

GRAND CANYON LODGE

NORTH RIM

“Healthy Parks Healthy People”

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We at the Grand Canyon Lodge take the safety of our guest and employees very seriously, we use the highest quality disinfectants and cleaners available. We follow current CDC guidelines.

“Healthy Parks Healthy People” is a National Park Initiative to raise understanding and awareness about how open spaces and natural places can promote the health and well-being of all Americans as well as the planet we share. As an authorized concessioner of the National Park Service, The Grand Canyon Lodge is also very pleased to provide a healthy and sustainable menu for your dining pleasure.

Here at the North Rim we mindfully use practices that help provide healthier options for our guests. These include substituting processed foods; we make most of our sauces, dips, and glazes fresh in house. This helps us increase taste, nutritional content, lower portion sizes, and reduce sodium levels. Our vegetarian and gluten-free options are designed to meet our guests’ taste, dietary needs and we offer nutrient dense food and beverage options such as fruits, whole grain breads, fat-free or low-fat dairy products, nuts, and beans. We follow healthy cooking practices, minimize the use of fried foods, replace butter with extra virgin olive oil, and offer leaner cuts of elk and bison. Our efforts include serving seafood rated as a best choice by the Monterey Bay Aquarium Seafood Watch program. We have proudly extended these nutritional practices to our children’s menus.

for our gluten free guests or special dietary considerations please ask you server to assist you
18% gratuity will be automatically added to parties of 6 or more. Menu is printed on recycled paper

Lunch Selections

SOUP

- Elk Chili**  Cup \$8.95 Bowl \$11.90
fresh ground elk in a bean chili - garnished with shredded cheddar/jack cheese
- Black bean & rice or Soup of the day**... .. Cup \$6.60 Bowl \$8.75

Entrée salad selections

Enjoy any of our fresh made Salads as a wrap with a choice of one side dish.

- Sunset Spinach**   \$14.35
fresh organic spinach in tossed bacon balsamic vinaigrette & topped with cherry tomato walnuts & blue cheese

- Arizona Mixed Greens**  \$14.35
Organic greens, strawberries, feta cheese, onion & cucumber tossed in citrus vinaigrette

Starter Salad \$9.85

ADD GRILLED CHICKEN \$6 Smoked Brisket \$8.95

Meatless vegan/vegetarian chicken option \$7.35



Beverages

- Pepsi, Pepsi Zero, Mt. Dew, Dr. Pepper, Lemonade, Root Beer, Twist, Orange Crush \$3.50
Coffee, Tea, Iced Tea \$3.50
Milk \$4.00 Juice - Orange, Cranberry, Apple, Grapefruit \$4.30



Specialty Sandwich Selections

All sandwiches served with a choice of pasta salad, prickly pear coleslaw, fresh fruit, or french fries

Grand Canyon Burger ... ½ pound **Angus beef patty** cooked medium well **\$16.65**
topped with lettuce tomato & onion on a toasted whole grain bun with your choice of cheese

Grand Canyon Veggie Burger

..... **\$13.15**
topped with lettuce tomato & onion on a toasted whole grain bun with your choice of cheese

Black Canyon BLT or VLT

..... **\$15.55** smoked bacon or vegetarian
 bacon on toasted whole grain bread with lettuce tomato & avocado

Coconino County Beef Brisket

..... **\$17.95** Thin sliced with
 caramelized onion and Cheddar cheese on a toasted whole grain bun

Arizona Vegetarian Grilled Vegetable Wrap

\$16.75 marinated grilled local squash, zucchini, peppers, onions, tomato, hummus & Sage aioli wrapped in a wheat low carbohydrate tortilla

Forever Grilled Chicken

..... **\$15.10**
 marinated & grilled chicken breast topped with melted Pepper Jack cheese, bacon & avocado on toasted whole grain bun with lettuce, tomato & onion

Point Imperial Fish-n-

Chips..... **\$21.50**
 hearty portion of battered north Alaskan cod, flash fried & served with slaw, fries, lemon wedges & tartar sauce

Kids Menu

Kids menu items served with Beverage

Cheeseburgers1/3 lb angus beef..... **\$8.95**

Chicken tenders **\$8.95**

PB & J **\$6.30**

Veggie burger **\$9.60**