

FIRED UP SELECTIONS

**Morning Moringa Smoothie Bowl**  
moringa leaves, bright passion fruit, kiwi  
earthy spinach, zucchini, blueberries  
wolfberry, chia and hemp seeds  
GF . V 450 . 59 . 30 . 10 . 23 . 268

**Breakfast Panini**  
scrambled eggs, local goat cheese, fire-  
roasted red peppers, smoked turkey bacon  
Barrio super seed bread, mixed berries  
457 . 40 . 32 . 20 . 9 . 749

**Plant Powered Breakfast Bowl**  
scrambled tofu, crisp farro, black beans  
roasted butternut squash, avocado  
sautéed baby kale, blistered tomatoes  
everything bagel seasoning  
V 499 . 59 . 32 . 20 . 19 . 601

**The VLT**  
toasted Barrio whole grain bread  
house-made tofu bacon, lettuce  
tomato, sunflower seed mayonnaise  
V 495 . 57 . 30 . 19 . 10 . 748

**Avocado & Whipped Ricotta Toast**  
Barrio super seed bread, scrambled eggs  
thinly sliced scallions, snap peas, radish  
hemp seeds, crispy garbanzos  
482 . 43 . 33 . 19 . 10 . 544

**Garden Harvest Vegetable Hash\***  
warm chewy farro, caramelized sweet potato  
turkey bacon, charred Brussels sprouts, zesty  
chermoula sauce, choice of egg or scrambled tofu  
498 . 60 . 33 . 15 . 10 . 502

**Powerhouse PB&J Breakfast\***  
three cozy peanut-butter protein pancakes  
house-made strawberry preserves  
two eggs any style  
491 . 50 . 34 . 18 . 8 . 738

**All American Breakfast\***  
two eggs any style, roasted breakfast potatoes  
signature chicken apple sausage patty or smoked  
turkey bacon, mixed berries, choice of toast  
486 . 46 . 35 . 17 . 9 . 747

**Mediterranean Egg Breakfast\***  
zucchini, eggplant, and garbanzo beans braised  
in a rich tomato sauce with warm Autumn spices  
two poached eggs, feta cheese, cilantro  
chicken apple sausage patty, warm pita bread  
477 . 48 . 30 . 19 . 10 . 650

**Huevos Rancheros\***  
two eggs any style, sizzling salsa de arbol, slow-  
simmered rattlesnake beans, local pressed corn  
tortillas, signature chicken apple sausage patty  
GF 454 . 41 . 30 . 19 . 9 . 588

**Blueberry & Brie Stuffed French Toast\***  
Barrio sourdough baguette, cinnamon-egg batter  
house-made blueberry preserves, creamy brie  
one egg of choice, chicken sausage, mixed berries  
433 . 42 . 31 . 15 . 7 . 744

**Tanque Verde Turkey Benedict\***  
seared turkey breast, spinach, heirloom tomato  
poached eggs, turkey bacon jam, breakfast potatoes  
green chili hollandaise, gluten-free English muffin  
GF 475 . 44 . 31 . 19 . 7 . 750

BREAKFAST  
SPRING

APPETIZING ADDITIONS

**Organic Steel-Cut Oatmeal Bowl**  
super seed and pecan dukkah, seasonal fruit  
fall-spice infused maple syrup  
GF 162 . 22 . 5 . 7 . 5 . 13

**Scrambled Tofu**  
seasoned and scrambled, may be substituted  
for choice of egg  
GF . V 144 . 6 . 16 . 8 . 4 . 49

**Sweet Potato Waffle**  
whipped maple butter  
202 . 28 . 5 . 8 . 4 . 284

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

**Greek Yogurt Parfait**  
house-made granola, toasted coconut  
fresh berries  
GF 135 . 17 . 8 . 5 . 3 . 39

**Mesquite Flour Silver Dollar Pancakes**  
Vermont maple syrup, choice of blackberry  
preserves or cinnamon-dusted caramelized apples  
GF 116 . 23 . 3 . 1 . 1 . 176

**Cranberry Walnut French Toast**  
Vermont maple syrup, fresh berries  
204 . 33 . 7 . 5 . 2 . 253

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 | golden triangle black | hibiscus elderberry

HOT

Loose-Leaf Tea

Earl Grey | English breakfast | jasmine green | golden chamomile | peppermint

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 | butterscotch pecan | lavender

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 | 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

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.

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 Vaquero at the host stand in the Clubhouse, as well as by using the Canyon Ranch Mobile App.



BEVERAGES