



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 13.50
Add two eggs 14.50

Belgian Start

Two Belgian waffles topped with strawberries and whipped cream 16.50

New York Start

Lox and cream cheese, "Chena Fresh" tomatoes, onions & capers on toasted bagel with fresh fruit 15.50

Chena Start

A croissant filled with scrambled eggs, ham and melted cheddar cheese 14.50
With a side of fresh fruit

French Start

Three pieces of European-style toast in a sweet cream batter 14.25

Healthy Start

Hot oatmeal served with milk, brown sugar, raisins and pecans 12.95
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 16.50
garnished with sour cream and chopped tomatoes

Yukon Quester

Ham, sausage, green bell peppers, onions, mushrooms, cheddar cheese, 18.50
and topped with tomatoes and Parmesan cheese

Ham and Cheese

Ham with a choice of cheddar, Swiss or provolone cheese 18.25

Aurora

A fluffy combination of onion, green pepper, ham and cheddar cheese 18.50

Breakfast Plates

Little Chena

Two eggs cooked to order with Chena potatoes & toast OR one blueberry pancake 15.75

Big Chena

Three eggs cooked to order, your choice of ham, bacon or pork link 18.50
sausage with Chena potatoes & toast OR one blueberry pancake

Biscuits and Gravy

Southern fare served with Chena's special potatoes 11.50
Add two eggs. 13.25

Egg Vegetable Scramble

Three eggs scrambled with tomatoes, mushrooms, onions, asparagus. 16.50
Served with toast

Steak & Eggs*

7 oz. New York steak grilled to your specifications, two eggs any style 41.95
Served with Chena potatoes & toast OR one blueberry pancake

Eggs Benedict

Two soft poached eggs, ham on grilled English muffin with hollandaise sauce 22.50
Served with Chena potatoes OR cup of mixed fruit

Hangover Remedy

Two scrambled eggs and two link sausages topped with melted 18.50
cheese served on a Kaiser roll served with Chena potatoes

Sides

Bagel and Cream Cheese	7.00	Fresh Fruit	6.00
One Egg	3.50	Ham, Bacon or Link Sausage	6.00
Two Eggs	5.95	One Blueberry Pancake	5.25
Chena Potatoes	4.50	Toast	3.25
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 17.00

Basil Shrimp Scampi

Six Tiger shrimp sauteed with garlic, "Chena Fresh" tomatoes & basil 24.00

Oysters

Twelve breaded and deep fried, served with our own tarter sauce and a lemon wedge 25.00

Steamers

One pound of clams served with drawn butter and lemon wedge 19.00

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. 27.00

Calamari Steak Strips

Lightly breaded calamari strips fried and served with tarter sauce and lemon 23.00

Shrimp Cocktail

Six Tiger prawns served with seafood dipping sauce 21.00

Chena Tomato Rose

"Chena Fresh" tomatoes sliced, fresh sliced mozzarella cheese and our "Chena Fresh" basil with olive oil and balsamic vinegar 15.50

King Crab Cakes

Our delicious premium Alaska King Crab Cakes lightly breaded 26.00

Mozzarella Sticks

Six breaded cheese sticks with your choice of ranch dressing or marinara sauce 14.50

Vietnamese Spring Rolls

Fresh spring roll wrapped in rice paper choose between
Chicken 20.00
Shrimp 23.00

Lumpia
Filipino fried spring rolls filled with ground pork and mixed vegetables 20.00

Shrimp Tempura with Wasabi Sauce
Fresh shrimp dipped in tempura batter and deep-fried until perfectly crisp. 23.00

Chicken Tenders with Fries 15.00

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 12.25

Classic Caesar

"Chena Fresh" romaine, fresh parmesan croutons and Caesar salad dressing 12.50
add grilled chicken 19.25
add grilled shrimp 23.75
add six fried oysters 23.75

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 17.75
add grilled chicken 21.00
add grilled shrimp 23.00
add six fried oysters 23.00

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 22.50

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 22.00

Pear and Apple

Fresh pears, apples and walnuts, with blue cheese on a bed of our "Chena Fresh" lettuce with apple cider dressing 16.25
add grilled chicken 22.00

Ahi Tuna Niçoise

Served with green beans, boiled eggs, sesame dressing, "Chena Fresh" tomatoes and Kalamata Olives. 26.00

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
Geophysical 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 18.50
cheese or mushroom (.50 per addition) 1.00
2 pieces of bacon 2.00

Grilled Salmon Burger

Served on a toasted bun with dill mayonnaise, red onion, "Chena Fresh" lettuce & tomato 18.75

Veggie Burger

Served on a toasted bun with dill mayonnaise, red onion, "Chena Fresh" lettuce & tomato 17.75

Chicken Breast BLT

Grilled chicken breast with "Chena Fresh" lettuce & tomato and bacon served on a toasted croissant with pesto mayonnaise 18.50

Salmon Bacon Sandwich

Maple-cured salmon bacon (no preservatives and gluten free) with "Chena Fresh" lettuce & tomato served on white or wheat bread 19.00

The Smoky Bird

Grilled smoked turkey with Gouda cheese, "Chena Fresh" lettuce & tomato, red onion, and pesto mayonnaise on a toasted croissant 16.50

Grilled Roast Beef

Served warm with melted swiss cheese on rye bread, "Chena Fresh" lettuce & tomato and red onion 19.75

Grilled Cheese

On choice of white or wheat bread with 13.95
"Chena Fresh" tomatoes **or ham** with 15.95
"Chena Fresh" tomatoes **and ham** 18.95

Fields of Glory

Grilled zucchini, yellow squash and red pepper, with feta cheese, kalamata olive spread, and pesto mayonnaise, served on foccacia bread 17.50

Turkey Club Wrap

Smoked turkey with bacon, "Chena Fresh" lettuce & tomato, red onion and mayonnaise rolled in a spinach tortilla wrap 17.75

Ham and Swiss Club Wrap

Wrapped in a spinach tortilla shell with mayonnaise, "Chena Fresh" lettuce & tomato and red onion 16.75

Fish & Pasta

Halibut and Chips

Alaskan halibut breaded with panko served over french fries with cole slaw and tartar sauce 39.95

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 38.50

Pasta Primavera

Penne pasta with fresh vegetables and mushrooms in a light garlic and herb cream sauce 26.75
add grilled chicken 29.50



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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 39.95

Wild Alaskan Salmon

Fresh grilled salmon and served with rice or potatoes and seasonal vegetable 39.95

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. 36.50

Alaskan King Crab Legs

20 ounces of king crab served with drawn butter, seasonal vegetables, rice, or potato 83.00

Chicken and Shrimp

Grilled chicken breast and shrimp with a fresh tarragon cream sauce, rice and seasonal vegetable 36.50

Beef Rib Eye Steak*

12 oz. aged choice beef grilled and served with potato and seasonal vegetable. Topped with sauteed onion and mushrooms 48.95

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 61.50

Roasted Rack of Lamb*

Marinated rack of lamb roasted and served with rice pilaf, sautéed fresh vegetables of the day and mint jelly 55.95

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 34.50

Thai Vegetarian Curry

Our fresh mixed vegetable, tofu, potatoes and your choice of red or yellow curry with jasmine rice 26.75

Add to any Entree:

10 oz King Crab for an additional 53.00

Four grilled shrimp for an additional 18.00

Soups

Chena Clam Chowder

Bernie's favorite recipe "A clam in every bite" Cup - 8.00 Small Bowl - 13.00 Large Bowl - 20.00

"Chena Fresh" Tomato Basil

Cup - 7.00 Small Bowl 8.00 Large Bowl - 10.00

Pho Soup

Vietnamese noodle soup that is made with broth, rice noodles, meat and fresh garnishes. Accompanied with Soup or Salad. Beef 25.00 Chicken 24.00 Seafood 29.00

Sides

Fries • Vegetables • Side Salad • Baked Potato • Rice 5.50

Drawn Butter 4.00

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 9.25

Waffle

Single waffle with strawberry topping and piece of bacon or sausage 9.25

Mini-Me

One scrambled egg, Chena potatoes or toast, and bacon or sausage 9.25

Lunch and Dinner

Served with fries and choice of beverage

Hamburger

9.00

Cheeseburger

9.50

Hot Dog

8.95

Grilled Cheese Sandwich

8.95

Chicken Tenders

9.50

Pasta (no fries)

9.00

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 FRESH

Greenhouse Grown at Chena Hot Springs Resort



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 occasionally 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.



Draft Beer Selections

Alaskan Brewery, Juneau - 16 oz draft 7.50
Stout • Alaskan Amber • IPA • Pale Ale • White • Seasonal Ale

Import Bottle Beer 7.00
Corona • Heineken

Domestic Bottle Beer 6.00
Budweiser • Bud Light • Miller Lite • Coors Light • O'Douls (N/A)

Chena's Specialty Drinks

Moose Juice 9.00
Midori and piña colada mix are swirled together... makes antlers grow!

Aurora Margarita 9.00
This tasteful mix of tequila and Blue Curacao will help you see the Northern Lights better

Strawberry Daiquiri 9.00
A traditional favorite of strawberries and rum

Watermelon Martini 9.50
Vodka and Watermelon Pucker, served chilled

Pomegranate Cosmo 9.50
Vodka, pomegranate liquor mixed with a hint of cranberry juice

Pina Colada 8.00
Borrowed from Puerto Rico to help you feel warm . . . at least inside A mix of Rum, Coconut piña colada mix

Borealis Martini aka Northern Lights in a glass 9.50
Sour Apple Pucker with vodka, layered with grenadine and blue curacao

Connie's Appletini 9.50
Sour Apple Pucker added to smooth vodka.

Winter Warmers

Hot Apple Pie 8.00
Spiced cider blended with Tuaca and Butterscotch - Better than dessert!

Peppermint Patty 8.00
This mix of hot chocolate and Peppermint Schnapps is guaranteed to warm you up!

Nutty Alaskan 8.00
If you aren't already a Nutty Alaskan, you will be when you finish this coffee, Irish Cream, Kahlua and Frangelico mix

Buttered-Up Rum 8.00
Spoil yourself with Captain Morgan's Spiced Rum, apple cider spices & butter

Irish Coffee 8.00
Just what the leprechaun ordered, coffee and Irish Whisky

Mama Bear 8.00
Hot chocolate laced with raspberry Chambord and Stoli Vanilla topped with whipped cream

Hot Toddy 8.00
Mix whisky, honey and lemon together and it is sure to cure whatever ails



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