

VALHALLA PIZZERIA

& COFFEE SHOP

6AM TO 11:30AM FOR COFFEE & SWEETS
THEN 3PM TO 10PM FOR PIZZA &
ITALIAN FAVORITES
OUTSIDE CALLERS 435.834.8709 DIAL
709 FROM YOUR ROOM PHONE FOR
PICKUP OR DELIVERY ORDERS AFTER 3PM.

BREAKFAST

COFFEE HOUSE DRINKS

HOT TEA...ASSORTED FLAVORS.....	\$2.75
COFFEE..... SMALL \$2.75 LARGE	\$3.25
CAPPUCCINO OR LATTE.....	\$4.75
FRENCH VANILLA CAPPUCCINO.....	\$5.25
ESPRESSO.....	\$3.25
DOUBLE ESPRESSO.....	\$6.50
MOCHASPRESSO.....	\$5.25
HOT CHOCOLATE.....	\$3.25
BOTTLED FRUIT JUICE OR MILK.....	\$3.25

BREAKFAST PASTRIES

THE BIG MUFFIN.....	\$3.25
TOASTED BAGEL.....	\$2.50
GLUTEN FREE BAGEL.....	\$4.00
KRISPY CREAM DONUT HOLES.....	\$3.25
GLUTEN FREE MUFFINS.....	\$4.00
GLUTEN FREE COOKIES.....	\$2.50

PIZZERIA FAVORITES

****WE HAVE GLUTEN FREE CRUST** IN THE
9 INCH SIZE PLEASE ASK WHEN PLACING
YOUR ORDER**

CREATE YOUR OWN PIE

CHEESE PIZZA:	9 INCH \$9.00	16 INCH \$13.25
EACH TOPPING	9 INCH \$1.85	16 INCH \$3.00

TOPPINGS

PEPPERONI, ITALIAN SAUSAGE, CANADIAN BACON,
GRILLED CHICKEN, PINEAPPLE, MUSHROOMS,
TOMATOES, BELL PEPPERS, BLACK OLIVES,
ARTICHOKE HEARTS, EXTRA CHEESE, FRESH BASIL,
RED ONIONS, JALAPEÑOS



CALZONES \$10

PREPARED STUFFED WITH A MIXTURE OF RICOTTA,
PARMESAN, MOZZARELLA CHEESES & RED SAUCE
YOUR CHOICE OF INGREDIENTS FROM OUR LIST OF
FRESH PIZZA TOPPINGS. ADD ADDITIONAL STUFFING'S
FOR \$1.35 EACH

ITALIAN FAVORITES \$10

LASAGNA — PASTA LAYERS STUFFED WITH A BLEND
OF RICOTTA CHEESE, MOZZARELLA CHEESE, ITALIAN
SEASONED GROUND BEEF & SAUSAGE — BAKED WITH
MARINARA & MELTED MOZZARELLA CHEESE

RICOTTA STUFFED MANICOTTI — OVEN BAKED
TOPPED WITH MARINARA & MELTED MOZZARELLA
CHEESE

THE HOT OR COLD ITALIAN SUB \$9.50

WHOLE WHEAT HOAGIES COLD OR OVEN TOASTED
WITH CAPRICOLA, SALAMI, PEPPERONI, ITALIAN
DRESSING & PROVOLONE CHEESE — WITH LETTUCE &
TOMATO SERVED WITH PARMESAN POTATO CHIPS

BRYCE WINGS

OVEN ROASTED THEN TOSSED IN SPICY CHIPOTLE
BBQ SAUCE — HOT OR MILD WITH BLUE CHEESE
DRESSING

6 PIECE \$6.95 12 PIECE \$13.75

SALAD

ITALIAN GARDEN — FRESH GREENS, RED ONION,
OLIVES, TOMATOES & MOZZARELLA CHEESE WITH
CHOICE OF DRESSING — RANCH, BLUE CHEESE OR
ITALIAN..... SMALL \$4.25 LARGE \$6.95

DESSERT \$6.75

CANNOLI — FLAKY FRIED PASTRY CRUST STUFFED
WITH CREAMY VANILLA RICOTTA CHEESE AND
CHOCOLATE CHIPS

AMARETTO SPUMONI CHEESECAKE — LAYERS
PISTACHIO, AMARETTO & RUM CHEESECAKE WITH
GRAHAM CRACKER CRUST. TOPPED WITH WHIP
CREAM, CHERRIES AND CHOPPED PISTACHIO

"Healthy Parks Healthy People"

IMPORTED BEER \$5.50

HEINEKEN & SPECIALTY SELECTION

DOMESTIC BEER \$4.75

MILLER LIGHT & BUDWEISER

WHITE WINE

CASTLE CREEK — CHARDONNAY

GLASS \$9 BOTTLE \$45

MOAB, UTAH - THIS LOCAL VINTAGE PRESENTS SUBTLE FRUIT, A CITRUS BOUQUET WITH MEDIUM BODY. HINTS OF MELON MAY ALSO INTRODUCE THEMSELVES.

BELLA SERA — PINOT GRIGIO

GLASS \$8.50 BOTTLE \$42

TRE VENEVIE REGION, ITALY - CRISP AND REFRESHING, ENHANCED WITH FLORAL CHARACTERISTICS FOR GREATER AROMATICS AND COMPLEXITY.

RED WINE

FREY — CABERNET SAUVIGNON

GLASS \$10 BOTTLE \$49

MENDOCINO COUNTY, CALIFORNIA - AMERICA'S 1ST ORGANIC WINERY, A SULFITE FREE TREASURE. BLACK CHERRY, BERRY & HERB AROMAS FOLLOW THROUGH ON A SUPPLE ENTRY TO A DRY, FRUITY FULL BODY. NUTMEG NOTES THAT FINISH WITH A CRISP, TONGUE COATING DUSTY TANNIN FADE

RUFFINO — CHIANTI

GLASS \$7.75 BOTTLE \$38

CENTRAL COAST, ITALY

TRADITIONAL ITALIAN OFFERING DRY BUT FRUITY

NON-ALCOHOLIC BEVERAGES

FOUNTAIN DRINKS, ICED TEA \$2.75

SAN PELLEGRINO SPARKLING WATER \$4.00

CAN SODA'S TO GO AVAILABLE
COKE, DIET COKE & SPRITE 2.00

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 2012 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 and produced items. Our beef, chicken & pork is grown with minimal use of hormones & antibiotics & regionally grown. 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, dips & glazes 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.

THIS MENU IS PRINTED ON RECYCLED PAPER