

**FIRED UP SELECTIONS**

**Morning Moringa Smoothie Bowl**  
 moringa leaves, bright passion fruit, kiwi, spinach, zucchini, blueberries, wolfberry chia and hemp seeds  
 GF . V 455 . 60 . 30 . 10 . 22 . 248

**Chilaquiles Verde\***  
 fire-roasted green chile salsa, corn chips, black beans, turkey bacon, radish, pickled onion queso fresco, two eggs any style  
 GF 465 . 44 . 31 . 18 . 11 . 697

**Mediterranean Egg Breakfast\***  
 zucchini, eggplant, and garbanzo beans, braised in a spiced tomato sauce, two poached eggs, feta cheese, cilantro, chicken apple sausage patty, warm pita bread  
 477 . 45 . 33 . 19 . 7 . 579

**The VLT**  
 Barrio whole grain bread, house-made tofu bacon, lettuce, tomato, sunflower seed mayonnaise  
 V 499 . 58 . 30 . 20 . 10 . 693

**Avocado Toast\***  
 Barrio whole grain bread, super seeds, scrambled egg whites, crispy garbanzos, radish, rosemary roasted potatoes  
 499 . 48 . 30 . 20 . 10 . 567

**Powerhouse PB&J Breakfast\***  
 three peanut-butter protein pancakes, house-made strawberry preserves two eggs any style  
 500 . 53 . 33 . 17 . 7 . 738

**All American Breakfast\***  
 two eggs any style, rosemary roasted potatoes, signature chicken apple sausage patty or turkey bacon, mixed berries, choice of toast  
 477 . 41 . 34 . 19 . 6 . 577

**Plant-Powered Breakfast Bowl**  
 scrambled tofu, crispy farro, black beans, roasted butternut squash, avocado, sautéed baby kale, blistered tomatoes, everything bagel seasoning  
 V 482 . 60 . 31 . 18 . 19 . 555

**Huevos Rancheros\***  
 two eggs any style, sizzling salsa de arbol, rattlesnake beans, local pressed corn tortillas, signature chicken apple sausage patty  
 GF 460 . 41 . 30 . 20 . 8 . 506

**BREAKFAST**  
 SPRING

**APPETIZING ADDITIONS**

**Organic Steel-Cut Oatmeal Bowl**  
 super seed and pecan dukkah, seasonal fruit, spiced maple syrup  
 GF 190 . 28 . 5 . 7 . 5 . 12

**Scrambled Tofu**  
 seasoned and scrambled, may be substituted for choice of egg  
 GF . V 145 . 5 . 16 . 8 . 3 . 38

**Sweet Potato Waffle**  
 whipped maple butter  
 198 . 27 . 5 . 7 . 3 . 262

**Fresh Fruit and Berries**  
 GF . V 77 . 18 . 1 . tr . 4 . 11

**Greek Yogurt Parfait**  
 house-made granola, toasted coconut, fresh berries  
 GF 139 . 17 . 8 . 4 . 3 . 37

**Mesquite Flour Silver Dollar Pancakes**  
 Vermont maple syrup, caramelized cinnamon apples  
 GF 117 . 23 . 3 . 1 . tr . 177

**Cranberry Walnut French Toast**  
 Vermont maple syrup, fresh berries  
 185 . 27 . 6 . 5 . 2 . 200

**CULINARY ACTION THEATRE**

Visit the Omelet Bar to customize your made-to-order omelet and enjoy our daily rotating features.



**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

**KEFIR**

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems

GF . 75 . 4 . 5 . 4 . tr . 62

**JUICES**

orange | pomegranate | grapefruit | cranberry nectar | tomato | tart cherry | apple | white grape

**JUICE BLENDS**

**Beet-Ade**

beet, blueberry, pomegranate, coconut water, Bartlett pear, mint, ginger

GF . V 90 . 21 . 2 . tr . 4 . 68

**Liquid Sunshine**

carrot, orange, cantaloupe, turmeric, ginger

GF . V 95 . 22 . 2 . tr . 3 . 78

**Green Nectar**

celery, cucumber, kale, honeydew, lemon, green apple, coconut water

GF . V 61 . 14 . 1 . tr . 2 . 35

**LOCAL AND SEASONAL**

**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.

**Peppers**

The Southwest is home to a wide variety of peppers, from sweet bells to fiery chilies. We love incorporating all types of peppers in our dishes for their varied, complex flavors, which provide a delicious taste of place. They're rich in vitamins C and A and antioxidants, providing an easy boost to support your immune system.



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.

BEVERAGES