

# The Lodge at Bryce Canyon

## “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 are 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 are 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 chef’s 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.

### **FOR OUR GLUTEN FREE GUESTS OR SPECIAL DIETARY CONSIDERATIONS PLEASE ASK YOUR SERVER TO ASSIST YOU**

*18% GRATUITY WILL BE AUTOMATICALLY ADDED TO PARTIES OF 6 OR MORE. MENU IS PRINTED ON RECYCLED PAPER WITH SOY INK*

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

## **LUNCH SELECTIONS**

**SOUP, SALAD & SANDWICH BAR BUFFET** – CHEF MADE SOUP SELECTIONS, A FRESH INGREDIENT SALAD BAR, HOT & COLD SANDWICH SELECTIONS YOU CREATE YOURSELF. NON - ALCOHOLIC BEVERAGES INCLUDED WITH SELECT LIMITED REFILLS

### **SOUP**

**ELK CHILI** FRESH GROUND ELK IN A RED BEAN CHILI - GARNISHED WITH SHREDDED CHEDDAR/JACK CHEESE


**SOUP OF THE DAY** ASK YOUR SERVER ABOUT TODAY’S CHEF SELECTION

### **ENTRÉE SALAD SELECTIONS**

**WORLD FAMOUS BROWN DERBY COBB** FRESH ORGANIC GREENS IN TOSSED BALSAMIC VINAIGRETTE & TOPPED WITH APPLE WOOD SMOKED BACON, SLICED GRILLED CHICKEN, TOMATO, HARDBOILED EGG, AVOCADO & CRUMBLER BLUE CHEESE

**SONORAN SALAD** MARINATED GRILLED CHICKEN OR SMOKE GRILLED DUCK BREAST ATOP A BED OF ORGANIC SPRING GREENS TOSSED WITH ROASTED CORN, APPLE WOOD SMOKED BACON, TOMATOES & CHEDDAR-JACK CHEESE TOSSED IN BUTTERMILK RANCH DRESSING

**CANYON CLASSIC CAESAR** ROMAINE LEAVES TOSSED IN CAESAR DRESSING WITH GARLIC CROUTONS & SHREDDED PARMESAN CHEESE. ADD GRILLED CHICKEN, GRILLED ALASKAN SALMON OR GRILLED SHRIMP

**COWBOY RIBEYE BEEF & BLEU**  6OZ. HAND CUT GRILLED RIB EYE ATOP A BED OF ORGANIC SPINACH WITH BLEU CHEESE, RED ONIONS TOMATO & APPLE WOOD SMOKED BACON TOSSED IN OUR BACON BALSAMIC VINAIGRETTE

## SPECIALTY SANDWICH SELECTIONS

ALL SANDWICHES SERVED WITH A PICKLE SPEAR & CHOICE OF ORZO PASTA SALAD, SIDE GREEN SALAD, PINE NUT & PRICKLY PEAR CACTUS COLE SLAW, FRESH FRUIT OR LODGE MADE FRIES

### BRYCE CANYON BURGER

 TOPPED WITH LETTUCE TOMATO & ONION ON A TOASTED WHOLE GRAIN BUN WITH YOUR CHOICE OF MELTED CHEESE

🦋 1/2 POUND ANGUS BEEF PATTY COOKED MEDIUM WELL

4OZ ALASKAN SALMON PATTY

6OZ VEGAN –LODGE MADE VEGETABLE PATTY


6OZ PEPPER & GARLIC SEASONED GROUND TURKEY

🦋 1/2 POUND GRILLED BISON PATTY COOKED MEDIUM WELL

### BLACK CANYON BLT OR VLT

 APPLE - WOOD SMOKED BACON OR VEGETARIAN TEMPEH BACON ON TOASTED WHOLE GRAIN BREAD WITH LETTUCE, TOMATO & AVOCADO

### GARFIELD COUNTY GRILLED CHEESE

 FRESH MOZZARELLA CHEESE, SLICED TOMATO, FRESH BASIL ON TOASTED ZERO CARBOHYDRATE BREAD

### TROPIC TURKEY TENDERLOIN SANDWICH

 MARINATED GRILLED TURKEY TOPPED WITH APPLE WOOD SMOKED BACON SERVED WITH LETTUCE & SLICED TOMATO ON A TOASTED WHOLE GRAIN ROLL

### PONDEROSA PRIME RIB DIP

SLICED PRIME RIB, MELTED SWISS CHEESE & SAUTÉED MUSHROOMS ON A TOASTED WHOLE GRAIN ROLL


### BLACK BIRCH BRAISED PORTOBELLO

 BALSAMIC MARINATED & OVEN BRAISED, WITH MELTED BLUE CHEESE & CARAMELIZED ONIONS. TOPPED WITH LETTUCE, TOMATO, ONION ON A TOASTED WHOLE GRAIN

### GRAND CANYON CLUB

SMOKED TURKEY, HONEY HAM, SWISS, APPLE WOOD SMOKED BACON, LETTUCE, TOMATO & OUR PESTO AIOLI ON TOASTED WHOLE GRAIN BREAD

### VERNAL VEGETARIAN GRILLED VEGETABLE WRAP

 MARINATED GRILLED LOCAL SQUASH, ZUCCHINI, PEPPERS, ONIONS, TOMATO, WITH CHICK PEA HUMMUS & BASIL AIOLI WRAPPED IN A WHOLE WHEAT LOW CARB TORTILLA

### FOREVER GRILLED CHICKEN

SOUTHWEST MARINATED & GRILLED BREAST TOPPED WITH ROASTED ARTICHOKE PURÉE, MELTED SWISS CHEESE, SUNDRIED TOMATO RELISH ON TOASTED WHOLE GRAIN BREAD WITH LETTUCE, TOMATO & ONION

## SPECIALTY ENTRÉE'S

### COWBOY PETE'S BISON STEW

BURGUNDY BRAISED WITH ROOT -VEGETABLES IN RICH BROWN BROTH SERVED WITH A CHEDDAR BISCUIT

### FAIRVIEW POINT FISH-N-CHIPS

HEARTY PORTION OF BATTERED NORTH ALASKAN COD, FLASH FRIED & SERVED ATOP LODGE CUT FRIES WITH LEMON WEDGES & LODGE MADE TARTAR SAUCE

### PIUTE FISH TACO

🦋 SEASONED PAN SEARED ALASKAN COD, WHITE CORN TORTILLAS, MANGO SALSA, AVOCADO RELISH, SOUR CREAM, TOMATOES, LETTUCE & CHEESE. SERVED WITH CILANTRO JASMINE RICE

### EBENEZER'S HEALTHY CHOICE

 🦋 MARINATED GRILLED CHICKEN BREAST, GRILLED ALASKAN SALMON OR BAKED ALASKAN COD SERVED WITH CILANTRO JASMINE RICE & LOCAL VEGETABLES

### ELK CHILI & CHEESE BURRITO

OUR FAMOUS ELK CHILI, CHEDDAR JACK CHEESE & FIRE ROASTED VEGETABLES WRAPPED IN A GRILLED FLOUR TORTILLA. TOPPED WITH MANGO SALSA AND SERVED WITH CILANTRO JASMINE RICE

### VERMILLION CLIFF VERMICELLI

 🦋 TOMATOES, FRESH GARLIC & BASIL SAUTÉED IN A SWEET VERMOUTH & PARMESAN WHITE WINE BUTTER SAUCE. ADD GRILLED SHRIMP OR GRILLED CHICKEN **\$17.75**

