

GOULDING'S[™]



RESORT

A NavajoLand Hotel

STAGECOACH RESTAURANT

@ GOULDING'S RESORT

D E S S E R T

FRY BREAD A LA MODE 12

Fry Bread | Filling | Vanilla Ice Cream

Topped with Whipped Cream | Caramel | Cinnamon

Maraschino Cherry | Powdered Sugar

Fillings (choose one)- Apple Cinnamon | Peach | Strawberry

ICE CREAM SUNDAE 7

Ice Cream | Syrup Topping | Whipped Cream | Chopped Nuts
Maraschino Cherry

Choice of Caramel, Chocolate, or Strawberry Topping

PIE BY THE SLICE 8

Apple | Cherry | Peach

A la mode +3

CAKE 12

5 Layer Chocolate Cake | NY Style Cheesecake | Carrot Cake

ICE CREAM 3

Vanilla | Chocolate | Strawberry

Choice of one flavor

Drizzle topping Choice of Caramel or Chocolate

GOULDING'STM



RESORT

A NavajoLand Hotel

STAGECOACH RESTAURANT

@ GOULDING'S RESORT

WHAT IS NAVAJO FRYBREAD?

"Frybread" is a flat dough bread, fried in oil, shortening, or lard.

The dough is made with bleached wheat flour, salt, baking powder, and is mixed by hand. Another traditional Navajo bread is made from the same dough but instead of being fried in oil or shortening, it is made on a grill. This type is called "Navajo Tortilla Bread". Navajo tortilla bread is often thought to be the "health-conscious" option since it is without the added calories/fats from the deep frying process.

Navajo frybread was created in 1868 using the flour, sugar, salt, and lard that was allotted to them by the U.S. government as part of the "provisions" that the "Treaty of Bosque Redondo" secured for them after the 400 mile "Long Walk".

The recipe for frybread and tortilla bread varies by tribe, region, and household who makes it. It is a staple of Navajo culture, often served at gatherings and at home. We recommend adding honey and/or powdered sugar to your frybread to make a delicious dessert.

Goulding's Stagecoach dining room is proud to serve authentic Navajo Frybread and Navajo Tortilla bread to our guests!