

HOT OATS

Traditional Steel-Cut Oatmeal \$14 GF 148 . 20 . 5 . 5 . 3 . 12
 organic oats, blueberries, toasted walnuts, cinnamon, honey

GRANOLA, YOGURT, AND FRUITS

Melon, Greek Yogurt, and House-Made Granola \$16 GF 460 . 60 . 30 . 12 . 7 . 155
 fresh berries, sugar cube melon, honey, petite mint

FRESH EGGS

All American Classic Breakfast*
 2 eggs \$18 | 3 eggs \$20 500 . 49 . 30 . 20 . 5 . 726
 grilled red skin potatoes, uncured bacon or chicken sausage, toast and jam

Avocado Toast \$18 440 . 40 . 30 . 20 . 11 . 646
 grilled ciabatta, organic hard-boiled eggs, pickled red onion, micro arugula, chia seeds

Smoked Salmon Eggs Benedict \$22 447 . 40 . 30 . 20 . 8 . 566
 Atlantic cold smoked salmon, poached egg, turmeric coconut cream sauce, toasted english muffin, micro arugula

Omelet or Scramble \$18
 served with grilled red skin potatoes, toast and jam

Whole Egg 500 . 56 . 30 . 17 . 5 . 473

Egg White 396 . 56 . 30 . 5 . 5 . 540

Tofu V 452 . 57 . 30 . 13 . 9 . 512

Just Egg V 493 . 59 . 24 . 17 . 5 . 724

Customize with: spinach, tomato, bell pepper, roasted chiles, onion, cremini mushroom, and a choice of cheddar, swiss, mozzarella, or feta cheese, chicken sausage (\$2), bacon (\$2), chicken chorizo (\$2)

CANYON RANCH FAVORITES

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

Huevos Rancheros* \$20 GF 500 . 56 . 30 . 19 . 16 . 385
 corn tostada, 2 eggs your way, smashed black beans, avocado, queso fresco, house fire-roasted salsa

Specialty Omelets \$20

chorizo, avocado, cilantro, cheddar, choice of toast 488 . 49 . 32 . 18 . 7 . 750

bacon, spinach, red onion, cheddar, choice of toast 500 . 56 . 30 . 17 . 7 . 619

HOT OFF THE GRIDDLE

French Toast \$18 500 . 55 . 30 . 18 . 5 . 541
 Texas toast, fresh fruit, toasted almonds, Vermont maple syrup , 2 eggs your way

BREADS

TOASTED BREADS \$6
 whole-grain English muffin | ciabatta | whole-wheat | sourdough
 gluten-free bread | bagels - sesame, wheat, plain, everything, gluten-free everything

BREAKFAST BREADS \$8
 daily muffins | Canyon Ranch signature banana bread | coffee cake

BREAKFAST



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.



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