



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.

PROUDLY SERVING CAGE FREE EGGS

FROM THE PANTRY

FRESH FRUIT SAMPLER 5.50

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

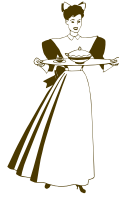
GLASS OF MILK 2.90

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



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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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