



BREAKFAST

Served 7:00 am until 11:30 am

Ahhh. Morning at Chena!

Today is the first day of the rest of your life. How are you going to spend it? Relaxing? We hope so.

There are many things that you can do today at Chena Hot Springs Resort.

Please check with our Activity Desk for today's menu of outings available or make up your own. Read a book, soak in the pool, hike into the woods, go sit and watch the variety of wildlife scamper around the property.

Let us know if there is anything that we can do to help you enjoy your stay.

Chena Hot Springs Resort has been welcoming tired visitors since 1905. We are delighted to be carrying on this long tradition in Fairbanks, Alaska.

--Bernie and Connie Karl



Chena Starts

Alaskan Start	
Three blueberry pancakes stacked high	14.95
Add two eggs	16.75
Belgian Start	
Two Belgian waffles topped with strawberries and whipped cream	17.75
New York Start	
Lox and cream cheese, "Chena Fresh" tomatoes, onions & capers on toasted bagel with fresh fruit	17.50
Chena Start	
A croissant filled with scrambled eggs, ham and melted cheddar cheese	16.50
With a side of fresh fruit	
French Start	
Three pieces of European-style toast in a sweet cream batter	15.50
Healthy Start	
Hot oatmeal served with milk, brown sugar, raisins and pecans	14.50
With a side of fresh fruit	

Omelets

All omelets are served with Chena potatoes and toast **or** one blueberry pancake

Spinach & Mushroom	
Spinach, mushrooms, black olives, green onions and provolone cheese garnished with sour cream and chopped tomatoes	18.50
Yukon Quester	
Ham, sausage, green bell peppers, onions, mushrooms, cheddar cheese, and topped with tomatoes and Parmesan cheese	19.50
Ham and Cheese	
Ham with a choice of cheddar, Swiss or provolone cheese	19.25
Aurora	
A fluffy combination of onion, green pepper, ham and cheddar cheese	19.50

Breakfast Plates

Little Chena	
Two eggs cooked to order with Chena potatoes & toast OR one blueberry pancake	17.50
Big Chena	
Three eggs cooked to order, your choice of ham, bacon or pork link sausage with Chena potatoes & toast OR one blueberry pancake	19.50
Biscuits and Gravy	
Southern fare served with Chena's special potatoes	12.50
Add two eggs.	14.50
Egg Vegetable Scramble	
Three eggs scrambled with tomatoes, mushrooms, onions, asparagus. Served with toast	16.50
Steak & Eggs*	
7 oz. New York steak grilled to your specifications, two eggs any style	48.50
Served with Chena potatoes & toast OR one blueberry pancake	
Eggs Benedict	
Two soft poached eggs, ham on grilled English muffin with hollandaise sauce	24.50
Served with Chena potatoes OR cup of mixed fruit	
Hangover Remedy	
Two scrambled eggs and two link sausages topped with melted cheese served on a Kaiser roll served with Chena potatoes	19.85

Sides

Bagel and Cream Cheese	8.00	Fresh Fruit	7.00
One Egg	4.50	Ham, Bacon or Link Sausage	7.00
Two Eggs	7.50	One Blueberry Pancake	6.25
Chena Potatoes	5.50	Toast	4.25
Baby red potatoes with our own special seasonings			

** Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.
Automatic 17% gratuity added to parties of six or more. Payment may not be split.
All of our fried foods are cooked in the same deep fryer using the same oil.*



IN THE BEGINNING

Served 11:30 am until 10:00 pm

Over 100 Years

Chena Hot Springs became famous for curing crippled prospectors of their aches and pains as long ago as 1905. Robert and Thomas Swan had learned that a 1904 U.S. Geological Survey crew had seen steam rising from a valley somewhere on the upper Chena River. The surveyors concluded that it had been from a hot springs, but did not investigate. Robert Swan, looking for a place where he could ease the pain he suffered from rheumatism, set out in search of the hot springs. Over one month later the two brothers found themselves at the North Fork of the Chena River and had to pole their way up that tributary to the mouth of Monument Creek. A short while later they found the hot springs on August 5, 1905.

By 1911, the property boasted a stable, bath-house and twelve small visitor cabins. The resort was on its way to becoming one of the premier resorts of Interior Alaska, and a favorite getaway spot for world-weary residents of Fairbanks.

As the fame spread, Alaska's delegate to Congress, James Wickersham, asked the Department of Agriculture to analyze the waters. The Bureau of Chemistry said that the water was "different from any American hot springs which we have examined."

The principal characteristics of the Chena Hot Spring waters consists of its content of sulfate, chloride and bicarbonate of sodium. In fact, it is very similar to the waters of Felsenquelle, one of the famous springs at Carlsbad in Bohemia.

To this very day, Chena Hot Springs Resort boasts a healthy and beautiful natural environment, continuing to welcome people from all over the world to bathe in the curative powers of its hot waters.

Appetizers

Chena Wings	Ten crisp fried chicken wings with your choice of hot sauce, barbecue sauce or sweet and sour sauce. Served with celery and ranch dipping sauce	20.50
Basil Shrimp Scampi	Six Tiger shrimp sauteed with garlic, "Chena Fresh" tomatoes & basil	28.50
Oysters	Twelve breaded and deep fried, served with our own tarter sauce and a lemon wedge	27.00
Steamers	One pound of clams served with drawn butter and lemon wedge	22.50
Scallops	Also known as Weathervane Scallops, Alaska scallops harvested in the Gulf of Alaska, immediately hand-shucked and frozen at sea, are known for sweet flavor.	30.50
Calamari Steak Strips	Lightly breaded calamari strips fried and served with tarter sauce and lemon	26.50
Shrimp Cocktail	Six Tiger prawns served with seafood dipping sauce	24.50
Chena Tomato Rose	"Chena Fresh" tomatoes sliced, fresh sliced mozzarella cheese and our "Chena Fresh" basil with olive oil and balsamic vinegar	18.50
King Crab Cakes	Our delicious premium Alaska King Crab Cakes lightly breaded	28.50
Mozzarella Sticks	Six breaded cheese sticks with your choice of ranch dressing or marinara sauce	15.50
Vietnamese Spring Rolls	Fresh spring roll wrapped in rice paper choose between	
	Chicken	22.50
	Shrimp	25.50
Lumpia	Filipino fried spring rolls filled with ground pork and mixed vegetables	23.00
Shrimp Tempura with Wasabi Sauce	Fresh shrimp dipped in tempura batter and deep-fried until perfectly crisp.	25.00
Chicken Tenders with Fries		17.50
Salads		
Chena's Special	Mixed "Chena Fresh" greens with red onion, gorgonzola cheese crumbles, "Chena Fresh" tomatoes, garnished with candied walnuts, and honey walnut vinaigrette on the side	15.50
Classic Caesar	"Chena Fresh" romaine, fresh parmesan croutons and Caesar salad dressing	15.50
	add grilled chicken	20.50
	add grilled shrimp	25.50
	add six fried oysters	25.50
Spinach	"Chena Fresh" spinach blended with "Chena Fresh" salad greens tossed with shaved red onion, pecans, "Chena Fresh" tomatoes, mandarin oranges, garnished with smoked Gouda cheese and raspberry vinaigrette on the side	20.50
	add grilled chicken	22.50
	add grilled shrimp	25.50
	add six fried oysters	25.50
Orange Sesame Duck	Duck leg confit, tossed with house greens, marinated red onion and daikon, tossed in an orange sesame vinaigrette, garnished with pickled ginger	24.50
Sesame Chicken	Daily picked "Chena Fresh" romaine lettuce, celery, onion & topped with sesame chicken, toasted sesame seed, fried won ton strips, toasted slivered almonds and sesame oil dressing on the side	24.50
Pear and Apple	Fresh pears, apples and walnuts, with blue cheese on a bed of our "Chena Fresh" lettuce with apple cider dressing	18.50
	add grilled chicken	24.00
Ahi Tuna Niçoise	Served with green beans, boiled eggs, sesame dressing, "Chena Fresh" tomatoes and Kalamata Olives.	29.75

Available dressings on all Salads: Blue Cheese, Ranch, Caesar, Raspberry Vinaigrette, Honey Walnut, Italian, Thousand Island



MAIN FARE

Served 11:30 am until 10:00 pm

The Aurora

The Aurora has a curtain like shape, the altitude of its lower edges can reach to upwards of seventy miles!

Auroras occur along ring shaped regions around the north and south geomagnetic poles. The colors are created by various gases in the upper atmosphere. Chena Hot Springs Resort is a great place to watch the Auroras due to its location in the northern region and its distance from the city lights.

Auroral intensity varies from night to night and throughout the night. The best viewing tends to be late evening to early morning hours and a slight tendency for more Auroras in the spring and fall.

--with thanks to
University of Alaska
Geophysphical Institute



Sandwiches

All sandwiches served with fries or cottage cheese or small “Chena Fresh” salad

Chena Burger*	
Half-pound burger served on toasted bun, topped with “Chena Fresh” lettuce & tomato, red onion and pickle	21.50
cheese or mushroom (.50 per addition)	2.00
2 pieces of bacon	3.00

Grilled Salmon Burger	
Served on a toasted bun with dill mayonnaise, red onion, “Chena Fresh” lettuce & tomato	22.50

Veggie Burger	
Served on a toasted bun with dill mayonnaise, red onion, “Chena Fresh” lettuce & tomato	19.50

Chicken Breast BLT	
Grilled chicken breast with “Chena Fresh” lettuce & tomato and bacon served on a toasted croissant with pesto mayonnaise	21.50

Salmon Bacon Sandwich	
Maple-cured salmon bacon (no preservatives and gluten free) with “Chena Fresh” lettuce & tomato served on white or wheat bread	22.25

The Smoky Bird	
Grilled smoked turkey with Gouda cheese, “Chena Fresh” lettuce & tomato, red onion, and pesto mayonnaise on a toasted croissant	18.50

Grilled Roast Beef	
Served warm with melted swiss cheese on rye bread, “Chena Fresh” lettuce & tomato and red onion	22.75

Grilled Cheese	
On choice of white or wheat bread with	16.50
“Chena Fresh” tomatoes <i>or ham</i> with	18.50
“Chena Fresh” tomatoes <i>and ham</i>	21.00

Fields of Glory	
Grilled zucchini, yellow squash and red pepper, with feta cheese, kalamata olive spread, and pesto mayonnaise, served on foccacia bread	20.50

Turkey Club Wrap	
Smoked turkey with bacon, “Chena Fresh” lettuce & tomato, red onion and mayonnaise rolled in a spinach tortilla wrap	20.50

Ham and Swiss Club Wrap	
Wrapped in a spinach tortilla shell with mayonnaise, “Chena Fresh” lettuce & tomato and red onion	19.75

Fish & Pasta

Halibut and Chips	
Alaskan halibut breaded with panko served over french fries with cole slaw and tartar sauce	44.95

Smoked Salmon Pasta	
Alder smoked Alaskan wild salmon blended with penne pasta and red bell peppers, tossed in a cream sauce with smoked gouda and parmesan cheese	42.50

Pasta Primavera	
Penne pasta with fresh vegetables and mushrooms in a light garlic and herb cream sauce	29.95
add grilled chicken	32.50



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ENTREÉS

Served 11:30 am until 10:00 pm

All entrees served with fresh baked bread, and choice of soup or salad

Thinking Green

You may be surprised to hear about the green technology at Chena Hot Springs Resort.

In 1998, we started heating the buildings by utilizing the naturally hot water from the springs; after all, it originates at 156°F. We also use our natural mineral hot springs water in our greenhouse and gardens to help the plants produce better over a longer period of time.

Starting in 2004, we began a geothermal project to generate electricity from the hot springs. This 400-kilowatt geothermal electric system provides a clean renewable energy that puts no harmful emissions into the air.

Geothermal plants operate reliably a higher percentage of time than coal, natural gas or nuclear power plants. This technology can be applied to some of the nearly 150 other hot springs and volcanic areas of Alaska.

Twenty percent of the electricity in Iceland is produced geothermally and 80% from hydrogen. Much has been learned from our northern neighbors. Eventually we hope to produce hydrogen that can be used to operate our equipment and vehicles.



Alaskan Halibut

Lightly blackened and served with rice with our fresh seasonal vegetable 48.50

Wild Alaskan Salmon

Fresh grilled salmon and served with rice or potatoes and seasonal vegetable 45.50

Wild Alaska Scallops

Also known as Weathervane Scallops, Alaska scallops harvested in the Gulf of Alaska, immediately hand-shucked and frozen at sea, are known for their sweet flavor. Accompanied by rice and seasonal vegetables. 42.00

Alaskan King Crab Legs

20 ounces of king crab served with drawn butter, seasonal vegetables, rice, or potato *Market Price*

Chicken and Shrimp

Grilled chicken breast and shrimp with a fresh tarragon cream sauce, rice and seasonal vegetable 40.50

Beef Rib Eye Steak*

12 oz. aged choice beef grilled and served with potato and seasonal vegetable. Topped with sauteed onion and mushrooms 54.50

Filet Mignon*

10 oz. aged for optimum tenderness and grilled to your specifications. Served with melted blue cheese and served with your choice of potato and seasonal vegetable 64.50

Roasted Rack of Lamb*

Marinated rack of lamb roasted and served with rice pilaf, sautéed fresh vegetables of the day and mint jelly 60.50

Thai Curry: Red or Yellow Curry

Your choice of chicken, beef, or shrimp with coconut milk, red or yellow paste, mixed vegetables, fresh sweet basil, thai spices and jasmine rice 37.50

Thai Vegetarian Curry

Our fresh mixed vegetable, tofu, potatoes and your choice of red or yellow curry with jasmine rice 30.50

Add to any Entree:

10 oz King Crab for an additional *Market Price*
Four grilled shrimp for an additional 22.00

Soups

Chena Clam Chowder

Bernie's favorite recipe "A clam in every bite" Cup - 8.00 Small Bowl - 15.00
Large Bowl - 22.00

"Chena Fresh" Tomato Basil

Cup - 7.00 Small Bowl - 10.00
Large Bowl - 12.00

Pho Soup

Vietnamese noodle soup that is made with broth, rice noodles, meat and fresh garnishes. Accompanied with Soup or Salad.
Beef 28.00
Chicken 26.00
Seafood 31.00

Sides

Fries • Vegetables • Side Salad • Baked Potato • Rice 7.50
Drawn Butter 5.00

Beverages

Coke • Diet Coke • Sprite • Dr. Pepper • Iced Tea • Lemonade (refillable) 4.00
Milk • Hot Chocolate • Juice (apple, orange, cranberry) (not refillable) 4.75
Hot Apple Cider (not refillable) 3.75
Coffee • Herbal Teas - Honey Lemon Ginseng • Raspberry • Earl Grey 4.00
Decaf Earl Grey • Green Tea • Decaf Peppermint • Orange Spice
English Breakfast (not refillable)

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JUST FOR KIDS

Ages 12 and under

Alaska Grown

We are proud of our Alaska Grown vegetables, herbs and spices that we have grown and use here at Chena.

Whenever possible we try to use locally produced products. It is one of the qualities that makes the food here at Chena Hot Springs Resort taste so good.

Some fun facts about Alaskan agriculture:

- There are 954 acres of farmed vegetables planted each year in Alaska.
- The farm marketing industry in Alaska is a \$32 million business. (Down from \$52 because the Federal Government used to consider Aquaculture in that figure, now they don't)
- In 2010, more than 16,400 cartons of heads of lettuce, each weighing 48 lbs, were produced on 63 acres of Alaskan soil.
- Of the 79,200 acres of potatoes planted in the United States, 780 acres are in Alaska.
- As of Jan., 2011, the ratio of pigs/hogs to people in Alaska was 1:582
- In 2010, Alaska's milk production totaled 6 million pounds from 600 cows. That's 10,000 pounds per cow!
- The average age of an Alaskan farmer in 1978 was 46.8yrs old. In 2007 it was 56.2yrs old.
- In 2007, 505 out of 686 farms had internet access in Alaska. Of those, only 325 had high speed internet.
- In 2007, 168 farms out of 686 were owned by women.

Breakfast

Pancakes

Two child size pancakes with syrup and piece of bacon or sausage 10.25

Waffle

Single waffle with strawberry topping and piece of bacon or sausage 10.25

Mini-Me

One scrambled egg, Chena potatoes or toast, and bacon or sausage 10.25

Lunch and Dinner

Served with fries and choice of beverage

Hamburger

10.50

Cheeseburger

11.50

Hot Dog

11.00

Grilled Cheese Sandwich

11.25

Chicken Tenders

11.00

Pasta (no fries)

10.00

Served plain or with choice of red or white sauce

Beverages

Milk • Orange Juice • Cranberry Juice (no refills) 4.00
Coke • Diet Coke • Sprite • Dr. Pepper • Root Beer • Lemonade



Chena Hot Springs began with a small test greenhouse in 2004 to explore the challenges of year-round greenhouse production in the extreme Alaska conditions.

Today, utilizing the geothermal water, Chena Hot Springs heats a 7,060 sq ft greenhouse maintaining a 75°F indoor temperature, even when it drops below -50°F . A 125°F difference!

The Resort produces fresh lettuce, tomatoes, and herbs year-round for use in our restaurant.

In partnership with local, state & national entities, Chena Power is developing geothermal and other waste heat resource technologies for use at remote locations throughout Alaska.



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TRAIL'S END LOUNGE

A 5% Borough alcohol tax is added to all alcoholic beverages

Party Time

Chena Hot Springs Resort is a great place to hold a company retreat, wedding or family reunion.

It is only sixty miles away from Fairbanks on a scenic highway, making it close enough to drive to, and yet far enough away to enjoy the ambiance of Alaska's wilderness. Moose abound at this quintessential Alaskan resort but you'll also see several varieties of birds, hares, beaver, lynx and occassionally bear. The comforts of home are built in without all the noise and distraction of city life.

Allow Chena Hot Springs Resort to be part of your special moment and we'll help you create unique memories that all who participate will cherish. Whether it is the perfect wedding cake or a retreat where you want to make sure you have success, we can help.

Contact our Groups & Events Coordinator at 451-8104 x1904 for more information.



Beer Selections

From Alaskan Brewing Co. in Juneau, Alaska - 16 oz draft	8.0
Alaskan Amber(Alt-Style Ale) • Icy Bay IPA(India Pale Ale) • White(Belgian-style witbier)	
Import Bottle Beer	
Corona • Heineken	10.00
Domestic Bottle Beer	
Budweiser • Bud Light • Miller Lite • Coors Light • O'Douls (N/A)	8.00

Chena's Specialty Drinks

Moose Juice	
Midori and piña colada mix are swirled together... makes antlers grow!	15.00
Aurora Margarita	
This tasteful mix of tequila and Blue Curacao will help you see the Northern Lights better	15.00
Strawberry Daiquiri	
A traditional favorite of strawberries and rum	15.00
Watermelon Martini	
Vodka and Watermelon Pucker, served chilled	15.00
Pomegranate Cosmo	
Vodka, pomegranate liquor mixed with a hint of cranberry juice	15.00
Pina Colada	
Borrowed from Puerto Rico to help you feel warm . . . at least inside A mix of Rum, Coconut piña colada mix	15.00
Borealis Martini aka Northern Lights in a glass	
Sour Apple Pucker with vodka, layered with grenadine and blue curacao	15.00
Connie's Appletini	
Sour Apple Pucker added to smooth vodka.	15.00

Winter Warmers

Hot Apple Pie	
Spiced cider blended with Tuaca and Butterscotch - Better than dessert!	15.00
Peppermint Patty	
This mix of hot chocolate and Peppermint Schnapps is guaranteed to warm you up!	15.00
Nutty Alaskan	
If you aren't already a Nutty Alaskan, you will be when you finish this coffee, Irish Cream, Kahlua and Frangelico mix	15.00
Buttered-Up Rum	
Spoil yourself with Captain Morgan's Spiced Rum, apple cider spices & butter	15.00
Irish Coffee	
Just what the leprechaun ordered, coffee and Irish Whisky	15.00
Mama Bear	
Hot chocolate laced with raspberry Chambord and Stoli Vanilla topped with whipped cream	15.00
Hot Toddy	
Mix whisky, honey and lemon together and it is sure to cure whatever ails you	15.00



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