

STARTERS

Red Lentil Hummus & Grilled Pita Bread \$12 V 176 . 20 . 6 . 8 . 3 . 315  
kalamata olives, chickpeas, red lentils, avocado oil, whole-wheat pita bread, petite cilantro

Shrimp Ceviche \$14 125 . 20 . 8 . 3 . 4 . 313  
black tiger shrimp, tomato, lime, cucumber, red onion, cilantro, avocado, ciabatta

SALADS

Canyon Ranch Signature Manchego Chopped \$16 GF 344 . 40 . 16 . 15 . 8 . 595  
Persian cucumber, celery, petite heirloom tomato, sliced sweet petite peppers, artichokes, capers, red onion, Castelvetrano olives, chickpeas, house-made dijon vinaigrette, manchego cheese

Thai Spinach Salad \$16 GF . V 307 . 40 . 8 . 14 . 7 . 241  
mini sweet peppers, heirloom cherry tomatoes, cucumber, red onion, pomegranate arils, avocado, nori, roasted pumpkin seeds, sesame dressing

Quinoa Power Bowl \$16 GF . V 309 . 55 . 10 . 6 . 10 . 257  
cucumber, roasted chickpeas, avocado, purple daikon radish, heirloom cherry tomato, tender mixed greens, honey ginger sauce

PROTEIN ADDITIONS

Seared Tuna\* \$15 GF 105 . tr . 22 . 2 . tr . 104  
Prime Flat Iron Steak\* \$15 GF 200 . tr . 32 . 9 . tr . 70  
Grilled Red Bird Farms Chicken Breast \$12 GF 120 . tr . 26 . 3 . tr . 63  
Seared Shrimp \$15 GF 120 . 1 . 23 . 2 . tr . 485  
Organic Tofu \$10 GF . V 110 . 2 . 12 . 7 . 1 . 33

LUNCH ENTREES

served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Chicken Caesar Salad Wrap \$20 443 . 53 . 30 . 14 . 12 . 750  
roasted chicken, red lentil hummus, baby romaine, roasted chickpeas, chipotle caesar dressing

BBQ Grilled Red Bird Chicken Burger \$20 500 . 40 . 42 . 18 . 7 . 715  
cherry BBQ sauce, aged white cheddar, cabbage slaw, pickled spear

Tacos, Tacos, Tacos  
served on corn tortillas with chipotle aioli, cilantro cabbage slaw, and pico de gallo

Yellowfin Tuna Tacos\* \$22 GF 429 . 52 . 36 . 10 . 10 . 335  
Moroccan Spiced Chicken Tacos \$18 GF 480 . 55 . 35 . 15 . 10 . 478  
Chimichurri Carne Asada Tacos\* \$22 GF 487 . 50 . 39 . 15 . 9 . 342  
Baja Tofu Tacos \$16 GF 496 . 51 . 40 . 16 . 10 . 350  
Cajun Shrimp Tacos \$22 GF 404 . 57 . 30 . 10 . 11 . 749

WELLNESS ADDITIONS

To support the individual journey of eating towards better health, our Chef will include any of the following wellness additions to best help you improve your health:

chia seeds | turmeric oil | tomato oil | flax seeds  
avocado oil | pomegranate seeds | goji berries | açai powder



LUNCH

NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley)

V = Vegan (contains no animal product. May contain honey.)

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



See over 500 recipes on our Nourish blog.