



HOTEL RL
BY RED LION
SALT LAKE CITY

GRAB AND GO MENU

LOCATED AT THE RESTAURANT

Please dial extension **325** to place your order. Most items will take 15 minutes to be ready for pick up, but we'll confirm when you call.

BREAKFAST MENU AVAILABLE 5:45 AM – 11 AM

Fresh Baked Pastries:

- Bran Muffin \$4
- Cranberry Walnut Muffin \$4
- Buttery Croissant \$5

Organic Steel Cut Oats \$7

Oatmeal, bananas, berries, brown sugar and milk

Healthy Start \$9

Seasonal fruit, granola, organic Greek yogurt

Seasonal Quiche \$11

Served with arugula salad

Breakfast Burrito \$10

Scrambled eggs, peppers, bacon, cheddar cheese

BEVERAGES

Naked Juice \$5

LaCroix Sparkling Water \$2.50

Red Bull \$4

Arrowhead Bottled Water \$2

Victrola Drip Coffee
(12oz) \$2.50

Latte/Mocha \$4.75

Americano \$3

Cappuccino \$3.75

ALL DAY MENU AVAILABLE 11AM - 10 PM

HOUSE-MADE SOUPS

Tomato Bisque \$8 bowl

Roasted tomato, cream, fresh herbs and served with grilled bread

Steak Chili \$9 bowl

Three bean steak chili, sweet potatoes and a fried egg. Served with cornbread and butter

Soup of the Day \$6 bowl

GREEN, CRUNCHY AND REALLY GOOD

Avocado Toast \$10

Crushed avocado, radish and green onion

Roasted Veggie Hummus Plate \$11 ^{GF} ^V

Roasted beet and carrot hummus with vegetables and grilled flatbread

Pear and Apple Salad \$10 ^{GF} ^V

Spring mix, diced apples and pears, sliced candied almonds, dried cranberries, lemon vinaigrette

Classic Caesar Salad \$10

Romaine hearts, Caesar dressing, anchovy caper garlic dust, croutons, parmesan, anchovies

Cobb Salad \$10 ^{GF}

Romaine, cucumber, tomato, blue cheese, bacon, olives, avocado, boiled egg

ADD PROTEIN TO YOUR SALAD:

Hard Boiled Egg \$2 | Chicken \$6 | Salmon \$9

SOMETHING HEARTY

The Meltdown \$11

Sourdough grilled cheese sandwich with tomato bisque

Caprese Flatbread \$11

Tomatoes, pesto, fresh mozzarella, basil, extra virgin olive oil, aged balsamic

Pulled Pork Flatbread \$11

HighWest BBQ pulled pork, beehive cheddar, green onions

Chicken and Arugula Flatbread \$11

Spiced chicken, arugula, roasted red peppers, beehive cheddar, roasted garlic, chili pepper flakes

RL Ultimate Burger* \$14

1/2lb beef burger, cheddar cheese, lettuce, tomato, red onion, dill pickle and French fries

Add bacon \$2

Classic Rueben \$14

Thick cut corned beef, sauerkraut, swiss cheese and Russian dressing on marble rye. Served with French fries

Taco Bowl \$12

Citrus rice, black beans, pickled vegetables, shredded romaine, cheese, avocado, green tomatillo salsa. Pick one protein:

Pork Carnitas with Red Onion

Carne Asada with Pineapple Salsa

Chicken Adobo with Avocado

Cauliflower Pastor

PNW Salmon \$26

Wild salmon, roasted fingerlings and roasted veggies

DESSERT

Beehive Cookie \$4

*Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase the risk of food-borne illness especially in children or people with certain medical conditions.