



CANYON RANCH SIGNATURE SMOOTHIES

Choose from our signature selection of smoothies developed by Canyon Ranch Chefs and Nutritionists. Each recipe is designed to give you an optimal blend of great flavor and functional nutrition to fuel your health and performance.

SMOOTHIES

ISLAND BITE

GF . V 244 . 29 . 12 . 5 . 2 . 174

mango, pineapple, coconut milk, honey, plant-based protein powder | 8 oz.

CHERRY CHIA GARCIA

GF . V 370 . 60 . 28 . 8 . 12 . 391

cherries, banana, almond milk, chia seeds, cocoa powder, date syrup, plant-based protein powder | 16 oz.

CINNA-BOMB

GF 446 . 60 . 38 . 7 . 6 . 470

banana, rolled oats, date syrup, low-fat yogurt, cinnamon, 2% milk, plant-based protein powder | 16 oz.

AVOCADO HEMP

GF 510 . 60 . 45 . 12 . 17 . 334

blueberries, avocado, almond milk, date syrup, hemp seed, whey protein powder | 16 oz.

Plant protein may be substituted for whey protein upon request.

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 food-borne illness, especially if you have certain medical conditions.



See over 500 recipes on our Nourish blog.

