



Day Menu

Breakfast

The following are served with Ruth's famous Mile High biscuit.

Favorites

Served with choice of hash browns, half grapefruit, Spanish rice and pinto beans or cottage cheese

***Ruth's Famous Mile High Biscuits and Country Gravy** - a recession special 13.29 **Add 4.99 for Bacon, Sausage or Ham**

***Breakfast Burrito** - a large flour tortilla filled with scrambled eggs, chorizo sausage, onions, green peppers, cheese, and topped with ranchero sauce. Served with pinto beans 17.29 **Substitute Chile verde for Ranchero Sauce 3.49**

***Huevos Rancheros** **GF** **V** - corn tortillas topped with two eggs, ranchero sauce and cheddar cheese. Served with pinto beans 16.19 **Substitute Chile verde for Ranchero Sauce 3.49** **Add Chorizo sausage 4.99**

Trevor's Potato Burrito **V** - hash browns, pinto beans, guacamole, and sautéed mushrooms wrapped in a flour tortilla and topped with ranchero sauce. Served with fresh fruit 14.49

Ruth's Benedicts

***Salmon Benedict** **GF** - poached eggs on grilled Parmesan polenta with broiled salmon, fresh spinach, salsa fresca and hollandaise sauce MP

***Eggs Benedict** - poached eggs on English muffins with pecanwood smoked bacon, tomato and hollandaise sauce 18.79



***Pulled Pork Benedict** - poached eggs on green chile cheese cornbread, "Holy Smokes BBQ" pulled pork and hollandaise sauce 18.99

***Chicken Fried Steak Benedict** - English muffin topped with chicken fried steak, sausage gravy, poached eggs and hollandaise sauce 19.99

***Two Eggs** **GF** - farm fresh eggs any style 11.49

***Bacon or Sausage with Two Eggs** **GF** - 15.19 **Substitute Impossible or Chicken Apple Sausage 4.99**

Breakfast Sandwich - 2 fried eggs with bacon, ham, cheddar, lettuce, tomato on toasted sourdough 16.29



***Ham Steak with Two Eggs** **GF** - 16.19

***Chicken Fried Steak & Eggs** - breaded beef cutlet with Ruth's country gravy. Served with two eggs 19.49

***Flank Steak & Eggs** **GF** - Marinated flank steak, charbroiled, served with two eggs and topped with teriyaki sauce 19.99

***Red Trout & Eggs** **GF** - Cajun spiced filet, grilled and topped with salsa fresca. Served with two eggs MP

3 Egg Omelettes

***Smoked Salmon** **GF** - in house smoked salmon, capers, red onions, roasted tomatoes, spinach and feta cheese. Served open face MP

***Fresh Asparagus** **GF** **V** - fresh asparagus, tomatoes, smoked gouda cheese and hollandaise sauce 16.99

***Mexican** **GF** - chorizo sausage, onion, serrano peppers, sour cream, avocado and cheddar cheese 18.49

***Spinach** **GF** - fresh spinach, Monterey jack cheese, mushrooms, tomatoes, bacon and sour cream 18.49

***Pork Chile Verde** **GF** - open faced omelette topped with Ruth's pork chile verde, monterey jack cheese and sour cream 18.49

King of Hearts **GF** **V** - Artichoke hearts, mushrooms, fresh garlic, monterey jack and parmesan cheese 18.09



Ruth's Favorite

If your favorite is no longer offered, please ask. We may be able to make it for you.

Sweeter Side

Cinnamon Roll French Toast - cinnamon roll dipped in vanilla egg batter, grilled and served with orange cream cheese and warm maple syrup 13.99 **Make it a combo? just ask!**

French Toast - Two pieces of thick sliced bread dipped in cinnamon, vanilla egg batter, grilled, topped with cinnamon powdered sugar. Served with warm maple syrup 12.49 **Add Strawberries or Bananas 2.50**

Buttermilk Pancakes - three thick, fluffy buttermilk cakes served with butter and warm maple syrup 12.49 **Add Strawberries or Bananas 2.50** **Add Chocolate Chips 1.25**

Banana Walnut French Toast - Ruth's fresh made banana walnut bread, dipped in vanilla egg batter, grilled and topped with bananas and walnuts. Served with warm maple syrup 14.09 **Make it a combo? just ask!**

Oatmeal **V** - brown sugar, diced apple, cranraisins and walnuts 9.49

The Patio Parfait - berries and bananas layered with vanilla yogurt and granola, served in a parfait glass 10.49

Eggs Plus

***Ruth's Breakfast Combo** - pancakes or French toast, two farm fresh eggs, two strips of bacon and hash browns 18.99

***Chilaquiles** **V** - tortilla chips sauteed in a roasted tomatillo salsa, topped with queso fresco and two eggs any style 16.19 **Add Bacon, Chorizo or Ham 4.99** **Steak 8.99**

The Lean and Green **V** - Broccoli, asparagus, peppers, spinach, egg whites, chimichurri, tomatillo salsa and guacamole served in a spinach tortilla with a side of cottage cheese- Trevor did it again! 16.99

***Fresh Atlantic Salmon Hash** **GF** - fresh salmon sautéed with red bell peppers, capers, red onions, fresh dill and shredded potatoes topped with hollandaise sauce and served with two eggs MP

***Corned Beef Hash** **GF** - Ruth's traditional recipe of tender corned beef brisket, green peppers, onions, hash browns and spices, served with two farm fresh eggs any style 17.89

***Migas** - two eggs scrambled with chorizo sausage, onions, green peppers, cheddar cheese and corn tortillas. Served with a warm flour tortilla, guacamole, sour cream, pico de gallo, Spanish rice and pinto beans 17.59

***Pulled Pork Scramble** - Holy Smokes BBQ pulled pork scrambled with two eggs, serrano peppers, tomatoes, onions, and cheddar cheese, with pico de gallo, sour cream and warm flour tortilla, choice of side 17.99

***Big Breakfast** **GF** - Ruth's hash browns topped with cheddar cheese, two eggs, two pieces of bacon and a sausage patty 18.49

Sunrise Spuds

our hash browns with mushrooms, cheddar cheese, pico de gallo and guacamole 13.99 **Make it Vegan Style** **GF** 12.99

Quiche of the Day

fresh baked quiche—ask your server for today's preparation, served with fresh fruit 13.49

Early Bird Special (No substitutions)

served 8 a.m. to 9 a.m. only two pancakes, two eggs, hash browns, one sausage patty and one strip of bacon 9.99

MP Market Price



Gluten-Free



Vegetarian



Vegan

*Thoroughly cooking foods of animal origin such as beef, eggs, fish, pork, poultry or shellfish reduces the risk of food borne illness. Consult your physician or public health official for further information.



Lunch

The following are served with Ruth's famous Mile High biscuit.

Appetizers

Chips & Salsa Fresca ^{GF} ^V - 8.99
Add side of Guacamole 4.49

***Shrimp Sugar Cane Skewers** ^{GF} - Three sugar cane skewers of five shrimp each, lemon pepper spiced, charbroiled and topped with Ruth's hot honey sauce 15.59

***Grilled Parmesan Polenta** ^{GF} ^V - Grilled Parmesan polenta served with Mediterranean bruschetta house dressing 14.09


Deep-Fried Mac and Cheese ^V - Grandma Claire's mac and cheese, breaded, deep-fried and served with marinara sauce and ranch dressing 13.49

***Quesadilla** ^V - two crisp flour tortillas filled with cheddar and Monterey jack cheese, mushrooms, onions, olives, and tomatoes topped with ranchero sauce and sour cream 14.49
Add 6.99 for chicken

***Buffalo Wings** - deep-fried and coated with your choice of Ruth's secret bleu cheese hot sauce or sweet and spicy plum sauce, served with celery, carrots and bleu cheese dressing 16.99


Deep Fried Pickles & Okra ^V - with Ruth's special sauce 12.49

Grilled Artichoke ^{GF} ^V - with roasted garlic lemon aioli 12.99

 **Roasted Red Pepper Hummus Platter** - served with grilled garlic naan, prosciutto ham, pepperoni, kalamata olives, chargrilled artichoke hearts, pepperoncini, feta cheese and roasted marinated tomatoes 16.99

Salads

May be served in a spinach wrap with choice of side add 3.49

 ***Smoked Salmon** ^{GF} - Ruth smokes her own salmon, tosses it with greens, toasted almonds, red onions and capers in a salsa vinaigrette MP


***Chinese Chicken** - mixed fresh greens, charbroiled teriyaki marinated chicken, rice noodles, olives, red peppers, bean sprouts, mushrooms, water chestnuts, scallions, almonds, mandarin oranges and snow peas in a ginger sesame oil dressing 18.49

***Cobb** ^{GF} - mixed fresh greens with bleu cheese dressing, topped with grilled chicken breast, tomato, avocado, bleu cheese, hard boiled eggs and bacon 18.89

***Fresh Roasted Beet & Spinach** ^V - oven roasted beets, fresh spinach, roasted walnuts, red onions, diced tomatoes and feta cheese tossed in a honey Dijon red wine vinaigrette 16.29
Add Chicken, Skewer of Shrimp 6.99 | Steak 8.99

***Fresh Veggie & Quinoa Salad** ^{GF} ^V - a blend of julienned vegetables, (beets, broccoli, kohlrabi, brussel sprouts, carrots, kale and raddichio) tossed with quinoa, feta cheese, roasted pumpkin seeds and lemon vinaigrette 16.79
Add Chicken, Skewer of Shrimp 6.99 | Steak 8.99

***Harvest Salad** ^{GF} - mixed greens, maple glazed roasted butternut squash, feta cheese, bacon, roasted pumpkin seeds and cranberries tossed with Dijon vinaigrette 16.49
Add Chicken, Skewer of Shrimp 6.99 | Steak 8.99

 **Ruth's Favorite**
If your favorite is no longer offered, please ask. We may be able to make it for you.



^{GF} **Gluten-Free** ^V **Vegetarian** ^V **Vegan**

Sandwiches


Served with choice of French fries, pasta salad or fat free pinto beans. Substitute onion rings for 4.99
Substitute gluten-free bread for 2.99

The Reuben - tender corned beef brisket with sauerkraut, Swiss cheese and thousand island dressing on grilled rye bread 15.49

Fresh Turkey & Avocado Sandwich - sliced-honest-to-goodness fresh roasted turkey breast, provolone cheese, avocado, lettuce, tomatoes, red onions and mayonnaise on toasted sourdough bread 16.49

Club Sandwich - the classic triple-decker: fresh roasted turkey breast with ham, bacon, lettuce, tomato and mayonnaise on toasted sourdough 17.49 **Add Guacamole 1.75**


***Southern Fried Chicken Sandwich** - boneless chicken breast dipped in buttermilk breadcrumbs, deep fried and tossed with Ruth's hot honey sauce on a toasted ciabatta roll with bleu cheese coleslaw 17.49

 ***Teriyaki Chicken Sandwich** - grilled teriyaki marinated chicken breast, served on a brioche roll with cheddar cheese, lettuce, tomato and red onions with bleu cheese dressing 16.89

***Salmon BLT** - grilled salmon, bacon, lettuce, tomato and pesto mayo on a toasted ciabatta roll MP

Vegetable Wrap ^V - roasted red peppers, red onions, cucumbers, tomatoes, spinach, hummus, smoked gouda cheese and chipotle mayo wrapped in a spinach wrap 14.99
Add Chicken 6.99

***Flank Steak Sandwich** - marinated flank steak grilled to order with grilled onions, lettuce, tomato, provolone cheese, chimichurri and lemon garlic aioli 19.99

 ***Fried Pollock Sandwich** - breaded pollock filet golden-fried, and served on a toasted hoagie with cilantro lime coleslaw and chipotle cilantro sauce 17.49

Lunch Favorites

 ***Grandma Claire's Baked Mac and Cheese** ^V - with veggies better than Mama used to make 16.99
Add Chicken, Skewer of Shrimp 6.99 | Steak 8.99

***Teriyaki Chicken** ^{GF} - charbroiled marinated chicken breast with light teriyaki glaze, grilled pineapple, side salad and vegetables 18.29

***Fresh Atlantic Salmon** - ask about today's preparation MP

***Pulled Pork Tacos** - three flour tortillas, filled with Holy Smokes pulled pork, fresh pineapple cilantro slaw, lime crema, cotija cheese and Ruth's hot honey sauce, served with Spanish rice, fat free pinto beans, sour cream and salsa fresca 19.99

***Roasted Cauliflower Quinoa Tacos** ^{GF} ^V - corn tortillas filled with quinoa, fire-roasted cauliflower, avocado and chimichurri, served with salsa, Spanish rice and fat free pinto beans 16.99

Enchiladas - with Spanish rice and fat free pinto beans
Vegetable ^{GF} ^V - sautéed vegetables, corn tortillas, choice of red ranchero or roasted tomatillo green sauce, salsa fresca, sour cream, cheddar and jack cheese 16.99

Chicken ^{GF} - braised chicken, scallions; corn tortillas, choice of red ranchero or roasted tomatillo green sauce, salsa fresca, sour cream, cheddar cheese 17.99

Chile Verde Burrito - tender pork, rice and green chile wrapped in a flour tortilla topped with jack cheese, salsa fresca and sour cream 18.99

MP Market Price



Just for Kids 9.99

The following are served with Ruth's famous Mile High biscuit.

Teddy Bear Pancake - served with fresh fruit, with a whipped cream smile and banana eyes for kids only (no age limit)

Chicken Fried Fish Sticks - pollock strip fillets breaded, deep fried and served with tartar sauce and fresh fruit

Grandma Claire's Mac and Cheese - served with fresh fruit

Cheese Quesadilla - Monterey jack and cheddar cheese melted in a flour tortilla, served with fresh fruit

Chicken Fingers - fried chicken tenders, served with French fries, bbq sauce and ranch dressing

Pinto Bean and Cheese Burrito - with fruit or fries



Ruth's Favorite

If your favorite is no longer offered, please ask. We may be able to make it for you.



Gluten-Free



Vegetarian



Vegan

Ruth's Burgers

Serving since the 1930's

Fresh 7 oz 100% Chuck Charbroiled Hamburgers on a fresh baked bun with onions, pickle, lettuce and tomato on the side. served with choice of French fries, pasta salad or pinto beans.

Substitute onion rings for 4.99

Substitute gluten-free bread for 2.99

Substitute an 8 oz Buffalo Burger or Impossible Burger for 6.99

***Hamburger** - 13.99

***Cheeseburger**

with melted Swiss, cheddar, pepper jack or provolone cheese 14.99

***Aussie Burger**


with lettuce, tomato, red onion, grated beet root, grilled pineapple, cheddar cheese, chipotle mayo and an over easy egg, on toasted ciabatta roll 18.99

***This-is-Almost-the-Place Burger**

with melted Swiss cheese and sautéed fresh mushrooms 16.09

***Cajun Bacon Bleu Burger**

with crisp bacon, bleu cheese crumbles and a side of Ruth's bbq sauce 17.49

***The Egg-Possible Burger** 

Impossible patty with smoked gouda cheese, avocado, lettuce, tomato, chipotle aioli and an over easy egg on toasted brioche 18.99

***Meat Loaf Burger**

Ruth's meat loaf charbroiled and served with provolone cheese, shredded lettuce, mayonnaise and Ruth's bbq sauce 16.99

***Ruth's Deluxe Pork Burger**

fresh ground pork mixed with serrano peppers and garlic, broiled, topped with fresh corned beef brisket, grilled red onions, pepper jack cheese and roasted garlic lemon aioli 18.99

***Turkey Burger**

6 oz turkey burger charbroiled, topped with avocado, cheddar cheese, lettuce, tomato, mayonnaise on a brioche roll 16.49

***Garden Burger** 

vegetable patty topped with guacamole, sprouts, lettuce, tomato and Swiss cheese on a fresh baked bun 16.49

Ruth's Famous Desserts

Add a scoop of Cloud Ninth vanilla bean ice cream for 3.99



Erik's Hot Fudge Brownie -

a fresh baked walnut brownie with Cloud Ninth vanilla bean ice cream, hot fudge, whipped cream 10.19


Ruth's Chocolate Malt Pudding - Before Jell-o, all puddings were made this way. Rich semi-sweet chocolate, barley malt syrup, heavy cream, egg yolks, sugar and vanilla served with a generous swirl of whipped cream 9.89

Ruth's Crème Brûlée  - 9.89



Ruth's Banana Walnut Bread Pudding - served warm

with a caramel pecan bourbon sauce with a scoop of vanilla ice cream 10.19

Root Beer Float  - bottle of root beer and a glass of Cloud Ninth vanilla bean ice cream...enjoy! 8.79

Ruth's Peach & Blueberry Cobbler - Ruth baked and served with Cloud Ninth vanilla bean ice cream 10.19



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Cold Beverages

Soft Drinks/Tea - 3.99

Coca Cola, Diet Coke, Coke Zero, Sprite, Ginger Ale, Dr. Pepper, Lemonade, Brewed Iced Tea, Raspberry Iced Tea

Milk - 3.89

whole, 2%, chocolate or soy milk

Juice

fresh squeezed orange or grapefruit juice 4.99
cranberry, pineapple, apple or V8 juice 4.49

Bottled Root Beer - 5.99

Hot Beverages

Hot Chocolate - 4.99

Hot Tea - bottomless cup of assorted tea 3.99

Coffee - bottomless cup of Ruth's fresh ground coffee 3.99

Apple Cider - 4.99



Liquor Menu

Beers on Draft

	16 oz.	64 oz. Pitcher
Blue Moon	6.59	22.00
Uinta Cuthroat Pale Ale	6.99	23.00
Seasonal selection (ask your server)		

Beers

Michelob Ultra - Bud Light - Coors Light - Heineken Zero 5.99
Big Sky - Moose Drool Brown Ale 7.99

Utah Microbrews

Salt Flat Baja 6.59
Squatters - Juicy IPA 7.99
Wasatch - Apricot Hefeweizen 7.99
Uinta Lime Pilsner 7.99
Kona Big Wave 6.99
Wasatch Last One Down Lager 6.99

Utah High Point Beers

Epic Los Locos Mexican Lager 7.49
Squatters - Hop Rising 9.00
Roha Brewing - Night's Out Stout 9.00
Level Crossing Dallas - Alice Blonde Ale 9.50
Epic Chasing Ghosts IPA 9.99

Ruth's Favorites

Ruth's Killer Bloody Mary - Local Dented Brick Craft Vodka, mixed with Ruth's spicy secret blend 13.99

Emigration Canyon Mimosa - Champagne and fresh orange juice 11.99

Pink Flamingo - Citrus vodka, pomegranate liqueur, cranberry juice, chilled, shaken and served up 13.49

Cadillac Margarita - Silver tequila, Triple Sec, lemon-lime juice, topped with Grand Marnier 14.59

High West Whiskey Smash - Local High West Whiskey, lemon-lime juice and blended berries 14.59

Blood Orange Paloma - Silver Tequila, blood orange Pellegrino rimmed with tajin salt 13.49

Zelensky Mule - Local Dented Brick Craft Vodka, ginger beer and fresh lime 13.59

Wine

Sparklers

	Glass	Bottle
Korbel - Brut	10.19	38.49
Chandon - Brut		42.89
Gloria Ferrer		40.39

White Wines

	Glass	Bottle
White Zinfandel - Sutter Home	9.09	29.99
Riesling - Chateau Ste. Michelle	9.39	34.99
Pinot Grigio - CK Mondavi	9.89	30.99
Sauvignon Blanc - Seaglass	10.19	34.99
Chardonnay - Bogle	9.09	29.99
Organic Chardonnay - Bonterra	10.19	34.99

Red Wines

	Glass	Bottle
Merlot - CK Mondavi	9.09	29.99
Pinot Noir - Hahn Estates	10.29	34.99
Malbec - Dona Paula Los Cardos	9.09	29.99
Zinfandel - Seven Deadly Zins	11.49	36.99
Cabernet Sauvignon - Hess Collection	11.49	36.99
Red Blend - 19 Crimes Snoop Dogg Cali Red	10.99	34.99

Mocktails

Virgin Maria - our killer bloody mary mixed with alcohol free tequila 9.99

Dry Smash - blended berries, lemon-lime juice shaken with alcohol free whiskey 9.99

Desert Margarita - on the rocks with non-alcoholic agave from Parch 8.99

Firework - on the rocks from De Soi Spritz Italiano 8.99



Check out our dessert menus at your table for more seasonal cocktails

Welcome to Ruth's Diner

2025 marks our ninety-fifth anniversary and makes us the oldest restaurant in the Salt Lake Valley. Unfortunately, Ruth didn't live to see it. She passed away in November of 1989 at the age of 94. She was a great story teller—a spirited woman whose language could make a gangster blush—and what follows are a few stories from her life as observed by friends or told by Ruth herself.

As a young woman, she was very handsome. The pictures on the wall of the diner show that much. Ruth performed in some of the bars around Salt Lake City as a cabaret singer from about 1912 to 1916. She tells of being dragged off the stage one night by a jealous woman with a fierce grip on her hair. Ruth recovered quickly and "the biddy regretted herself for some time to come."

In 1930 she started the diner as Ruth's Hamburgers downtown in the Meredith Building at 120 East Second South. At some point her location was directly across the street from a very small house of ill repute and Ruth kept a keen eye on the doings across the way. She fed the girls and listened to their stories about various police, politicians, judges and other clients.

After many years of flipping burgers downtown, her building was sold and demolished. So she bought a Salt Lake Trolley car and moved it up Emigration Canyon where she reopened in 1949. Ruth built an apartment onto the back of her trolley car (it's now the lower dining area and kitchen) and lived on the property alone with her little Chihuahua dogs for almost forty years.

Ruth was extremely independent. She often said, "I don't know about this women's lib stuff, I always took good care of myself." But Ruth did make two concessions in her life that we know of. When she turned eighty, she switched from Lucky Strikes to a filtered cigarette, and she finally placated the health department by posting a hand written sign on the wall next to the door which read "No Smoking Section - First Bar Stool Only."

During the 50's and 60's, Ruth's became a familiar stop for the fraternity boys looking for a cold beer and some local color. ID's weren't carefully checked since Ruth didn't think any more of that law than she did the new smoking ordinances. "They can enforce their own laws!" Her dogs were just as spirited as she was. The Chihuahuas tried to bite any customers they didn't know, with a special sweet tooth for those frat boys.

Ruth lived out her last years in the duplex behind the diner. One of our waitresses paid Ruth a visit after her shift. She sat down on the couch, but felt something hard. She reached between the cushions and found a gun. She said, "Ruth, this gun is loaded!" Ruth replied, "Well, it wouldn't do me any damn good if it wasn't." The occasion for the visit was Ruth's 90th birthday.

By then, Ruth had already sold the diner (back in 1977) to one of those frat boys, Curtis Oberhansly, who wasn't nearly as good at story telling, much less cabaret singing, but he did own the diner for 25 years through 2001. Tracy and Erik Nelson took ownership, and oversaw a massive remodel in 2007. Tracy became the heart and soul of the restaurant, replacing Ruth's brashness with welcoming and became a second mother to any guest or staff that came through the door. She passed away in early 2026. Erik vows to keep Ruth and Tracy's legacy alive

