



Banff Springs Hotel

in the - Canadian Rockies

Canadian Pacific

LUNCHEON

TABLE D'HOTE

Chilled Juices: Tomato Pineapple, Apple, Prune
Homemade Antipasto Chilled Cantaloupe Seafood Cocktail
Iced Celery, Radishes, Green Onions

Vegetable Soup, Mountaineer Consomme With Noodles
Essence of Beef or Tomato in Jelly

Fried Filet of Sole, Tartare

-- Choice of --

Poached Eggs on Spinach, Mornay
From Grill [10 mins.] Canadian Ham Steak, Apple Sauce
Scalloped Tenderloin of Beef and Kidney, Dutch Style
Chicken Pot Pie, Banff Springs
Roast Leg of Spring Lamb, Mint Sauce

COLD SELECTIONS —

Combination Fruit Salad Plate, Banana and Nuts, Vita Weat
Spring Salmon, Mayonnaise, Egg and Cucumber
Veal and Ham Pie, Potato Salad, Mustard Pickles

Swiss Chard Tops, Lyonnaise White Turnips, Fine Herbs
Potatoes - Boiled Mashed Boulangerie

SALADS ---

Heart of Lettuce Lettuce, Egg and Tomato
Cole Slaw, Carrot and Beet

Apple Pie, Plain or a la Mode Strawberry Bavarian Cream
Ice Cream or Sherbet Fresh Berries and Cream
Stewed Fresh Fruit

Fruit Jelly, Chantilly Melon, Plums, Cherries, Pears, Grapes
Kraft or Swiss Cheese and Biscuits

Tea Coffee Postum Milk

\$1.50

Table d'Hote Meals:
Breakfast, 7 to 10:00 Luncheon, 12 to 2:30 Dinner, 6 to 8.30
For your Picnic Party -- The Head Waiter will gladly arrange
to have suitable Lunches prepared.

Announcements

CONCERTS
at Dinner, in the Alhambra Dining
Room Foyer at 7.30 p.m.

DANCING
in the Ballroom, 10.00 to 12.00
midnight.

TEA SERVED
in Riverview Lounge, 4.00 to 5.30.

THE TAVERN
is situated on the Terrace Floor

For Your Entertainment

Golfing
Riding
Motoring
Hiking
Fishing
Swimming
Sun-Bathing
Tennis
Climbing
Boating

Let Miss Woods in the Information
Bureau assist you with your plans



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Luncheon

STAR [★] INDICATES READY TO SERVE

HORS D'OEUVRES

Fruit Cocktail 50 Grapefruit Supreme 60 Green or Ripe Olives 35
 Imported Beluga Caviar 1.50 Foie Gras with Truffle 1.50
 Imported Sardines 75 Rose Radishes 25 Spring Onions 25 Iced Celery 30
 Filets of Anchovy in Oil 65 Hors d'Oeuvres Assorted 80 Smoked Salmon 60
 Roquefort Stuffed Celery 50

COCKTAILS -- Crabmeat 65 Shrimp 65 Seafood 65 Tomato Juice 25

SOUP

★Vegetable, Mountaineer 30; cup 20 ★Consomme with Noodles 30; cup 20
 ★Essence of Beef or Tomato in Jelly, cup 20

FISH

★Fried Filet of Sole, Tartare 75 Steamed Smoked Alaska Cod, Drawn Butter 75

ENTREES AND ROASTS

★Poached Eggs on Spinach, Mornay 70 Jelly Omelette 70
 From Grill [10 mins.] Canadian Ham Steak with Apple Sauce 85
 ★Scalloped Tenderloin of Beef and Kidney, Dutch Style 80
 ★Chicken Pot Pie, Banff Springs 1.00
 ★Roast Leg of Spring Lamb, Mint Sauce 85
 ★Combination Fruit Salad Plate with Banana and Nuts, Vita Weat 80

Chef's Special -- 20 minutes

SIRLOIN STEAK, BANFF SPRINGS 2.00

Stuffed Tomato, Asparagus, Peas, Mushrooms, Potatoes Parisian

VEGETABLES

Corn on Cob 40 String Beans 35 Green Peas 40 Cauliflower 35; with Hollandaise 50
 Asparagus, Butter Sauce 50; Hollandaise 65 Young Carrots in Butter 35
 Sweet Corn 35 French String Beans 40 Stewed Tomatoes 35 Fried Egg Plant 40
 Fresh Spinach 35 French Flageolets Beans 40 Petits Pois 40
 Potatoes - Boiled 20 Mashed 20 Long Branch 25 Fried 25 in Cream 30

COLD BUFFET

B. C. Salmon with Cucumber and Tomatoes, Mayonnaise 80
 Canadian Ham with Potato Salad 80 Boned Capon with Florida Salad 1.00
 Veal and Ham Pie 80 Assorted Cuts 90 - with Chicken 1.00
 Chicken and Ham Pie 1.00
 Prime Ribs of Beef 90 Turkey or Chicken 1.00 Ox Tongue, Potato Salad 80

SALADS

Fresh Lobster 1.15 Crabflake 1.00 Chicken 1.00 Shrimp 1.00 Sliced Tomatoes 35
 Lettuce and Egg 45 Lettuce and Cucumber 45 Lettuce and Tomato 45 Potato 35
 Sliced Cucumber 40 Heart of Lettuce 35 Cole Slaw 35 Asparagus Tips 60
 Half Avocado 50 Combination 50 Waldorf 60 Fruit 65
 Dressing - Roquefort 25 Thousand Island 25 Russian 25 Walnut 25

SWEETS

★Apple Pie, Plain 25; a la Mode 45 ★Strawberry Bavarian Cream 25
 Frozen Chocolate Eclair 45 Vanilla Cup Custard 25 Fruit Tartlet 25
 Fruit Jelly, Chantilly 35
 Parfait Nougatine 45 Frozen Nesselrode Pudding 50 Petits Fours 35
 Charlotte Russe 35 Meringue Glace 50 Cantaloupe Lillian Russell 55
 Ice Cream - Vanilla Chocolate Strawberry Mocha - 35
 Sherbets - Raspberry Lemon Orange Lime - 30

FRUITS

Cantaloupe 35 Casaba Melon 35 Honeydew Melon 40 Grapes 35
 Pears 35 Watermelon 30 Cherries 35 Plums 30
 Grapefruit, half 30 Apples 15 Orange 15 Banana 15
 Fresh Berries and Cream 40 Compote of Stewed Fruit 40 Nuts and Raisins 35

CHEESE

Camembert 40 Canadian Kraft 35 Roquefort 50 Gorgonzola 45 Pimento 35
 Swiss Gruyere 35 Cream Cottage 35 English Stilton 50 Cream Gruyere 40
 Crustless English Cheddar 40 Canadian Stilton 35 Bar-le-Duc Jelly (Red or White) 30

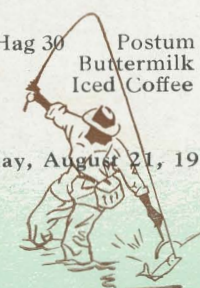
TEA, COFFEE, MILK

Tea 25 Coffee 25 Demi Tasse 15 Sanka or Kaffee Hag 30 Postum 25
 Special Coffee 35 Milk [Individual Portions] 20 Buttermilk 15
 Bread and Butter 15 Iced Tea 25 Iced Coffee 25

Portions are prepared for one person only

Banff Springs Hotel -- in Banff National Park

Monday, August 21, 1939



CANADIAN PACIFIC HOTELS

Coast to Coast

*THE PINES	Digby, N.S.
*LAKESIDE INN	Yarmouth, N.S.
CORNWALLIS INN	Kentville, N.S.
*ALGONQUIN HOTEL	St. Andrews-by-the-Sea, N.B.
MCADAM HOTEL	McAdam, N.B.
CHATEAU FRONTENAC	Quebec, Que.
ROYAL YORK HOTEL	Toronto, Ont.
ROYAL ALEXANDRA HOTEL	Winnipeg, Man.
HOTEL SASKATCHEWAN	Regina, Sask.
HOTEL PALLISER	Calgary, Alta.
*BANFF SPRINGS HOTEL	Banff, Alta.
*CHATEAU LAKE LOUISE	Lake Louise, Alta.
*EMERALD LAKE CHALET	Field, B.C.
EMPRESS HOTEL	Victoria, B.C.

HOTEL VANCOUVER Vancouver, B.C.

[Operated by the Vancouver Hotel Co. Limited on behalf of the Canadian Pacific Railway Company and the Canadian National Railways.]

**These hotels are open in the Summer only.*

