

**STARTERS**

**Soup of the Day**

**Gazpacho**

GF . V 35 . 7 . 1 . tr . 1 . 298

**Chicken Bone Broth**

GF 28 . 1 . 2 . 1 . tr . 211

**Sweet Potato and Avocado Toast**

Barrio whole wheat bread, black bean mash, caramelized sweet potato, everything bagel seasoning crusted avocado, garlic chips, lime

V 161 . 17 . 3 . 3 . 4 . 303

**Farro and Asparagus Salad**

tender farro tossed with goat cheese and fresh herbs, shaved asparagus, crisp snap peas, mango, vibrant pomegranate seeds, juicy cherry tomatoes, charred asparagus vinaigrette

161 . 19 . 6 . 7 . 4 . 206

**ENTRÉES**

**Grilled Salmon Charred Broccolini Caesar\***

Faroe Island salmon, dinosaur kale, gem lettuce, red onion, three wise grains, crispy garbanzos, lemon

GF 487 . 43 . 36 . 20 . 10 . 369

**Hearty Lentil Bolognese**

slow simmered lentil and vegetable Bolognese, luscious burrata cheese, green peas, crispy polenta cake, basil oil

GF 466 . 56 . 36 . 15 . 10 . 683

**Hot and Sour Sweet Potato Noodles\***

mustard-miso soy curls, roasted peanuts, crispy, edamame, bok choy, and bean sprout stir-fry

GF . V 497 . 58 . 31 . 19 . 18 . 534

**Roasted Jalapeño Veggie Burger**

housemade burger patty, lettuce, tomato, pickled red onion, avocado

V 476 . 60 . 33 . 12 . 9 . 521

**Yuzu Marinated Market Catch\***

bok choy edamame stir-fry, coconut brown rice, chili crisp, yellow pepper coulis

GF 500 . 50 . 37 . 17 . 7 . 450

**Shrimp Po'Boy**

sautéed shrimp, house-made dill pickles, remoulade, tomato, romaine, whole wheat roll

480 . 55 . 30 . 18 . 8 . 643

**Mari Sol Tacos\***

grilled grass-fed skirt steak, salsa macha, pickled onions, creamy avocado poblano sauce, local corn tortillas, rattlesnake beans

GF 470 . 41 . 34 . 19 . 9 . 471

**Pollo Asado Tacos**

achiote braised organic chicken, local pressed corn tortillas, creamy avocado poblano sauce, cotija cheese, curtido, rattlesnake beans

GF 499 . 40 . 38 . 18 . 8 . 740

**Smoked Lamb Curry Bowl**

cracked pepper lamb shoulder, fennel-scented green curry broth, thinly sliced onions, carrots, house-pickled hot peppers, ruby rice pilaf

GF 430 . 44 . 36 . 15 . 7 . 529

**Beef Bulgogi Lettuce Wraps\***

thinly sliced and seared marinated tenderloin forbidden black rice, stir-fried vegetables, kimchi, bibb lettuce

GF 458 . 51 . 37 . 11 . 8 . 701

**Pumpernickel Panzanella Salad**

tender arugula, asparagus, refreshing cucumber, snap peas, watermelon radish, kefir honey mustard, pumpernickel crisps, feta cheese, seared chicken breast

444 . 60 . 40 . 11 . 12 . 642

**Bacon Jam Burger\***

grass-fed ground bison blended with mushrooms, rosemary bun, lettuce, tomato, sweet pickles, 1,000 canyon dressing, Red Butte cheese, baked sweet potato truffle fries

461 . 58 . 32 . 11 . 7 . 721

**Cubano Sandwich**

slow braised pork shoulder, thinly sliced ham, cucumbers, dijon mustard, swiss cheese, rosemary roll, jicama slaw

472 . 60 . 40 . 16 . 8 . 745

**CULINARY ACTION THEATRE**

Visit the Culinary Action Theatre to enjoy our daily rotating features and create your own experience.



**NUTRIENT ANALYSIS**

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

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.

We are very proud to be a partner with Monterey Bay Aquarium's Seafood Watch Program! Seafood Watch engages and empowers consumers and businesses to purchase seafood that is fished or farmed in ways that minimize their impact on the environment. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out [seafoodwatch.org](http://seafoodwatch.org)



See over 500 recipes on our Nourish blog.

**RISHI TEA**

Organic & Direct Trade

**ICED**

green tea citrus | peach black | hibiscus elderberry

**HOT**

Herbal Tea Sachets, Naturally Caffeine-Free

blueberry hibiscus | turmeric ginger | chamomile medley | peppermint | lavender mint

**Green Tea Sachets**

jasmine | matcha supergreen

**Black Tea Sachets**

Earl Grey | English breakfast | masala chai

**SPECIALTY TEA DRINKS**

chai tea latte | matcha latte

**CAFFÉ UMBRIA COFFEE**

Delicately sourced from around the world and domestically roasted in Seattle, WA with Italian heritage.

- Bizzarri medium-dark roast drip coffee
- Mezzanotte decaf drip coffee
- Cold brew coffee

**SPECIALTY ITALIAN ESPRESSO** americano | cappuccino | cortado | latte | traditional macchiato

**BARISTA MILKS** skim | reduced fat | half & half | almond | oat | coconut | soy | rice

**HOUSEMADE COFFEE SYRUPS** vanilla | caramel | mocha | pumpkin

**UNESCO**

In 2015, Tucson became the first city in the United States to be designated as a UNESCO City of Gastronomy. Tucson has a rich tradition of indigenous agriculture dating back to 2100 BC, along with more recent vineyards, orchards, and livestock ranching. This wide array of local heritage ingredients interpreted by Native American, Spanish, Mexican, and recent immigrant populations are a source of identity, pride, and vitality for the local population. The distinctive cuisine of Tucson and Canyon Ranch reflects our culturally layered history, a variety of pristine heritage ingredients, and the continuity of traditional preparation techniques.

**LOCALLY SOURCED VENDORS**

**BARRIO BREAD** | Tucson, AZ | 2022 James Beard Award Winner

**FIORE DI CAPRA** | Pomerene, AZ | Goat Cheese

**DESERT PEARL MUSHROOMS** | Tucson, AZ

**HAYDEN FLOUR MILLS** | Queen Creek, AZ | Flour, Purple Barley

**ROOTS RANCH** | Winkelman, AZ | Eggs

**PLANT 2 PLATE MICRO FARM** | Catalina, AZ | Micro Greens

**LOCAL & SEASONAL**

**Asparagus**

Tender, earthy, and sweet, asparagus is an exceptional source of folate. Folate, also known as vitamin B9, is essential for DNA synthesis and repair, as well as brain development and function. Join us for our Optimize Brain Health presentation every Wednesday at 10 a.m. to learn more ways to support both short- and long-term cognitive function.

**Salmon**

We love featuring salmon on our menus as it is uniquely high in omega-3 fats and protein. The omega-3 fats in salmon support brain health and cardiovascular function and have anti-inflammatory benefits. Salmon is rich in high-quality protein essential for building and maintaining strong muscle. It also helps better manage blood glucose while keeping us satiated. Learn more about why this is important for managing hunger and cravings in our Conquer Your Food Cravings presentation by a Canyon Ranch Nutritionist every Saturday at 9 a.m.

You can make dinner reservations for The Grill at the host stand in the Clubhouse, as well as by using the Canyon Ranch Mobile App.

