 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 834 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 Ciabatta Bun 590 calories 712 mg sodium 27 g fat | 10.10 |
| | Kaibab Vegetarian Burger Vegetarian Patty served on a Whole Wheat Hamburger Bun $_{756\; calories 715\; mg\; sodium 50\; g\; fat}$ | 10.10 |
| | TRAIL FAVORITES | |
| | PACKER'S STEW IN A SOURDOUGH BOWL A Hearty Stew Packed with Tender Beef Tips & a Variety of Garden Vegetables 1006 calories 511 mg sodium 22 g fat | 9.60 |
| | CHILI CON CARNE Appeared on the 1956 Bright Angel Restaurant Menu 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 1074 calories 437 mg sodium 28 g fat | 9.60 |
| * | THREE SISTERS CHILI Squash, Corn & Pinto Bean Chili served in a Sourdough Bowl | 9.60 |

with Shredded Cotija Cheese & Lime

915 calories | 2066 mg sodium | 12 g fat







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 | 6.25 |
| DREYER'S GRAND ICE CREAM, LOW FAT SHERBET, OR SORBET Choose from Peanut Butter Cup, Mint Chip, Chocolate, Grand Vanilla, or Strawberry Ice Cream, or Rainbow Sherbet, Raspberry Sorbet Ice Cream: 272 calories 68 mg sodium 15.3 g fat (Vanilla – not including additional ingredients) Sherbet & Sorbet: 221 calories 26 mg sodium 1.7s 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 |
| Hot Chocolate | 2.80 |
| 16 OZ. PREMIUM DRAFT BEER New Belgium Seasonal, 1554 Black Lager, Fat Tire, Grand Canyon IPA, Grand Canyon Pils | 6.00 |

