



**Signal Mountain Lodge**  
GRAND TETON NATIONAL PARK



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# EGG-CETERA

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## Rancher 7.25

Two large eggs made to order with hashbrowns and your choice of toast or buttermilk biscuit.

*With ham, bacon or sausage 8.50*

*With buffalo sausage 9.75*

## Prospector 7.25

Two large eggs made to order with two large hotcakes.

*With ham, bacon or sausage 8.50*

*With buffalo sausage 9.75*

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# BENE-NANZA

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## Eggs Benediçt 10.50

Grilled English muffin topped with shaved ham, two basted eggs, and hollandaise sauce. Served with hashbrowns.

## Benediçt Florentine 10.50

Grilled English muffin topped with fresh spinach, tomatoes, Portobello mushroom, two basted eggs and hollandaise. Served with hashbrowns.

## Trout Cake Benediçt 10.50

Grilled English muffin topped with homemade trout cakes, two basted eggs and hollandaise. Served with hashbrowns.

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## ABOUT OUR EGGS

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All of the eggs we serve from come sustainably raised, cage-free, vegetarian fed hens.



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# OMELETTES & SKILLETTS

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## The Healthy Start Omelette 10.25

An egg white omelette stuffed with spinach, Portobello mushroom, tomatoes and feta cheese. Served with fruit and your choice of toast or buttermilk biscuit.

## Teton Omelette 10.25

Sautéed onions and peppers, with smoked honey ham and a cheddar/jack cheese blend. Served with hashbrowns and your choice of toast or buttermilk biscuit.

## Mountain Man Omelette 10.50

Buffalo sausage, mushrooms, onions, peppers, and a cheddar/jack cheese blend. Served with hashbrowns and your choice of toast or buttermilk biscuit.

## Glacier Skillet 10.50

Two scrambled eggs, mushrooms, onions, peppers, tomatoes and broccoli placed over hashbrowns. Topped with melted feta and a jack/cheddar cheese blend. Served with your choice of toast or buttermilk biscuit.

## Organic Eyeopener Skillet 11.25

Organic pan browned potatoes topped with two organic eggs and smothered with an organic vegetable mixture and Cabot white cheddar cheese. Served with your choice of toast or buttermilk biscuit.

## Idaho Trout Skillet 10.50

A filet of pan seared Idaho trout with lemon parsley butter, onions, peppers, mushrooms and Cabot white cheddar cheese over hashbrowns and two scrambled eggs. Served with your choice of toast or buttermilk biscuit.

**\*Gluten-Free options available. Ask your server for our gluten-free menu.\***

*No-cholesterol eggs are available for scrambled eggs, omelettes and skilletts.*


*All cooking oils used at the Trapper Grill contain zero trans fatty acids.*

*An 18% gratuity will be charged on parties of 6 or more.*



*Denotes item(s) are made with organic/sustainable ingredients.*

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# BREAKFAST SPECIALTIES

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 **Hiker 8.35**

Your choice of steaming hot organic steel cut oatmeal or cold cereal with toast or buttermilk biscuit.  
Served with fruit and a juice of your choice.

**Early Riser Sandwich 7.80**

Your choice of biscuit or English muffin, one egg, grated cheddar/jack cheese blend with your choice of ham, bacon or sausage. Served with a side of hashbrowns.

**Backpacker Burrito 9.65**

Two scrambled eggs with peppers, chorizo sausage, onions, green chilis and a cheddar/jack blend rolled in a grilled tortilla. Topped with a red chili sauce and sour cream. Served with salsa and hashbrowns on the side.

 **Buffalo Bill 8.95**

Homemade buttermilk biscuits smothered with our own buffalo sausage gravy and served with hashbrowns.

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## FROM THE GRIDDLE

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**Hotcakes 7.85**

Three large golden brown griddle cakes topped with whipped butter and served with maple syrup.

**Short Stack 5.25**

**French Toast 7.85**

Two slices of thick cut sourdough, hand dipped in French toast batter and cooked to perfection on a hot griddle. Topped with whipped butter, confectioner's sugar and served with maple syrup.

**Wrangler 9.10**

Two slices of thick cut sourdough French toast with your choice of bacon, sausage or ham.

**Wild Blueberry Hotcakes 8.85**

Three large golden brown griddle cakes topped with our homemade wild Maine blueberry sauce.

**Blackberry Stuffed French Toast 8.85**

Two slices of thick cut sourdough, batter dipped and grilled. Stuffed with homemade blackberry sauce and cream cheese.

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## FROM THE BAKERY & PANTRY

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**The Teton Sticky Bun 3.75**

 **The Morning Glory Muffin 3.50**

Carrots, apples, coconut, raisins and walnuts in a tasty whole wheat batter.

**Fresh Baked Muffin of The Day 3.50**

**Grapefruit 3.75**

 **Fresh Fruit and Organic Yogurt 8.25**

A variety of the day's fresh fruit served with organic yogurt.

 **Organic Granola 4.25**

A naturally sweetened granola with a blend of fruit and nuts.





**Bagel 3.85**

Served with cream cheese.

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## ON THE SIDE

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 <b>Organic Steel Cut Oatmeal</b>	5.00	<b>Homemade Buttermilk Biscuit</b>	2.05
<b>Dry Cereal</b>	4.25	<b>English Muffin</b>	2.20
<b>Banana</b>	2.00	<b>One Egg</b>	1.90
<b>Strawberries</b>	2.60	<b>Two Eggs</b>	2.70
 <b>Organic Yogurt</b>	2.25	<b>Hashbrowns</b>	2.90
 <b>Buffalo Sausage Gravy</b>	3.95	<b>Bacon, Sausage or Ham</b>	3.95
<b>Toast</b>	2.10	 <b>Buffalo Sausage</b>	4.95

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# Welcome to the Trapper Grill Restaurant



Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you and the storms their energy, while cares will drop off like autumn leaves. – *JOHN MUIR*

## Signal Mountain Lodge's Environmental Commitment

Signal Mountain Lodge recognizes the obligation to its guests, staff members and national park visitors of current and future generations to operate in a manner that is not only environmentally responsible, but helps set the standard for lodging properties and national park concession operations.

We have had extensive recycling and green procurement programs in place since 1991 and are extremely proud of our recent achievements of the Green Star Award, Green Seal Certification, and ISO 14001 Certification. We are also members of the Green Restaurant and Green Hotels Associations and participate in the EPA's Performance Track and Waste Wise programs. Here at Signal Mountain Lodge we are constantly striving to improve our programs to become the best possible stewards for our environment.



## Popular Hikes in Grand Teton National Park

**Leigh Lake** ~ This trail starts from the String Lake picnic area, approximately 2 1/2 miles from North Jenny Lake Junction on the one-way Jenny Lake Loop Road. Follow the Valley Trail to the trail junction at the stream joining Leigh and String Lakes. The trail affords views not only of interesting geologic features, such as a diabase dike dating back 1.5 billion years, but also present day glacier activity on the sides of Mount Moran. An additional feature is the opportunity to view fire ecology up close at the north end of Leigh Lake. Lightning ignited a fire on Mystic Isle in 1981. Winds blew fir brands across the lake to forests along the shore. Young lodgepole pine, shrubs and flowers now blanket the area.

**Bradley/Taggart Lakes** ~ The Bradley/Taggart Lake Trail parking area is on the Teton Park Road, one half mile south of the Cottonwood Creek Bridge, about 3 miles south of South Jenny Lake Junction. A lightning ignited fire swept over 1,000 acres before rain and cooler weather allowed firefighters to contain it. Hikers now see lush grasses and colorful displays of flowers. Lodgepole pine have germinated and shrubby growth is abundant. Unburned forests at Bradley Lake provide a vivid contrast.

**Hidden Falls, Inspiration Point and Cascade Canyon** ~ This hike can be done by walking around the south shore of Jenny Lake to the boat launch area on the west side of Jenny Lake and then hiking to the falls (total 2 1/2 miles) or by riding the scenic boat across Jenny Lake and hiking along the rushing waters of Cascade Creek. Suddenly the hiker is faced with a spectacular cascade known as Hidden Falls. Towering peaks, mountain streams and wildlife provide many photographic challenges. From Hidden Falls the trail climbs another 1/2 mile to Inspiration Point, which offers a panoramic view of Jackson Hole. At this point the trail becomes fairly level for the next 3 1/2 miles as the hiker gains unprecedented views of Teewinot Mountain, Mount Owen and Grand Teton.

**Amphitheater Lake** ~ This trail departs from the Lupine Meadows parking area. It is reached by a one lane, winding dirt road located about 1/2 mile south of South Jenny Lake Junction. Follow the road about 1 1/2 miles (it is fairly well marked) to the parking area. The lake is at 9,698 feet and nestled east of Disappointment Peak in the shadow of the Grand Teton. The trail climbs steadily for 4.8 miles from the parking area and provides the opportunity to view changes in plant communities with increased elevation. Panoramic views of the valley and looks at the peaks' details abound.

### Safety Hints

~ Cool, crystal streams look inviting and tempting to drink. As more and more people hike and camp in the backcountry, however, the incidence of intestinal infection from drinking untreated water is increasing. Carry plenty of water with you.

~ Snow melts gradually leaving valley trails clear by mid June and canyon trails by late July. Check with the National Park Service for up-to-date information on the trail conditions.

~ Teton weather is extremely unpredictable with afternoon thunderstorms quite common in July and August. Carry rain gear and cool weather gear with you.

~ All park animals are wild and unpredictable. Large animals are surprisingly quick and powerful. Many small animals carry diseases and should never be handled. No matter how convincingly they beg, feeding animals is prohibited.