

# *Breakfast Menu*

Served From 7:00am-8:30am

## **Two Eggs, any style \$7.00**

Organic eggs prepared to your liking, served with seasoned breakfast potatoes, toast and choice of ham, bacon or sausage links.

## **Flapjacks \$7.50**

Three jumbo sized Flapjacks served hot off the grill with sausage links, butter, and syrup.

## **French Toast \$7.50**

Three generous slabs of golden sourdough French Toast lightly dusted with powdered sugar. Served with premium ham and hot syrup.

## **Kneut's Omelet \$9.50**

Three farm fresh organic eggs prepared omelet style stuffed with ham, bell pepper, cheddar cheese, and diced onions. Served with seasoned breakfast potatoes and toast.

## **Day on the Lake Skillet \$9.50**

Three farm fresh organic eggs prepared omelet style, stuffed with bacon, ham, sausage, bell peppers, diced tomatoes, green onion and cheddar cheese. Served with seasoned breakfast potatoes and toast.

## Light Choices

### **The "Jay" Stroke \$6.50**

Granola, toast, and your choice of grapefruit half, cantaloupe or honeydew slice.

### **The "Light" House \$5.25**

Fresh fruit assortment served with plain yogurt and toast.

## Beverages



\*Organic Coffee ...\$2.00



\*Organic Hot Tea...\$2.00

Hot Chocolate ... \$2.00

Soft Drinks, Iced Tea, Lemonade ... \$2.00

Milk/Juice ... \$2.50



\*Denotes item that contains organic, natural or sustainable items.

## *Lunch Menu*

Served From 12:00pm-1:30pm

### *Soup and Salad \$7.50*

Bowl of homemade soup du jour with tossed greens and a fresh baked roll.

### *Chicken Caesar Salad \$11.75*

Charbroiled chicken breast on romaine greens with lemon, parmesan cheese, croutons, and Caesar dressing.  
Served with a fresh baked roll.

### *Turkey Pita \$11.75*

Shaved turkey breast with lettuce, tomato, red onion, feta cheese, and mayonnaise on whole wheat pita bread with choice of melon, chips, or French fries.

### *Superior Burger \$10.75*

Your choice of a burger or cheeseburger, one-third pound charbroiled and served with lettuce, tomato, pickle, and onion on a grilled bun, with choice of melon, chips, or French fries.

### *Chicken Pepper Jack \$10.75*

Charbroiled chicken breast topped with grilled roasted red pepper and Jack cheese served on a Kaiser roll with choice of melon, chips, or French fries.

### *Veggie Burger \$9.00*

Vegetarian garden burger grilled and served with lettuce, tomato, pickle, and red onion served on a Kaiser roll, with choice of melon, chips, or French fries.

### *Lake Superior Whitefish \$11.75*

Fresh from the lake, pan-fried, with your choice of melon, chips, or French fries.

### *Sliced Pepper Steak Philly \$9.50*

Thinly sliced beef grilled with cheddar cheese, onions and bell peppers on toasted sourdough.

## **Isle Royale's Environmental Commitment**



Here at Rock Harbor Lodge, we are surrounded by breathtaking scenery that includes lush meadows, breathtaking wildlife and unspoiled lakeshore. We believe that we are privileged to work and live in such an amazing landscape, and it is our obligation to protect and preserve it for future generations. It is out of this sense of obligation that we began our programs of environmental stewardship, and we are constantly striving to improve our operations with regards to sustainability.

Rock Harbor Lodge is a member of the Green Restaurant Association, and throughout our menu you will find natural or sustainable grown items. We are proud members of the Green Restaurant and Green Hotels Association. It is our goal to serve as a model of environmentally sustainable practices, and by doing so to help ensure that our children and their children can enjoy the same breathtaking landscapes that we do.

# *Dinner Menu*

Served From 5:30pm-7:30pm

All entrees come with your choice of soup or salad and fresh baked bread.

## **New York Strip \$33.00**

12 oz USDA Choice New York Strip, charbroiled to your liking and topped with imported Gorgonzola cheese. Served with today's vegetable and roasted red potatoes.

## **Pasta "Royale" \$21.25**

Freshly prepared pasta with diced vegetables and braised chicken in a cream sauce.

## **Roasted Pork Tenderloin \$21.25**

Oven roasted and served sliced with a caramelized onion and wild blueberry marmalade. Served with today's vegetable and wild rice pilaf.

## **Chicken Boursin \$21.25**

A fresh chicken breast, stuffed with Boursin cheese, fresh basil and walnuts, lightly coated in breadcrumbs and baked to perfection. Served with a roasted garlic cream sauce, today's vegetable and roasted red potatoes.

## **Roasted Japanese Eggplant \$19.75**

Japanese eggplant, lightly brushed with olive oil and oven roasted to a golden brown. Served fanned on a bed of tomato-caper marinara sauce with crumbled feta cheese and fresh coriander.

## **The Fishing Hole**

### **Superior Lake Trout \$23.00**

8 oz filet fresh caught from Lake Superior, oven baked with lemon and herbs, served with today's vegetable and wild rice pilaf.

### **Grilled Garlic-Lime Shrimp \$28.25**

Five jumbo prawns marinated with garlic and lime and grilled to perfection. Served over our pecan and wild rice pilaf with fresh "pico de gallo"

## **Homemade Desserts**

Dessert of the Day (ask your server) \$3.75

Blueberry Cobbler \$4.25

Ice Cream \$2.00

Sherbet \$2.00

Ala Mode any Dessert, Add \$1.50

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.*