



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 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 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.



STARTERS

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

SOUP OF THE DAY.....ASK YOUR SERVER ABOUT OUR DAILY CHEFS SELECTION

SUNSET POINT SMOKE CURED ALASKAN SALMON ✂ SHAVED SALMON, RED ONIONS, TOMATOES, CAPERS, LEMON, CREAM CHEESE WITH GRILLED FLAT BREAD

ESCALANTE SHRIMP COCKTAIL ✂ TRADITIONAL CHILLED PREPARATION WITH CUCUMBER SEAWEED SALAD & CHEF'S COCKTAIL SAUCE

NATURAL BRIDGE MINI CRAB CAKES ✂ JUMBO LUMP CRABMEAT FOLDED WITH PANKO BREADCRUMBS & FRESH HERBS PAN SEARED WITH PESTO AIOLI

BRYCE WINGS OVEN BAKED THEN TOSSED IN SPICY PRICKLY PEAR CACTUS SAUCE - WITH BLUE CHEESE, CELERY & CARROT

CAPITOL REEF SEARED TUNA ✂ CORIANDER & CHILE CRUSTED, PAN SEARED, SERVED OVER RED CABBAGE SLAW WITH HORSERADISH CREAM

CANYON QUESADILLA ✂ FLOUR TORTILLA, FIRE ROASTED CORN, PEPPERS & ONIONS SERVED WITH LODGE MADE SALSA & SOUR CREAM. ALSO AVAILABLE WITH SLICED GRILLED CHICKEN, GROUND BEEF OR GRILLED SHRIMP

PONDEROSA GRILLED PORTOBELLO MUSHROOM MARINATED THEN GRILLED & TOPPED WITH TOASTED GOAT CHEESE

ANTIMONY GRILLED VEGETABLES MARINATED & GRILLED LOCAL SQUASH, ZUCCHINI, PEPPERS, TOMATOES & ONIONS, MARINATED OLIVES OVER TOSSED ARUGULA SALAD

PINE CLIFFS ROASTED JALAPEÑO AND BACON RANGOON'S CREAM CHEESE, ROASTED JALAPENO & BACON STUFFED WONTONS - FLASH FRIED GOLDEN BROWN SERVED WITH A COOL CHIPOTLE RANCH DIPPING SAUCE

ENTRÉE AND SIDE SALADS

UTAH MIXED GREENS ORGANIC GREENS, STRAWBERRIES, GOAT CHEESE TOSSED IN CITRUS VINAIGRETTE

SUNSET SPINACH ORGANIC SPINACH, CRUMBLD BLUE CHEESE, TOMATOES WITH BACON-BALSAMIC VINAIGRETTE

RED CANYON ROASTED BEET & ARUGULA ROASTED BEETS, ORGANIC ARUGULA, GOAT CHEESE, CHILIES & PINE NUTS TOSSED IN BALSAMIC VINAIGRETTE

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

HEBER VALLEY HEIRLOOM TOMATO AND FRESH MOZZARELLA LOCAL HEIRLOOM TOMATOES, FRESH BASIL, FRESH MOZZARELLA DRIZZLED WITH BALSAMIC REDUCTION

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

SPECIALTY ENTREES



THIS ICON REFLECTS ENTREES THAT HAVE HEALTHY CHOICES & COOKING PROCEDURES

PARIA VIEW POINT PRIME RIB OF BEEF 10, 14 OR 18OZ CUT 🍴 CAULIFLOWER, CARROT & SAGE SMASHED POTATOES, LOCAL VEGETABLES, AU JUS, CREAMY OR RAW HORSERADISH.

SUNSET POINT CHILI LIME BAKED 1/2 CHICKEN 🌞 SEMI BONELESS ORGANIC 1/2 CHICKEN MARINATED IN SWEET CHILE & LIME. OVEN ROASTED & SERVED ATOP UTAH HONEY BRAISED RED CABBAGE & LOCAL VEGETABLES

EBENEZER'S UTAH TROUT 🍴 SKIN ON BONELESS FILET CRUSTED WITH ALMONDS AND PANKO - PAN SEARED & TOPPED WITH PRICKLY PEAR CACTUS & ROASTED JALAPENO PUREE. SERVED WITH CILANTRO JASMINE RICE & LOCAL VEGETABLES

CHEFS DAILY FRESH SEAFOOD 🌞 DAILY FRESH PREPARATION IN ACCORDANCE WITH THE **MONTEREY BAY AQUARIUM SEAFOOD WATCH** GUIDELINES. ONLY THE FRESHEST, SUSTAINABLE SELECTIONS PREPARED DAILY BY OUR CHEFS

BLACK BIRCH BRAISED BEEF SHORT RIBS.....HALF PORTION AVAILABLE..... CINNAMON BRAISED & SLOW COOKED FOR 6 HOURS, REMOVED FROM THE BONE & ROASTED WITH CHIPOTLE BBQ SAUCE. PRESENTED WITH WHITE BEAN / BACON COMPOTE & LOCAL VEGETABLES

VERNAL VEGETARIAN 🌞HALF PORTION AVAILABLE..... SELECTION OF ZUCCHINI, SQUASH, PEPPERS, TOMATO & ONIONS. MARINATED IN BALSAMIC VINEGAR & EXTRA VIRGIN OLIVE OIL THEN GRILLED. SERVED WITH CILANTRO JASMINE RICE & UTAH HONEY BRAISED RED CABBAGE

PANGUITCH PORK TENDERLOIN 🍴 HORMONE FREE SALT BRINED & MARINATED PORK TENDERLOIN. CHAR-GRILLED THEN SLICED TOPPED WITH CHIPOTLE MANGO SALSA. SERVED WITH CAULIFLOWER, CARROT & SAGE SMASHED POTATOES & LOCAL VEGETABLES

NATURAL BRIDGE CRAB CAKES 🌞HALF PORTION AVAILABLE..... 🍴 JUMBO LUMP CRAB FOLDED WITH PANKO & FRESH HERBS. PAN SEARED & TOPPED WITH PESTO AIOLI. SERVED WITH CILANTRO JASMINE RICE & LOCAL VEGETABLES

WASATCH GRILLED BUFFALO FLANK STEAK 🌞 🍴 UTAH HONEY & CILANTRO RUBBED – THEN GRILLED & SLICED THIN. SERVED WITH WHITE BEAN / BACON COMPOTE & LOCAL VEGETABLES

BERING SEA ALASKAN SALMON 🌞 🍴 GRILLED OR BROILED & TOPPED WITH UTAH HONEY, CHILE & CITRUS DRIZZLE. SERVED WITH CILANTRO JASMINE RICE & UTAH HONEY BRAISED RED CABBAGE

QUINOA PRIMAVERA 🌞HALF PORTION AVAILABLE..... BROWN QUINOA, LOCAL SQUASH, CARROTS, PEPPERS, TOMATO, LEEKS, WHITE BEANS & SPINACH SAUTÉED WITH EXTRA VIRGIN OLIVE OIL WITH PRICKLY PEAR CACTUS & SAGE PESTO

SPECIALTY ENTREES CONTINUED

COWBOY PETE GRILLED RIBEYE 🦅 12 OZ HAND CUT THEN GRILLED TO ORDER SERVED WITH A BORDELAISE SAUCE. ACCOMPANIED BY CAULIFLOWER, CARROT & SAGE SMASHED POTATOES & LOCAL VEGETABLES

RED ROCK CANYON BISON STEW.....HALF PORTION AVAILABLE *BURGUNDY BRAISED WITH ROOT VEGETABLES IN A RICH BROTH SERVED WITH A CHEDDAR BISCUIT*

RANCHERS RACK OF LAMB 🦅 LOCAL UTAH LAMB – MARINATED THEN GRILLED & OVEN ROASTED TOPPED WITH ROSEMARY JUS. SERVED WITH CAULIFLOWER, CARROT & SAGE SMASHED POTATOES & LOCAL VEGETABLES

RED ROCK SEAFOOD RISOTTO.....HALF PORTION AVAILABLE..... 🦅 SHRIMP, MUSSELS, CLAMS & SCALLOPS SAUTÉED WITH GARLIC, SPINACH, LEEKS, MUSHROOM & TOMATOES WITH A LIGHT PARMESAN & WHITE WINE CREAM

VERMILLION CLIFF VERMICELLI 🌻.....HALF PORTION AVAILABLE..... 🦅 TOMATOES, FRESH GARLIC & BASIL SAUTÉED IN A SWEET VERMOUTH & PARMESAN WHITE WINE BUTTER SAUCE. ADD SHRIMP OR GRILLED CHICKEN

WHOLE WHEAT PENNE POMODORO 🌻.....HALF PORTION AVAILABLE..... 🦅 FRESH TOMATOES, ROASTED BLACK GARLIC & BASIL - WHOLE WHEAT PASTA TOSSED IN A LIGHT SAUCE. ADD SHRIMP OR GRILLED CHICKEN

PARIA VIEW SMOKE GRILLED DUCK BREAST ORGANIC – HORMONE FREE BONELESS BREAST – OVER PRICKLY PEAR CACTUS AND FIRE ROASTED CHILE RELISH. SERVED WITH UTAH HONEY BRAISED RED CABBAGE & LOCAL VEGETABLES

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

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

**18% GRATUITY WILL BE ADDED FOR PARTIES OF 6 OR MORE*

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