

STARTERS

Soup of the Day

Gazpacho

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

Chicken Bone Broth

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

Sunflower Seed Tacos

crunchy jicama taco shells, seasoned sunflower seed filling, shredded cabbage pickled onions, pico de gallo, avocado
GF . V 156 . 17 . 5 . 8 . 6 . 140

Patatas Bravas

paprika roasted Yukon gold potatoes salsa brava, garlic aioli, micro greens
GF . V 149 . 22 . 2 . 7 . 3 . 319

Roasted Carrot and Whipped Feta Salad

heirloom baby carrots roasted with garlic and thyme, smoked beets, hibiscus pickled shallots cilantro, za'atar spice
GF 179 . 18 . 5 . 10 . 4 . 334

Ahi Tuna Spring Roll*

ginger marinated ahi tuna, crisp cucumber bean sprouts, bibb lettuce, avocado rice paper, house-made eel sauce
GF 162 . 14 . 10 . 8 . 3 . 207

Red Pepper Glazed Chicken Drumette

roasted red pepper coulis, ranch dressing crisp & refreshing jicama sticks
GF 147 . 8 . 8 . 8 . 3 . 215

ENTREES

Curried Lentils with Plant "Filet"

za'atar spiced plant-based "filet," sautéed kale, house-made turmeric kraut
V 494 . 52 . 44 . 14 . 13 . 748

Black Bean Fettuccine with Smokey Morita Romesco

roasted rainbow cauliflower, cherry tomatoes, almond parmesan sprinkle
GF . V 496 . 49 . 43 . 19 . 20 . 406

Salmon Teriyaki*

Faroe Islands salmon, Korean sweet potato noodles, stir-fried vegetables
GF 471 . 56 . 36 . 12 . 7 . 474

Oro Ensalada

panca pepper crab salad, achiote shrimp, sweet potato aji puree, avocado crema romaine lettuce, carrots, radish, pickled onions, cilantro
GF 423 . 40 . 32 . 16 . 8 . 579

Scallops and Broad Beans*

seared diver scallops, fava bean, green pea, asparagus, and tomato sauté, Caesar vinaigrette
GF 443 . 42 . 30 . 18 . 9 . 715

Tamarind Glazed Chicken

juicy roasted chicken breast, smoky chayote squash, lentil and yucca root picadillo, salsa cruda
GF 452 . 59 . 33 . 12 . 10 . 581

Black Garlic Lamb Chops*

beluga lentils, quinoa, sautéed rainbow chard, tart cherry demi-glace
GF 443 . 41 . 39 . 16 . 9 . 734

Vegetable Stir-Fry with Choice of Protein* GF

chef's choice of vegetables, steamed brown rice, teriyaki sauce, choice of grilled salmon, chicken breast, or tofu

SIDES

Broccoli GF . V

sautéed with garlic or steamed

Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108

Sweet Potato

slow-roasted until caramelized and tender
GF . V 140 . 32 . 3 . tr . 5 . 56

Spinach GF . V

sautéed with garlic or steamed

Steamed Vegetable Basket GF . V

chef's choice of seasonal vegetables

CULINARY ACTION THEATRE

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



DINNER
SPRING | MONDAY + THURSDAY

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.



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

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 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, 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.

GLOSSARY OF CULINARY TERMS

Ají Panca

A mild, fruity chili pepper used in Peruvian cuisine to add flavor and color to dishes, often in paste or powder form.

Black Garlic

Fermented garlic aged until it turns black, developing a sweet, savory flavor used in gourmet cooking for its unique taste.

Romesco

A savory Spanish sauce made with roasted red peppers, nuts, garlic, and olive oil, often served as a dip or condiment.

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.



STARTERS

Soup of the Day

Gazpacho

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

Chicken Bone Broth

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

Sunflower Seed Tacos

crunchy jicama taco shells, seasoned sunflower seed filling, shredded cabbage pickled onions, pico de gallo, avocado

GF . V 156 . 17 . 5 . 8 . 6 . 140

Patatas Bravas

paprika roasted Yukon gold potatoes salsa brava, garlic aioli, micro greens

GF . V 149 . 22 . 2 . 7 . 3 . 319

Roasted Carrot and Whipped Feta Salad

heirloom baby carrots roasted with garlic and thyme, smoked beets, hibiscus pickled shallots cilantro, za'atar spice

GF 179 . 18 . 5 . 10 . 4 . 334

Ahi Tuna Spring Roll*

ginger marinated ahi tuna, crisp cucumber bean sprouts, bibb lettuce, avocado rice paper, house-made eel sauce

GF 162 . 14 . 10 . 8 . 3 . 207

Red Pepper Glazed Chicken Drumette

roasted red pepper coulis, ranch dressing crisp & refreshing jicama sticks

GF 147 . 8 . 8 . 8 . 3 . 215

ENTREES

Curried Lentils with Plant "Filet"

za'atar spiced plant-based "filet," sautéed kale, house-made turmeric kraut

V 494 . 52 . 44 . 14 . 13 . 748

Oro Ensalada

panca pepper crab salad, achiote shrimp, sweet potato ají puree, avocado crema romaine lettuce, carrots, radish, pickled onions, cilantro

GF 423 . 40 . 32 . 16 . 8 . 579

Crisped Cauliflower Steak

grilled tofu, cashew cream, amaranth salad with sweet peas, crispy edamame, and rosemary vinaigrette

V 500 . 54 . 30 . 20 . 12 . 555

Crab Chile Relleno with Sweet Corn Coulis

panca pepper crab and Oaxacan cheese tucked into a cornmeal-crusting poblano pepper lentil and yucca root picadillo, pepitas

GF 493 . 57 . 42 . 12 . 7 . 710

Blackened Market Catch with Grits*

chef's choice sustainably caught white fish, grits cake, creamed spinach, roasted carrots burnt honey rhubarb gastrique

GF 489 . 47 . 33 . 19 . 7 . 711

Grilled Lemon Marjoram Chicken

airline chicken breast, za'atar roasted potatoes, shaved Brussels sprouts, herb labneh, smoked paprika oil

GF 473 . 41 . 34 . 20 . 10 . 684

Grilled New York Strip with Street-Style Roasted Carrots*

rosemary grilled grass-fed New York strip, yucca picadillo, pinto bean puree

GF 447 . 40 . 43 . 13 . 10 . 406

Vegetable Stir-Fry with Choice of Protein* GF

chef's choice of vegetables, steamed brown rice, teriyaki sauce, choice of grilled salmon, chicken breast, or tofu

SIDES

Broccoli GF . V

sautéed with garlic or steamed

Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108

Sweet Potato

slow-roasted until caramelized and tender

GF . V 140 . 32 . 3 . tr . 5 . 56

Spinach GF . V

sautéed with garlic or steamed

Steamed Vegetable Basket GF . V

chef's choice of seasonal vegetables

CULINARY ACTION THEATRE

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



DINNER
SPRING | TUESDAY + FRIDAY

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.



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

**MONTEREY BAY
AQUARIUM
SEAFOOD WATCH**

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 fished or farmed seafood in ways that minimize their environmental impact. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org.

**LOCALLY
SOURCED
VENDORS**

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

FIORE DI CAPRA | Pomerene, AZ | Goat Cheese

HONEY HIVE FARMS | Peoria, AZ | Honey

HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef

BONITO BEAN CO | Wilcox, AZ | Pinto Beans

ROOTS RANCH | Winkelman, AZ | Eggs

**LOCAL &
SEASONAL**

Peas

After a cold winter, fresh peas are one of the first spring vegetables to signal the start of warmer weather to come. Peas provide high-quality carbohydrates to power both the brain and the body. They also contribute to essential protein intake, providing 4g protein per ½ cup, and are rich in prebiotic fiber, which fuels and nourishes a healthy gut microbiome. Learn more in our Nutrition, Gut Health & Immunity presentation by a Canyon Ranch Nutritionist every Thursday at 11 a.m.

Radish

Radishes belong to the brassica, or cruciferous veggie family, and come in many shapes, sizes, and colors. All radishes are sharp in flavor, indicative of their richness in the cancer-fighting compounds glucosinolates. Maximize the health benefits of glucosinolates by choosing radishes in more raw preparations, such as salads or slaws.

**GLOSSARY OF
CULINARY
TERMS**

Coulis

A thick sauce made by puréeing fruits or vegetables, commonly used to enhance sweet or savory dishes.

Gastrique

A sweet & sour sauce made by caramelizing sugar, deglazing with vinegar, and reducing it to a syrupy consistency.

Labneh

A Middle Eastern strained yogurt with a thick, creamy texture, often served as a dip or spread and topped with olive oil and spices

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.



STARTERS

Soup of the Day

Gazpacho

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

Chicken Bone Broth

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

Sunflower Seed Tacos

crunchy jicama taco shells, seasoned sunflower seed filling, shredded cabbage pickled onions, pico de gallo, avocado

GF . V 156 . 17 . 5 . 8 . 6 . 140

Patatas Bravas

paprika roasted Yukon gold potatoes salsa brava, garlic aioli, micro greens

GF . V 149 . 22 . 2 . 7 . 3 . 319

Roasted Carrot and Whipped Feta Salad

heirloom baby carrots roasted with garlic and thyme, smoked beets, hibiscus pickled shallots cilantro, za'atar spice

GF 179 . 18 . 5 . 10 . 4 . 334

Ahi Tuna Spring Roll*

ginger marinated ahi tuna, crisp cucumber bean sprouts, bibb lettuce, avocado rice paper, house-made eel sauce

GF 162 . 14 . 10 . 8 . 3 . 207

Red Pepper Glazed Chicken Drumette

roasted red pepper coulis, ranch dressing crisp & refreshing jicama sticks

GF 147 . 8 . 8 . 8 . 3 . 215

ENTREES

Curried Lentils with Plant "Filet"

za'atar spiced plant-based "filet," sautéed kale, house-made turmeric kraut

V 494 . 52 . 44 . 14 . 13 . 748

Black Bean Fettuccine with Smokey Morita Romesco

roasted rainbow cauliflower, cherry tomatoes, almond parmesan sprinkle

GF . V 496 . 49 . 43 . 19 . 20 . 406

Oro Ensalada

panca pepper crab salad, achote shrimp, sweet potato ají puree, avocado crema romaine lettuce, carrots, radish, pickled onions, cilantro

GF 423 . 40 . 32 . 16 . 8 . 579

Seafood Pappardelle

seared cod, shrimp, mussels, peas, squash, tomatoes, mushrooms, creamy poblano sauce

475 . 48 . 33 . 17 . 7 . 629

Herbes de Provence Market Catch*

chef's selection sustainably caught white-fish, snap pea, pepper, and seasonal squash sauté cilantro rice, juicy pomegranate salsa, citrus segments

GF 495 . 56 . 34 . 15 . 8 . 676

Layered Chicken Enfrijoladas

local pressed corn tortillas dipped in a black bean sauce, smoked chicken, sautéed kale cheddar cheese, curtido, avocado

GF 486 . 47 . 46 . 12 . 12 . 729

Seared Beef Tenderloin & Greek Potatoes*

pan-seared grass fed beef, honey-thyme blistered tomatoes, crispy roasted potatoes with feta cheese rosemary pistachio salsa, crispy asparagus

GF 423 . 37 . 32 . 17 . 8 . 326

Vegetable Stir-Fry with Choice of Protein* GF

chef's choice of vegetables, steamed brown rice, teriyaki sauce, choice of grilled salmon, chicken breast, or tofu

SIDES

Broccoli GF . V

sautéed with garlic or steamed

Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108

Sweet Potato

slow-roasted until caramelized and tender

GF . V 140 . 32 . 3 . tr . 5 . 56

Spinach GF . V

sautéed with garlic or steamed

Steamed Vegetable Basket GF . V

chef's choice of seasonal vegetables

CULINARY ACTION THEATRE

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



DINNER
SPRING | WEDNESDAY + SATURDAY

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.



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

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 short- and long-term cognitive function.

Peas

After a cold winter, fresh peas are one of the first spring vegetables to signal the start of warmer weather to come. Peas provide high-quality carbohydrates to power both the brain and the body. They also contribute to essential protein intake, providing 4g protein per ½ cup, and are rich in prebiotic fiber, which fuels and nourishes a healthy gut microbiome. Learn more in our Nutrition, Gut Health & Immunity presentation by a Canyon Ranch Nutritionist every Thursday at 11 a.m.

GLOSSARY OF CULINARY TERMS

Curtido

A Salvadoran condiment made from fermented cabbage, carrots, onions, and spices, often served as a side dish or topping.

Herbes de Provence

A blend of dried herbs used in French cuisine, typically including thyme, savory, rosemary, marjoram, and oregano, often with lavender flowers

Pappardelle

A wide ribbon-like pasta commonly served with hearty sauces in Italian cuisine

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.



STARTERS

Soup of the Day

Gazpacho

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

Chicken Bone Broth

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

Sunflower Seed Tacos

crunchy jicama taco shells, seasoned sunflower seed filling, shredded cabbage pickled onions, pico de gallo, avocado

GF . V 156 . 17 . 5 . 8 . 6 . 140

Patatas Bravas

paprika roasted Yukon gold potatoes salsa brava, garlic aioli, micro greens

GF . V 149 . 22 . 2 . 7 . 3 . 319

Roasted Carrot and Whipped Feta Salad

heirloom baby carrots roasted with garlic and thyme, smoked beets, hibiscus pickled shallots cilantro, za'atar spice

GF 179 . 18 . 5 . 10 . 4 . 334

Ahi Tuna Spring Roll*

ginger marinated ahi tuna, crisp cucumber bean sprouts, bibb lettuce, avocado rice paper, house-made eel sauce

GF 162 . 14 . 10 . 8 . 3 . 207

Red Pepper Glazed Chicken Drumette

roasted red pepper coulis, ranch dressing crisp & refreshing jicama sticks

GF 147 . 8 . 8 . 8 . 3 . 215

ENTREES

Curried Lentils with Plant "Filet"

za'atar spiced plant-based "filet," sautéed kale, house-made turmeric kraut

V 494 . 52 . 44 . 14 . 13 . 748

Oro Ensalada

panca pepper crab salad, achiote shrimp, sweet potato aji puree, avocado crema romaine lettuce, carrots, radish, pickled onions, cilantro

GF 423 . 40 . 32 . 16 . 8 . 579

Crisped Cauliflower Steak

grilled tofu, cashew cream, amaranth salad with sweet peas, crispy edamame, and rosemary vinaigrette

V 500 . 54 . 30 . 20 . 12 . 555

Lobster Arrabbiata

bucatini pasta, roasted pepper arrabbiata sauce, lemon garlic broccoli, parmesan cheese

494 . 53 . 30 . 20 . 7 . 658

Artichoke Chicken

spinach and feta stuffed chicken breast, artichoke sauce, herbed lemon orzo, sautéed garlic asparagus

416 . 45 . 36 . 10 . 8 . 718

Ginger Beer Glazed Duck Breast*

sunchoke-parsnip puree, charred red cabbage, crispy spiced edamame

GF 404 . 41 . 34 . 17 . 7 . 742

Black Garlic Lamb Chops*

beluga lentils, quinoa, sautéed rainbow chard, tart cherry demi-glace

GF 443 . 41 . 39 . 16 . 9 . 734

Vegetable Stir-Fry with Choice of Protein* GF

chef's choice of vegetables, steamed brown rice, teriyaki sauce, choice of grilled salmon, chicken breast, or tofu

SIDES

Broccoli GF . V

sautéed with garlic or steamed

Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108

Sweet Potato

slow-roasted until caramelized and tender

GF . V 140 . 32 . 3 . tr . 5 . 56

Spinach GF . V

sautéed with garlic or steamed

Steamed Vegetable Basket GF . V

chef's choice of seasonal vegetables

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.



See over 500 recipes on our Nourish blog.

DINNER
SPRING | SUNDAY

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

**MONTEREY BAY
AQUARIUM
SEAFOOD
WATCH**

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 fished or farmed seafood in ways that minimize their environmental impact. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org.

**LOCALLY
SOURCED
VENDORS**

- BARRIO BREAD** | Tucson, AZ | 2022 James Beard Award Winner
- FIORE DI CAPRA** | Pomerene, AZ | Goat Cheese
- HONEY HIVE FARMS** | Peoria, AZ | Honey
- HEARTQUIST HOLLOW FARM** | Winkelman, AZ | Grass-Fed Ground Beef
- BONITO BEAN CO** | Wilcox, AZ | Pinto Beans
- ROOTS RANCH** | Winkelman, AZ | Eggs

**LOCAL &
SEASONAL**

Broccoli

Did you know 1 cup of broccoli has more vitamin C than an orange? Broccoli is also rich in cancer-fighting compounds called glucosinolates and is a great source of prebiotic fiber. Prebiotic fiber acts as food for beneficial gut microbes or the microbiota. Getting enough prebiotic fiber through foods like broccoli is important for a healthy, robust, and diverse gut microbial community. Learn about the best foods for longevity in our Nourishing Longevity presentation every Tuesday at 5 p.m.

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, 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.

**GLOSSARY
OF CULINARY
TERMS**

Arrabbiata

Means "angry" in Italian, and in cooking, it refers to a spicy tomato sauce often served with pasta.

Black Garlic

Fermented garlic aged until it turns black, developing a sweet, savory flavor used in gourmet cooking for its unique taste.

Za'atar

A Middle Eastern spice blend made from dried herbs, sesame seeds, salt, and sumac. It's used to season a variety of dishes for its distinctive flavor.

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.

