

*Snowgoose
Grille*

LUNCH MENU

Served From 11AM – 5:00PM

SALADS

Summer Salad	8.99
Crisp salad greens, tomatoes, pecans, Granny Smith apples, Bleu cheese crumbles, topped with Huckleberry vinaigrette	
Caesar Salad	9.99
Crisp romaine, shredded Parmesan, house made croutons, with Caesar dressing	
Add to Summer Salad or Caesar Salad	w/ Chicken 11.99
	w/ Tofu 11.99
	w/ Salmon 13.99
Grilled Chicken & Spinach Salad	11.99
Warm grilled chicken breast, spinach, mushrooms, tomatoes, red onion, shredded Parmesan cheese with balsamic vinaigrette	
Greek salad	10.99
Crisp salad greens, tomatoes, cucumbers, Kalamata olives, Feta cheese, red onion, with Greek Feta dressing	
	w/ Chicken 12.99
	w/ Tofu 12.99
	w/ Salmon 14.99

SOUPS

Snowgoose Bison and Elk Chili	9.99
Our homemade Bison & Elk chili, topped with a basil remoulade and Cheddar cheese	
Chicken Noodle Soup	6.99
New England Clam Chowder	7.99

An 18% gratuity is charged to groups of 8 or more

SANDWICHES

Served with fries or coleslaw

The Lazy Hiker Burger	9.99
A classic burger, topped with Cheddar cheese served on a Kaiser roll	
	With Bacon 11.99
The Blomfield Buffalo Burger	10.99
A ground buffalo burger topped with ancho-chili spiced onions, peppers, and organic Montana Bleu cheese served on a Kaiser roll	
Rainbow Trout Sandwich	11.99
Blackened trout with fresh basil remoulade served on grilled Ciabatta	
Johnny's Famous Chicken Sandwich	11.99
Grilled seasoned chicken breast, topped with melted Swiss cheese, bacon, avocado, lettuce, and tomato served on grilled Ciabatta, with a chipotle mayonnaise	
Smoked Prime Rib Sandwich	12.99
Smoked Prime Rib sautéed with caramelized onions, wild mushrooms, Cheddar Jack cheese all served on grilled Ciabatta	
"The Gobbler" Sandwich	9.99
Smoked turkey piled high on grilled Sourdough bread topped with bacon, Swiss and Cheddar cheese, avocado, lettuce and tomato	
The Car Hiker Sandwich	9.99
Bacon, lettuce, tomato with a chipotle-mayo on grilled Sourdough	
<i>(A.K.A Classic BLT with a twist!)</i>	
Salmon Sandwich	12.99
Salmon brushed with wholegrain mustard, topped with a whiskey BBQ sauce, served on grilled Sourdough bread	

VEGETARIAN CHOICES

Served with fries or coleslaw

The “Amazing” Grace	9.99
Seasoned grilled tofu, tomatoes, spinach, Swiss cheese complimented with a chipotle mayo, served on grilled Sourdough bread	
The Environmentalist	9.99
Swiss cheese, avocado, red onion, with sautéed wild mushrooms served on grilled Sourdough bread	
Boca Veggie Burger	9.99
Topped with Cheddar Jack cheese and served on a Kaiser roll	
Spicy Black Bean Burger	9.99
Topped with Swiss cheese, ancho-chili spiced peppers, onions and complimented by red pepper aioli all served on a Kaiser roll	
Snowgoose Grilled Cheese	8.99
Cheddar Jack cheese, roasted tomatoes, topped with a fresh basil remoulade on Sourdough bread	

LUNCH SPECIALTIES

Indian Taco	10.99
Indian fry bread covered with Bison and Elk Chili, topped with Cheddar cheese, sour cream and basil remoulade	
Chicken fried Steak	13.99
Hearty portion smothered in sausage gravy served with fries or coleslaw	
Old English Style Fish and Chips	13.99
Generous portion of beer battered Cod with a side of fresh basil remoulade & fries	

WRAPS

Served with fries or coleslaw

Rocky Mountain Wrap	9.99
Sliced smoked turkey and ham, Cheddar Jack, lettuce and tomato with a chipotle mayonnaise	
Chicken Caesar Wrap	9.99
Strips of seasoned grilled chicken breast, lettuce and grated Parmesan cheese all tossed in our Caesar dressing	
The Outdoorsman Wrap	9.99
Grilled chicken breast, bacon, lettuce, tomato and Cheddar Jack cheese tossed in a Ranch dressing	
The Rancher Wrap	12.99
Smoked prime rib, lettuce and tomato with a three cheese medley and mayonnaise	
The Angler Wrap	11.99
Salmon, capers, lettuce and diced tomato with a dill cream cheese.	
Three Cheese Veggie Wrap	8.99
Crumbled Bleu cheese, Cheddar, and Jack cheese with baby spinach, mushrooms, tomato, avocado and a basil remoulade	
The Tofu Wrap	9.99
Tofu, tomatoes, spinach, avocado, roasted zucchini, Cheddar Jack cheese and red pepper aioli	

BEVERAGES

100% Organic café roast coffee	2.50	<i>It's 5 o'clock somewhere!</i>	
Hot Tea (Green, Black, Herbal)	2.50	Beer (domestic)	3.00
Hot Chocolate	3.00	Whiskey	2.50
Juice: Orange, Cranberry, Apple		Tequila	2.50
8oz	3.25	Hot Coco & Crown Royal	6.00
12oz	4.25	Bloody Mary or Caesar	6.00
Milk	2.50	Pellegrino	3.50
Soft Drinks	2.50	Mimosa with split of Champagne	7.00

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-maneuver most horses & can jump a 6 foot fence with the agility of a deer.