

# BREAKFAST

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<b>CAPE FINAL FRENCH TOAST</b> \$14.35 golden brown thick cinnamon toast topped with whipped cream & strawberries or blueberries. choice of bacon or sausage	<b>NORTH RIM BREAKFAST</b> \$12.25 two eggs scrambled, breakfast potatoes, choice of bacon, sausage, served with choice of white or wheat toast Ham & cheese or Veggie scrambled add \$1
<b>BRIGHT ANGEL</b>    \$11.90 <b>PARFAIT</b> layers of gluten-free granola, fresh berries & vanilla yogurt	<b>KAIBAB CONTINENTAL</b>  \$12.85 <b>BREAKFAST</b> freshly prepared muffin & a healthy serving of fresh fruit
<b>OLD TIME OATMEAL</b>    \$6.70 steel-cut oats served with fresh berries, raisins & cream & choice of white or wheat toast	<b>BISCUITS &amp; GRAVY</b> \$7.80 Two fluffy buttermilk biscuits smothered in a creamy sausage gravy

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## KIDS BREAKFAST

<b>CHIPMUNK FRENCH TOAST</b> \$8.35 served with choice of bacon or sausage	
<b>CANYON KIDS BREAKFAST</b> \$8.35 Scrambled egg- served with hash browns, choice of bacon, sausage, & white or wheat toast Ham & cheese or Veggie Scrambled add .75	
<b>OLD TIME OATMEAL</b> \$6.00 served with fresh berries & raisins	
<b>PARIA VIEWPOINT PARFAIT</b> \$7.20 assortment of fresh fruit layered with vanilla yogurt and gluten-free granola	
<b>ASSORTED BREAKFAST CEREAL</b> \$6.00 ask your server for the selections available	

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## BEVERAGES

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

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### “Healthy Parks Healthy People”

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 We have proudly extended these nutritional practices to our children’s menus.

The Grand Canyon Lodge is proud to be a certified member of the Green Restaurant Association. We earned this certification through an independent audit of our ongoing progress towards minimizing our impact on the environment. These steps include using energy efficient lighting, using compostable to-go packaging, and offering organic, free-trade coffee.