



STARTERS

Soup of the Day	Gazpacho	Chicken Bone Broth
	GF . V 61 . 13 . 2 . tr . 2 . 303	GF 28 . 1 . 2 . 1 . tr . 211

ENTRÉES

Hearty Lentil Bolognese
slow-simmered lentil and vegetable Bolognese
luscious burrata cheese, green peas, crispy
polenta cake, basil oil
GF 443 . 54 . 32 . 17 . 10 . 570

Shaved Brussels Sprouts Salad
shaved and lightly charred Brussels sprouts, local
Granny Smith apples, roasted butternut squash,
dried cranberries, feta, grilled chicken, cinnamon
maple vinaigrette, toasted pumpkin seeds
GF 469 . 40 . 34 . 20 . 8 . 467

Bountiful Beef Bulgogi Lettuce Wraps*
thinly sliced and seared marinated tenderloin
forbidden black rice, stir-fried vegetables
earthy kimchi, bibb lettuce
GF 472 . 50 . 41 . 12 . 8 . 705

Pineapple Habanero Shrimp Tacos
sweet & spicy glazed wild caught shrimp
blue corn tortillas, fiesta lime salsa, avocado
GF 468 . 55 . 37 . 15 . 8 . 518

Chicken Tinga Tacos
achiote braised organic chicken, local pressed
corn tortillas, creamy avocado poblano sauce
cotija cheese, curtido, hearty rattlesnake beans
GF 486 . 40 . 37 . 17 . 9 . 633

Carne Asada Tacos*
grilled grass-fed skirt steak, fresh pico de gallo
house pickled red onion, local corn tortillas
hearty rattlesnake beans
GF 427 . 54 . 33 . 10 . 10 . 481

Roasted Jalapeño Veggie Burger
house-made burger patty, lettuce, tomato
pickled red onion, avocado
V 464 . 60 . 32 . 12 . 9 . 528

Trail Boss Burger*
100% grass-fed ground beef burger, jicama slaw, wheat bun

Build it Your Way: lettuce, tomato, pickles, pickled onion, green chilies, roasted wild mushrooms, avocado
slow-simmered house-made chili, swiss, cheddar, robust bleu cheese, smoked turkey bacon
462 . 40 . 37 . 17 . 9 . 456

Ahi Poke Bowl*
sesame soy marinated ahi tuna, forbidden
black rice, fresh cucumber, carrots, radish
tomatoes, scallions, toasted sesame seeds
GF 483 . 53 . 36 . 15 . 9 . 684

Grilled Salmon Charred Broccolini Caesar*
Faroe Island salmon, dinosaur kale, gem lettuce
red onion, three wise grains, crispy garbanzos
GF 496 . 41 . 37 . 20 . 11 . 450

Rustic and Herbaceous Flank Steak Salad*
grilled grass-fed flank steak, cherry tomatoes
chimichurri white beans, cucumber, hibiscus
pickled shallots, tender romaine, toasted
pumpkin seeds
GF 500 . 46 . 35 . 20 . 10 . 443

Plant-Based Banh Mi
Land Lovers flank “steak,” cucumber, cilantro
pickled vegetables, vegan sambal aioli
toasted Barrio baguette
V 427 . 48 . 34 . 10 . 8 . 625

Savory Shrimp Po’Boy
sautéed shrimp, house-made dill pickles
remoulade, tomato, romaine, whole-wheat roll
476 . 53 . 30 . 18 . 8 . 674

Cubano Sandwich
slow-braised pork shoulder, thinly sliced ham
cucumbers, tangy dijon mustard, creamy swiss
cheese, rosemary roll, jicama slaw
486 . 41 . 41 . 17 . 8 . 721

Yard Bird Green Chile Burger*
seared Red Bird chicken patty, roasted green chilies
Red Butte Hatch chile cheddar, jicama slaw
497 . 44 . 45 . 20 . 8 . 699

LUNCH
SPRING

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.

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

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

BEVERAGES

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, 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 Optimize Brain Health with Nutrition presentation by a Canyon Ranch Nutritionist every Wednesday at 10 am.

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

