

THE LODGE AT BRYCE CANYON BREAKFAST SELECTIONS

BREAKFAST BUFFET

A VARIETY OF YOUR FAVORITE BREAKFAST ITEMS INCLUDING SCRAMBLED EGGS, BREAKFAST MEATS, BISCUITS & GRAVY, FRENCH TOAST, BREAKFAST POTATOES, OATMEAL, FRESH FRUIT, YOGURT, GRANOLA, PASTRIES, CEREAL, & A BEVERAGE OF YOUR CHOICE - SELECTED LIMITED REFILLS

LODGE SPECIALTIES



THIS ICON REFLECTS SELECTIONS THAT HAVE HEALTHY CHOICES & COOKING PROCEDURES

FAIRY LAND FRENCH TOAST GOLDEN BROWN THICK TOAST TOPPED WITH WHIPPED CREAM & STRAWBERRIES OR BLUEBERRIES. CHOICE OF BACON OR BREAKFAST SAUSAGE

OLD TIME OATMEAL SERVED WITH FRESH BERRIES & RAISINS

BRYCE BREAKFAST 🍳 2 EGGS TO ORDER WITH BREAKFAST POTATOES, CHOICE OF BACON OR BREAKFAST SAUSAGE SERVED WITH CHOICE OF TOAST

PANGUITCH PANCAKES THREE HUGE FLUFFY GRIDDLE CAKES STACKED HIGH WITH BANANAS OR BLUEBERRIES WITH CHOICE OF BACON OR BREAKFAST SAUSAGE

GRAND CANYON GLUTEN FREE GRIDDLE CAKES 🌞 THREE HUGE FLUFFY CAKES STACKED HIGH WITH BANANAS OR BLUEBERRIES CHOICE OF BACON OR BREAKFAST SAUSAGE

YOVIMPA POINT HUEVOS RANCHEROS 🍳 2 CRISPY FRIED CORN TORTILLAS LAYERED WITH REFRIED BEANS & PEPPER-JACK CHEESE TOPPED WITH 2 EGGS ANY STYLE & LODGE MADE HOLLANDAISE. FINISHED WITH OUR FRESH SALSA SLICED AVOCADO & CILANTRO OIL

FOREVER RESORT FRESH FRUIT & BERRIES BOWL 🌞 A GENEROUS PORTION OF FRESH FRUIT & BERRIES

SUNRISE POINT BENEDICT 🍳 A SPLIT ENGLISH MUFFIN WITH HAM & TWO POACHED EGGS. TOPPED WITH OUR LODGE MADE HOLLANDAISE SAUCE & SERVED WITH BREAKFAST POTATOES

RED CANYON OMELETTE 3 EGGS, HAM & CHEDDAR-JACK CHEESE SERVED WITH BREAKFAST POTATOES & TOAST

EBENEZER'S HEALTHY EGG WHITE OMELETTE 🌞 EGG, SPINACH & TOMATO, CHEDDAR-JACK CHEESE SERVED WITH FRESH FRUIT & WHOLE GRAIN TOAST

SUNSET POINT SMOKE CURED ALASKAN SALMON 🌞 SHAVED SALMON, CREAM CHEESE, RED ONIONS, TOMATOES, CAPERS, LEMON & TOASTED BAGEL

PINE CLIFFS VEGETABLE OMELETTE 3 EGGS, BELL PEPPER, ONION, TOMATO, MUSHROOM & CHEDDAR-JACK CHEESE, SERVED WITH BREAKFAST POTATOES & TOAST

PARIA VIEW POINT PARFAIT 🌞 LAYERS OF GLUTEN FREE GRANOLA, FRESH BERRIES & VANILLA YOGURT

SUBSTITUTE A BAGEL FOR TOAST \$1



SUBSTITUTE TURKEY OR VEGETARIAN BACON FOR \$1



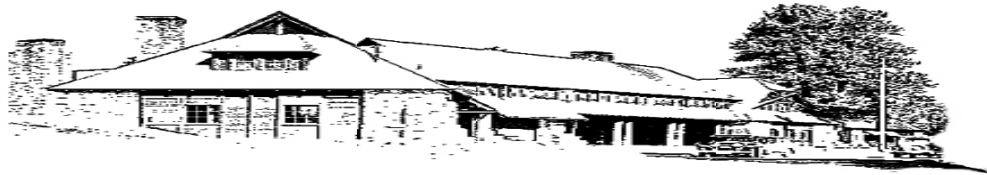
HEALTHY OPTION - SUBSTITUTE FRESH FRUIT OR COTTAGE CHEESE FOR BREAKFAST POTATOES

EGG BEATERS OR EGG WHITES AVAILABLE - NO EXTRA CHARGE — LET US HELP YOU BE HEALTHY!

FOR OUR GLUTEN FREE GUESTS OR SPECIAL DIETARY CONSIDERATIONS PLEASE
ASK YOUR SERVER

WE ARE VERY HAPPY TO HELP ACCOMMODATE YOU

WE CARRY A SELECTION OF GLUTEN FREE ITEMS SUCH AS MUFFINS, TORTILLAS,
BAGELS, BREADS



“Healthy Parks Healthy People”

This is a National Park Service initiative that seeks to raise understanding & awareness about how open spaces & natural places can promote the health & well-being of all species & the planet we share. Human health focus areas of the initiative include physical activity, nutrition, social & mental health. **Forever Resorts & The Lodge at Bryce Canyon** is very pleased to partner with the National Park Service to provide our guests a healthy & sustainable menu for your dining pleasure.

At **The Lodge at Bryce Canyon** & Forever Resorts in creating our 2013 menus we strive to make your dining experience not only healthy for you, but also for the environment. This menu contains mostly sustainable and organically grown, raised & caught items. Our beef, chicken & pork is regionally grown with minimal use of hormones & antibiotics. By using local companies in our purchasing, we also support the regional economy and reduce our carbon footprint. We also only serve seafood and fish listed in the most sustainable ‘green’ category on the **Audubon Fish Scale**, or as a ‘best choice’ by the **Monterey Bay Aquarium Seafood Watch Program**. These practices ensure that all fish we serve is either raised or harvested in a sustainable manner. Please help us to support these programs. We are a certified member of the **Green Restaurant Association**. We hope you enjoy your dining experience knowing that in your decision to dine at **The Lodge at Bryce Canyon**; together we are working towards a healthier environment.

Here at **Forever Resorts** we mindfully use the following practices to help provide more healthy options for our guests. We use fresh made products instead of processed foods to increase nutritional content by lowering portion sizes & sodium levels. Our chefs make all of our sauces, soups & deserts fresh in house & provided nutrition dense foods & beverage options such as fruits, whole grain breads, fat-free or low fat dairy products, nuts, beans, seeds and offer an array of Vegetarian & Gluten Free options. We furthermore follow healthy cooking practices such as poaching, broiling, steaming and baking – using only Zero Trans Fat oils. We offer leaner meat choices of Turkey, Elk, Buffalo & Bison, replace butter with Extra Virgin Olive Oil in sautéing & with our whole grain table bread service, offer vinaigrette instead of cream salad dressings & have adopted healthy nutritional practices in our children’s menus that remove processed and fried foods with healthier options.



➤ CONSUMING RAW OR UNDERCOOKED SEAFOOD, SHELLFISH, MEATS, POULTRY, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS.

18% GRATUITY WILL BE AUTOMATICALLY ADDED TO PARTIES OF 6 OR MORE

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