

*Snowgoose
Grille*

DINNER MENU

St. Mary Lodge & Resort

Glacier National Park

Established 1933

WINE WITH YOUR DINNER

With any entrée add a glass of our house wine for \$5.00
Choose a Chardonnay, Blush, Merlot, or Cabernet Sauvignon

APPETIZERS

SAGANAKI "FLAMING" CHEESE 10.99

*Melted Kasseri cheese, sautéed and flamed at your table, served with grilled pita bread
A sure crowd pleaser!*

FRIED CALAMARI 9.99

Lightly floured and flash fried crispy, served with lemons and red pepper aioli sauce

SHRIMP SCAMPI 12.99

Shrimp sautéed with butter, lemon, garlic and white wine

CARRIBEAN WINGS 9.99

Caribbean spiced wings served with celery and Bleu cheese

ARTICHOKE, PESTO & SPINACH DIP 9.99

*Creamy Alfredo pesto dip mixed with artichokes, spinach Parmesan and Mozzarella cheese,
served with blue tortilla chips*

HUMMUS 9.99

Our homemade fresh hummus served with grilled pita bread

18% Service Charge added to all groups of 8 or more

SALADS

Served with warm fresh baked bread and butter

SUMMER SALAD 10.99

with chicken or tofu 12.99 or with salmon 14.99

*Crisp greens, tomatoes, Granny Smith apples, pecans, Bleu cheese crumbles,
served with our Huckleberry vinaigrette*

CAESAR SALAD 11.99

with chicken or tofu 13.99 or with salmon 15.99

Crisp romaine, shredded Parmesan, croutons, served with Caesar dressing

GREEK SALAD 11.99

with chicken or tofu 13.99 or with salmon 15.99

*Crisp greens with tomatoes, cucumbers, Kalamata olives, Feta cheese, red onions,
served with Greek Feta dressing*

GRILLED CHICKEN & SPINACH SALAD 12.99

*Warm grilled breast of chicken, spinach leaves, mushrooms, tomatoes, red onions,
shredded Parmesan, with balsamic vinaigrette*

SOUPS & MORE

INDIAN TACO 12.99

*Indian fry bread covered in Bison & Elk Chili, topped with Cheddar cheese,
sour cream with dollop of basil remoulade*

BISON & ELK CHILI 10.99

Our homemade Bison & Elk chili, topped with basil remoulade and Cheddar cheese

CHICKEN NOODLE SOUP 6.99

SOUP D'JOUR 8.99

BISON, BEEF & MORE

(Entrees are served with your choice of two of the following sides: garlic mashed potatoes, steak cut fries, baked potato, roasted zucchini medley, green beans or steamed broccoli)

Add a house salad for \$4.99 and a glass of house wine for \$5.00 !

BISON MEATLOAF 22.99

Favorite among locals, made with truffle oil, peppers, onions and special seasonings topped with a dark brown mushroom sauce

SMOKED PRIME RIB

16oz. Cowboy Cut 33.99 8oz. Ranch Hand Cut 24.99

BISON COWBOY STEAK (12oz) 39.99

Gilled rib-eye served with a side of horseradish sauce

GRILLED ELK MEDALLIONS 36.99

Tender cut elk grilled to perfection topped with a Huckleberry reduction

FILET MIGNON 28.99

Our finest cut wrapped in bacon with a dark brown mushroom sauce

SIZZLIN SMOTHERED SIRLOIN (12oz) 21.99

Tender flame grilled Sirloin, Topped with grilled mushrooms & onions

RACK OF RIBS 21.99

Our homemade smoked and BBQ'd basted ribs

CHICKEN FRIED STEAK 17.99

Hearty portion smothered in sausage gravy, served only with fries or garlic mashed potatoes

HEARTY DOUBLE CHILI BURGER 17.99

Two burger patties served open face on a Kaiser roll, smothered with our famous Bison-Elk Chili topped with Cheddar cheese and onion served only with fries

CHICKEN

(Garlic mashed potatoes, steak cut fries, baked potato, roasted zucchini medley,
green beans or steamed broccoli)

Add a house salad for \$4.99 and a glass of house wine for \$5.00 !

RANCH ROASTED CHICKEN 19.99

Half rotisserie chicken, perfectly seasoned served with two choices of sides

CHICKEN PARMESAN 20.99

*Breaded chicken breast topped with Mozzarella and Parmesan cheese
served on a bed of linguini Marinara*

BREAST OF CHICKEN with CHERRY SAUCE 22.99

*Chicken lightly dusted with seasoned flour sautéed and topped with our
signature cherry cream sauce served with two choices of sides*

LEMON CHICKEN 23.99

*Chicken lightly dusted with seasoned flour sautéed with lemon,
butter, white wine and cream, and then finished off with
capers served with two choices of sides*

CHICKEN MARSALA 23.99

*Chicken lightly dusted with seasoned flour sautéed and topped with a
wonderful wild mushroom Marsala sauce served with two choices of sides*

FROM THE WATER

(Entrees are served with your choice of two of the following sides:

Garlic mashed potatoes, steak cut fries, baked potato,
roasted zucchini medley, green beans or steamed broccoli)

Add a house salad for \$4.99 and a glass of house wine for \$5.00 !

RAINBOW TROUT 24.99

Herb seasoned and seared, topped with a balsamic glaze

ST. MARY'S WHITEFISH 23.99

Whitefish filet grilled and topped with a lemon butter garlic sauce

SALMON 24.99

Fresh Alaskan salmon blackened or grilled, with a side of Whiskey BBQ sauce

PAN SEARED TUNA 24.99

*Coated with white and black sesame seeds and
pan seared to your liking, atop baby spinach
and topped with a balsamic reduction*

OLD ENGLISH STYLE FISH AND CHIPS 15.99

*Generous portion of beer battered Cod
with side of fresh basil remoulade & fries**

THE MONTANA SAMPLER

(No Substitutions Please)

Dinner for two (try it all, you will not be disappointed)

Saganaki "Flaming" Cheese Appetizer

Caesar Salad for two

Generous portions of:

Bison Prime Rib, Elk Medallions, Whitefish, and Shrimp Scampi

Huckleberry Apple Crisp

\$79.99

\$89.99 with a bottle of wine (choice of house red or white)

COMBINATION DINNER ENTRÉE'S

(No Substitutions Please)

(Entrees are served with your choice of two of the following sides: Garlic mashed potatoes, steak cut fries, baked potato, roasted zucchini medley, green beans or steamed broccoli)

Add a house salad for \$4.99 and a glass of house wine for \$5.00 !

8 oz PRIME RIB AND SHRIMP SCAMPI 38.99

8 oz PRIME RIB AND SALMON 39.99

12 oz SIRLOIN AND TROUT 31.99

12 oz SIRLOIN AND CHERRY CHICKEN 29.99

SALMON AND SHRIMP SCAMPI 39.99

PASTA DINNERS

Add a house salad for \$4.99 and a glass of house wine for \$5.00 !

LINGUINE BOLOGNASE 15.99

Linguine topped with our special blend of Marinara meat sauce and Parmesan

MONTANA SAUSAGE & CHICKEN LINGUINE 18.99

Montana spicy sausage and marinated grilled chicken sautéed with jalapeno chilies, red onion, wilted greens, and wild mushrooms

SNOWGOOSE BASIL CHICKEN FETTUCCHINE 18.99

Marinated grilled chicken breast, basil, mushrooms tossed in a creamy Alfredo sauce and topped with a three cheese blend

GRILLED SALMON FETTUCCHINE 20.99

Fettuccine tossed with a rich Marinara cream sauce and fresh broccoli, topped with grilled salmon

CHICKEN PESTO LINGUINE 19.99

Chicken, roasted zucchini, garlic and cherry tomatoes tossed in our basil pesto cream sauce

JOEY'S LASAGNA 19.99

A blend of Italian sausage, seasoned ground beef, fresh basil and herbs layered with a blend of Ricotta, Mozzarella and Parmesan Cheeses, and our signature Marinara sauce

SHRIMP FETTUCCHINE 24.99

Sautéed shrimp and tomatoes, tossed with herb garlic oil and fettuccine

PARMESEAN CRUSTED WALLEYE 24.99

Walleye coated in a Parmesan crust, baked and topped with Mozzarella, served on linguine Marinara

VEGETARIAN CHOICES

Add a house salad for \$4.99 and a glass of house wine for \$5.00 !

MARINARA LINGUINE 11.99

Linguine topped with our homemade Marinara and Parmesan

FETTUCCHINE ALFREDO 12.99

Fettuccine topped with a rich creamy garlic Alfredo sauce and Parmesan

EGGPLANT PARMESAN 14.99

Breaded eggplant, coated in a Parmesan crust and topped with Mozzarella cheese and Marinara sauce served on a bed of linguine

VEGGIE LASAGNA 16.99

A unique blend of Feta, Ricotta and Parmesan cheeses, layered with a fresh basil pesto, spinach, roasted zucchini, and Marinara cream sauce

STUFFED PORTABELLA LINGUINE 16.99

Baked Portabella mushroom stuffed with a spinach, garlic and cheese mixture atop a bed of linguine all covered with a creamy Alfredo sauce

EXTRA VIRGIN OLIVE OIL & GARLIC LINGUINE 11.99

A light blend of extra virgin olive oil sautéed with fresh garlic tossed with linguine and topped with Parmesan cheese

BOCA VEGGIE BURGER 11.99

*Topped with Cheddar Jack cheese and served on a Kaiser bun, served with fries**

**these items served with fries only*

Welcome to Glacier National Park and St. Mary Lodge & Resort,

What is the difference between bison and buffalo?

'Buffalo' is the popular name often used to describe North American bison; however, this is a misnomer. In fact, buffalo are distinctly different animals from bison. Although both bison and buffalo belong to the same family, Bovidae, true 'buffalo' are native only to Africa and Asia.

The **Buffalo** that Americans refer to is actually a **Bison**. It is also called the American Buffalo. It is the heaviest land animal in North America. It lives in parks and reserves, inhabiting flat grasslands. Bison can run at speeds up to 30 mph (48 kph). Although the bison almost went extinct in the late 1800's due to over-hunting, it is now recovering.

Some interesting nutritional facts about bison:

- Roasted bison has approximately **60% more calcium, 500% more iron, 350% more zinc** than roasted skinless chicken breast.
- Roasted Bison has approximately **55% more calcium 35% more iron** than broiled inside top round beef steak.
- Roasted Bison has approximately **200% more iron, 30% more zinc, 30% more potassium** than pan-fried loin rib end pork chops.

NUTRITIONAL INFORMATION ON ELK					
	ELK	BEEF	CHICKEN SKINLESS	CHICKEN WITH SKIN	PORK
Protein(g)	22.90	17.23	21.39	18.60	18.95
Total Fat (g)	1.45	24.05	3.08	15.06	14.95
Saturated Fat (g)	0.53	9.75	0.79	4.31	5.28
Cholesterol (mg)	55	74	70	75	67

Facts about these MAJESTIC animals

1. Although we sometimes call them "Buffalo", they are actually North American Bison.
2. Bison are no longer an endangered species. There are over 300,000 bison in North America.
3. Bison meat has fewer calories and less cholesterol than chicken, fish or ostrich.
4. Because there is much less fat in bison than beef, you get much more edible meat for your money.
5. Bison does not taste like wild game meats. It does taste like the best quality beef you remember.
6. Bison is the only meat we know of that is non-allergenic.
7. Bison are the only mammals not to contract cancer.
8. Bison was the main diet of the plains Indians. If you study their history you will find that:
 1. They didn't contract cancer
 2. They didn't have heart disease or heart attacks
 3. They lived to be 85 or 90 years old & scientists suggest they would live to be 125 with better dental care.
9. According to studies eating bison 3-4 times per week can help most people reduce LDL cholesterol 40 to 45% over a 6 month period.
10. Bison can be substituted for beef in any recipe that calls for beef. The possibilities are endless.
11. Because of lower fat content, bison will cook faster than beef.
12. Bison can easily outrun and out-manuever most horses & can jump a 6 foot fence with the agility of a deer.