

Xanterra 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, and fat nutritional information.

From The Pantry

FRESH FRUIT SAMPLER 7.25

Fresh Honeydew, Cantaloupe, Pineapple and Orange Slices, Served with Vanilla Yogurt and a Slice of Banana Bread
375 calories; 285mg sodium; 9g fat

MELON WITH COTTAGE CHEESE 3.50

213 calories; 73mg sodium; 3g fat

YOGURT WITH FRESH BERRIES 3.50

244 calories; 114mg sodium; 3g fat

CHOICE OF HOT CEREAL WITH MILK 3.00

Oatmeal 159 calories; 123mg sodium; 3g fat
Cream of Wheat 92 calories; 99mg sodium; .5g fat
Add Sliced Banana for Additional 1.60
90 calories; 1mg sodium; .5g fat

THE HIKER 5.25

A Flavorful Mixture of Granola Served with Blueberries, Banana and Warm or Cold 2% Milk
550 calories; 460mg sodium; 6g fat

COLD CEREAL WITH MILK 3.00

Add Sliced Banana for Additional 1.60

HALF GRAPEFRUIT 2.65

PLAIN BAGEL WITH CREAM CHEESE 2.50

DANISH 1.90

Apple, Cream Cheese or Strawberry

MUFFIN 2.30

Banana Nut, Blueberry or Raisin Bran Muffin

Thirst Quenchers

CHILLED FRUIT JUICE 2.25 small 2.75 large

Orange, Apple, Grapefruit, Cranberry or V8 Tomato

FAIR TRADE ORGANIC SHADE GROWN

COFFEE 2.05

HOT TEA 2.05

SOFT DRINKS 2.45

Coke, Diet Coke, Root Beer, Sprite, Lemonade or Iced Tea

HOT CHOCOLATE 2.45

GLASS OF MILK 2.45

2%, Chocolate, or Soy

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18% gratuity will be added to parties of eight or more.

Due to our remote location, a surcharge will be added to each guest check to offset local utility expense.

Sizzlin' Skillets

Toast Selections include White, Whole Wheat, Rye, Sourdough, English Muffin or Plain Bagel

GARDEN FRESH SKILLET 7.75

A Mixture of Fresh Portobello Mushrooms, Bell Peppers, Onion and Broccoli, Served with Breakfast Potatoes. Topped with Shredded Cheddar and Monterey Jack Cheeses and Two Large Eggs any style. Includes your Choice of Toast.

RIM TO RIM SKILLET 7.75

Hearty Prime Rib Hash, Two Large Eggs any style Topped with Diced Red Pepper, Smothered in Jalapeño Cream Sauce and Monterey Jack Cheese. Served with Breakfast Potatoes and Includes your Choice of Toast.

COUNTRY STYLE SKILLET 7.75

Country Fried Steak, Cheese Grits and Two Large Eggs any style. Served with Breakfast Potatoes and Country Gravy with a Warm Biscuit.

HUEVOS RANCHEROS 8.00

Two Large Eggs any style, Refried Beans and Corn Tortillas topped with Enchilada Sauce, Pepperjack Cheese, Sour Cream, Green Chiles and Black Olives. Served with Breakfast Potatoes.

TOFU VEGGIE SKILLET 7.75

A Mixture of Marinated Tofu, Fresh Portobello Mushrooms, Bell Peppers, Onion and Broccoli, Topped with Pepperjack Cheese and Served with Breakfast Potatoes. Includes your Choice of Toast.

Off the Griddle

Add Strawberry, Blueberry or Banana Topping for .95

BUTTERMILK CAKES 6.50

A Tall Stack of Buttermilk Pancakes Served with Your Choice of Regular or Sugar Free Syrup

MULTIGRAIN PANCAKES 6.50

A Tall Stack of Multigrain Pancakes Served with Your Choice of Sugar Free Syrup or Honey

220 calories; 465mg sodium; 4g fat

BUCKY'S BLUEBERRY CAKES 7.75

A Tall Stack of our Special Blueberry Pancakes Served with Blueberry Topping and Your Choice of Regular or Sugar Free Syrup

FRENCH TOAST 6.75

Three Slices of Thick Egg-Battered Bread, Grilled Golden Brown and Served with Your Choice of Regular or Sugar Free Syrup



Tom Brown

Ask your Server about our Gluten Free Options



Menu items made with sustainable and/or organic ingredients

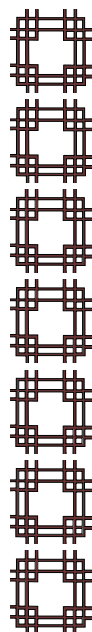
Egg Beaters® Available Upon Request

Actual Nutritional Values May Vary Due to Factors such as Individual Preparation of our Menu items

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Grand Canyon Breakfasts

Toast Selections include White, Whole Wheat, Rye, Sourdough, English Muffin or Plain Bagel



BUILD YOUR OWN OMELET 8.35

A Fluffy Three Egg Omelet Prepared with Three Fillings of Your Choice (Ham, Bacon, Sausage, Cheese, Mushrooms, Onion, Green Bell Pepper or Tomatoes). Served with Breakfast Potatoes and Choice of Toast. Additional Fillings .75 each



NADA OMELET 8.35

A Fluffy Three Egg White Omelet Prepared with Three Fillings of your Choice (Turkey Sausage, Low Fat Cheese, Mushrooms, Onion, Green Bell Pepper or Tomatoes) and Served with Whole Wheat Toast and Fresh Fruit Cup. Additional Fillings .75 each

199 calories; 507mg sodium; 10g fat



FRED HARVEY STEAK & EGGS 12.20

A 6 oz. New York Strip Steak with Two Eggs any style. Served with Breakfast Potatoes and Choice of Toast.



BRIGHT ANGEL BREAKFAST 7.60

Two Eggs any style, with Choice of Bacon, Sausage, Turkey Sausage, or Ham, and Served with Breakfast Potatoes and Choice of Toast.



HEALTHY ANGEL BREAKFAST 7.60

Egg Whites and Turkey Sausage Served with Whole Wheat Toast and Fresh Fruit Cup.

584 calories; 986mg sodium; 18g fat



GRANDVIEW BREAKFAST 7.95

Egg Whites, Served with Turkey Sausage, Whole Wheat French Toast and Fresh Fruit Cup.

675 calories; 1078mg sodium; 21g fat

DOWN HOME BISCUITS AND GRAVY 5.95

Two of Our Warm Biscuits Served with Country Gravy, Two Eggs any style and Breakfast Potatoes.



SUNRISE BREAKFAST 5.75

Two Eggs any style, with Breakfast Potatoes and Choice of Toast.



HEALTHY SUNRISE BREAKFAST 5.75

Egg Whites, Served with Whole Wheat Toast and Fresh Fruit Cup.

454 calories; 659mg sodium; 8g fat

ADD PANCAKES TO YOUR BREAKFAST 5.00

Your Choice of Two Buttermilk or Multigrain Pancakes Added to any Entree.



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Coffee House Selections



ESPRESSO	2.00 Single	2.70 Double
AMERICANO	2.00 Single	2.70 Double
CAPPUCCINO	2.90 Single	3.40 Double
LATTE	2.90 Single	3.40 Double
MOCHA	3.25 Single	4.00 Double

Add a Flavor Shot for .50¢

Side Selections

Egg Whites or Egg Beaters® May Be Substituted at No Additional Charge



ONE EGG 1.50

HAM 3.50



TWO EGGS 2.90

BACON 2.90

BREAKFAST POTATOES 2.35

PORK SAUSAGE 2.90

TOAST OR ENGLISH MUFFIN 1.90



TURKEY SAUSAGE 2.90

MULTIGRAIN PANCAKE 2.50

SLICED BANANA 1.60

90 calories; 1mg sodium; .5g fat

Children's Menu

Available for Children 12 and Under



LITTLE ANGEL 3.80

One Egg any style, Choice of Sausage or Bacon Served with Choice of Toast and Fresh Fruit Cup



MINI SUNRISE BREAKFAST 2.90

One Egg any style, Served with Toast and Fresh Fruit Cup

SILVER DOLLAR BUTTERMILK CAKES 3.25

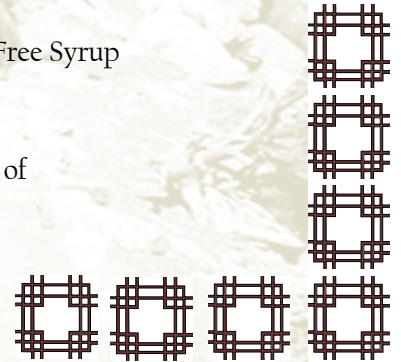
Three Silver Dollar Buttermilk Pancakes Served with Your Choice of Regular or Sugar Free Syrup



PETITE TOAST 2.25

One Slice of Thick Egg-Battered Bread Grilled Golden Brown Served with Your Choice of Regular or Sugar Free Syrup

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