

# DINNER

SPRING | MONDAY + THURSDAY

## BEGINNINGS

### Soup of the Day

#### Gazpacho

GF . V 61 . 13 . 2 . tr . 2 . 303

#### Chicken Bone Broth

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

#### Seasonal Vegetable Crudité

farm-fresh vegetables, pickled vegetables  
charred carrot hummus, kefir ranch dressing  
GF 136 . 20 . 7 . 4 . 5 . 267

#### Blooming Spring Pea Salad

a vibrant mix of baby spinach, cucumber, snap peas,  
English peas, watermelon radish and orchid tossed with  
a basil vinaigrette, and topped with popped sorghum  
GF . V 165 . 20 . 6 . 8 . 5 . 123

#### Roasted Beets & Brûléed Humboldt

petite greens, pistachio dukkah,  
kumquat marmalade, pickled blueberries  
GF 174 . 20 . 8 . 8 . 3 . 250

#### Steamed Edamame

yuzu-togarashi dipping sauce  
GF . V 166 . 14 . 15 . 7 . 5 . 287

#### Smoked Trout Toast

house-smoked trout rillettes layered over a  
toasted Barrio baguette, finished with lively  
fennel jam, crisp celery, and delicate caviar  
161 . 20 . 7 . 6 . 3 . 195

#### Faroe Island Salmon Ceviche\*

delicate salmon marinated in leche de tigre, paired  
with black tahini aioli and puffed rice chips  
GF 199 . 18 . 14 . 8 . 3 . 192

#### Fire-Roasted Brussels Sprouts

roasted sunflower romesco, whipped  
tofu, golden raisin migas  
V 152 . 19 . 6 . 8 . 6 . 205

## CRAFT YOUR OWN PLATE

Enjoy a plentiful variety of flavors by creating your own dinner, tailored  
to your culinary preferences and your body's nutritional needs.

## PLANT FORWARD

#### Harissa-Roasted Carrots

fresh dill  
GF . V 100 . 15 . 2 . 4 . 6 . 127

#### Roasted Asparagus

hemp-walnut crumble  
GF 46 . 5 . 3 . 3 . 3 . 16

#### Seasonal Steamer Basket

selected daily  
GF . V

#### Sautéed Asian Greens Trio

napa cabbage, broccolini, bok choy  
shiitake mushrooms ginger, tamari  
GF . V 94 . 11 . 5 . 5 . 4 . 109

#### Miso-Glazed Eggplant

Thai eggplant, roasted red pepper curry  
GF . V 41 . 9 . 2 . 3 . 4 . 135

#### Sautéed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140

#### Sautéed Spinach

crispy shallots, garlic  
GF . V 45 . 4 . 3 . 2 . 2 . 138

#### Cacio e Pepe Gnudi

roasted wild mushrooms, ricotta  
fresh cracked black pepper, chives  
113 . 11 . 5 . 6 . 1 . 115

#### Roasted Sweet Potato

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

#### Turmeric Cauliflower Mash

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

#### Forbidden Rice Risotto

parmesan, basil  
GF 164 . 20 . 5 . 6 . 1 . 295

#### Whipped Yukon Gold Potatoes

toasted hazelnuts, lemon zest  
GF . V 114 . 17 . 3 . 5 . 3 . 107

#### Lentil Picadillo

yucca root, beluga lentils  
GF . V 88 . 16 . 4 . 1 . 3 . 28

## PROTEINS

#### Tofu Katsu

roasted red pepper curry  
GF . V 191 . 17 . 15 . 8 . 8 . 199

#### Grilled Eggplant Cannelloni

plant-based ricotta, lentil bolognese  
GF . V 187 . 24 . 17 . 6 . 7 . 177

#### Grilled Sustainable

##### Fish of the Day\*

blackberry salsa  
GF 181 . 6 . 22 . 7 . 1 . 163

#### Grilled Faroe Island

##### Salmon Filler\*

avocado chimichurri  
GF 231 . 2 . 26 . 13 . 1 . 81

#### Pan-Seared

##### Jumbo Maine Scallops\*

pineapple habanero glaze  
GF 132 . 7 . 21 . 2 . tr . 248

#### Bourbon-Glazed Airline Chicken

bourbon apple glaze  
GF 204 . 8 . 26 . 5 . 1 . 278

#### Herb-Marinated

##### Red Bird Farms Chicken

olive oil and fresh herbs  
GF 215 . 1 . 25 . 11 . tr . 52

#### Duck Coloradito\*

seared duck breast, mole coloradito  
GF 190 . 3 . 23 . 9 . 1 . 87

#### Gochujang Braised

##### Short Ribs

apple carrot slaw, togarashi onion  
GF 182 . 15 . 17 . 6 . 2 . 299

#### Grilled Grass-Fed Filet of Beef\*

Canyon Ranch demi-glaze  
marcona almond gremolata  
GF 247 . 2 . 30 . 12 . tr . 181

#### Double Bone Roasted

##### Lamb Rack\*

harissa-miso sauce  
GF 202 . 8 . 20 . 11 . 2 . 143

### 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.

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## CHEF'S COMPOSED DISHES

#### Tofu Katsu

crispy tofu paired with miso-glazed  
eggplant, sautéed Asian greens trio,  
and roasted red pepper curry  
GF . V 438 . 47 . 30 . 19 . 21 . 621

#### Creamy Cauliflower Fettuccini Alfredo

a rich and creamy cauliflower Alfredo  
sauce tossed with edamame fettuccini,  
green peas, and a vegan parmesan  
GF . V 387 . 44 . 45 . 8 . 21 . 407

#### Bourbon-Glazed Airline Chicken

tender chicken served with whipped Yukon  
gold potatoes and roasted asparagus  
GF 433 . 40 . 34 . 15 . 9 . 458

#### Double Bone Roasted Lamb Rack\*

savory roasted lamb rack with harissa miso sauce,  
roasted asparagus, and baked sweet potato  
GF 457 . 49 . 31 . 17 . 10 . 409

#### Chef's Spotlight

ask your server about today's daily feature

## CULINARY ACTION THEATRE

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**VAQUERO**  
CANYON RANCH



## 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. Tucson cuisine is identified by heirloom corn and chilies from Mexico, wheat that arrived with the Spanish missionaries and traditional native ingredients such as cholla cactus buds, tepary beans, and the fruit of the prickly pear cactus.

## MONTEREY BAY AQUARIUM SEAFOOD WATCH

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## LOCALLY SOURCED VENDORS

**BARRIO BREAD** | Tucson, AZ | 2022 James Beard Award Winner  
**BONITO BEAN CO** | Wilcox, AZ | Pinto Beans  
**FIORE DI CAPRA** | Pomerene, AZ | Goat Cheese  
**HAYDEN FLOUR MILLS** | Queen Creek, AZ | Flour, Purple Barley  
**HEARTQUIST HOLLOW FARM** | Winkelman, AZ | Grass-Fed Ground Beef  
**PLANT 2 PLATE MICRO FARM** | Catalina, AZ | Micro Greens  
**ROOTS RANCH** | Winkelman, AZ | Eggs

### 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

## 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.

### 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

### Furikake

A Japanese seasoning blend typically made of dried seaweed, sesame seeds, salt, sugar, and sometimes fish flakes, used to add flavor and texture to rice, vegetables, and other dishes.

### Katsu

A Japanese dish featuring breaded and pan-fried tofu or meat, served with a flavorful sauce.

### Leche de Tigre

A zesty, citrus-based marinade used in Peruvian cuisine, particularly for ceviche. Made with lime juice, garlic, ginger, cilantro, onions, chili peppers, and fish juices, it's known for its bright, tangy, and slightly spicy flavor.

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

DINNER

SPRING | TUESDAY + FRIDAY

BEGINNINGS

Soup of the Day

Gazpacho

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Chicken Bone Broth

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

Seasonal Vegetable Crudit 

farm-fresh vegetables, pickled vegetables  
charred carrot hummus, kefir ranch dressing  
GF 136 . 20 . 7 . 4 . 5 . 267

Blooming Spring Pea Salad

a vibrant mix of baby spinach, cucumber, snap peas,  
English peas, watermelon radish and orchid tossed with  
a basil vinaigrette, and topped with popped sorghum  
GF . V 165 . 20 . 6 . 8 . 5 . 123

Roasted Beets & Br  ed Humboldt

petite greens, pistachio dukkah,  
kumquat marmalade, pickled blueberries  
GF 174 . 20 . 8 . 8 . 3 . 250

Steamed Edamame

yuzu-togarashi dipping sauce  
GF . V 166 . 14 . 15 . 7 . 5 . 287

Sweet Potato & Avocado Toast

local Barrio wheat bread, black bean puree,  
everything bagel seasoning dipped avocado  
V 152 . 18 . 4 . 5 . 4 . 282

Grilled Artichoke

aji verde aioli, lemon  
GF 137 . 15 . 5 . 8 . 7 . 271

Fire-Roasted Brussels Sprouts

roasted sunflower romesco, whipped  
tofu, golden raisin migas  
V 152 . 19 . 6 . 8 . 6 . 205

CRAFT YOUR OWN PLATE

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to your culinary preferences and your body’s nutritional needs.

PLANT FORWARD

Harissa-Roasted Carrots

fresh dill  
GF . V 100 . 15 . 2 . 4 . 6 . 127

Roasted Asparagus

hemp-walnut crumble  
GF 46 . 5 . 3 . 3 . 3 . 16

Seasonal Steamer Basket

selected daily  
GF . V

Saut ed Asian Greens Trio

napa cabbage, broccolini, bok choy  
shiitake mushrooms ginger, tamari  
GF . V 94 . 11 . 5 . 5 . 4 . 109

Miso-Glazed Eggplant

Thai eggplant, roasted red pepper curry  
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Saut ed Broccoli with Garlic

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Cacio e Pepe Gnudi

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GF . V 114 . 17 . 3 . 5 . 3 . 107

Lentil Picadillo

yucca root, beluga lentils  
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roasted red pepper curry  
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Grilled Eggplant Cannelloni

plant-based ricotta, lentil bolognese  
GF . V 187 . 24 . 17 . 6 . 7 . 177

Grilled Sustainable

Fish of the Day\*

blackberry salsa  
GF 181 . 6 . 22 . 7 . 1 . 163

Grilled Faroe Island

Salmon Fillet\*

avocado chimichurri  
GF 231 . 2 . 26 . 13 . 1 . 81

Pan-Seared

Jumbo Maine Scallops\*

pineapple habanero glaze  
GF 132 . 7 . 21 . 2 . tr . 248

Bourbon-Glazed Airline Chicken

bourbon apple glaze  
GF 204 . 8 . 26 . 5 . 1 . 278

Herb-Marinated

Red Bird Farms Chicken

olive oil and fresh herbs  
GF 215 . 1 . 25 . 11 . tr . 52

Duck Coloradito\*

seared duck breast, mole coloradito  
GF 190 . 3 . 23 . 9 . 1 . 87

Gochujang Braised

Short Ribs

apple carrot slaw, togarashi onion  
GF 182 . 15 . 17 . 6 . 2 . 299

Grilled Grass-Fed Filet of Beef\*

Canyon Ranch demi-glaze  
marcona almond gremolata  
GF 247 . 2 . 30 . 12 . tr . 181

Double Bone Roasted

Lamb Rack\*

harissa-miso sauce  
GF 202 . 8 . 20 . 11 . 2 . 143

CHEF’S  
COMPOSED DISHES

Grilled Eggplant Cannelloni

tender grilled eggplant rolled with plant-based  
ricotta, served over lentil bolognese with roasted  
asparagus and a hemp-walnut crumble  
GF 380 . 50 . 34 . 11 . 14 . 356

Creamy Cauliflower Fettuccini Alfredo

a rich and creamy cauliflower Alfredo  
sauce tossed with edamame fettuccini,  
green peas, and a vegan parmesan  
GF . V 387 . 44 . 45 . 8 . 21 . 407

Seared Salmon ala Brassa\*

Faroe Island salmon paired with lentil picadillo,  
harissa-roasted carrots, and a vibrant aji verde  
GF 457 . 42 . 33 . 18 . 15 . 530

Gochujang Braised Short Ribs

slow-braised bison short ribs served with  
saut ed Asian greens trio, apple-carrot slaw,  
and a creamy forbidden rice risotto  
GF 498 . 53 . 32 . 19 . 9 . 661

Chef’s Spotlight

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**BARISTA MILKS** skim | reduced fat | half & half | almond | oat | coconut | soy | rice

**HOUSEMADE COFFEE SYRUPS** vanilla | caramel | mocha | butterscotch pecan | lavender

## BEVERAGES

## 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, offered biweekly on Mondays at 1 pm.

### 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.

## GLOSSARY OF CULINARY TERMS

### Gochujang

A Korean red chili paste made from chili powder, fermented soybeans, rice, and salt. It has a rich, savory, sweet, and spicy flavor, commonly used to add depth and heat to Korean dishes like bibimbap, stews, and marinades.

### Picadillo

A Latin American dish commonly made with ground meat, onions, tomatoes, and spices. It is typically served with rice, beans, or tortillas and is known for its savory-sweet flavor profile and versatility.

### Yuzu

A citrus fruit originating from East Asia. It has a tart and aromatic flavor, similar to a combination of grapefruit, lemon, and mandarin orange.

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SPRING | WEDNESDAY + SATURDAY

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fennel jam, crisp celery, and delicate caviar  
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#### Togarashi Crusted Tuna Tataki\*

cucumber edamame salad, crispy ginger  
scallions, yuzu, chili crisp  
GF 195 . 20 . 22 . 3 . 3 . 326

#### Fire-Roasted Brussels Sprouts

roasted sunflower romesco, whipped  
tofu, golden raisin migas  
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#### Creamy Cauliflower Fettuccini Alfredo

a rich and creamy cauliflower Alfredo  
sauce tossed with edamame fettuccini,  
green peas, and a vegan parmesan  
GF . V 387 . 44 . 45 . 8 . 21 . 407

#### Lobster & Black Pepper Gnudi

Maine lobster paired with roasted wild  
mushrooms, black pepper gnudi,  
and broccoli sautéed with garlic  
401 . 40 . 31 . 14 . 9 . 733

#### Duck Coloradito\*

pan-seared duck breast served with lentil  
picadillo, garlic-sautéed spinach, roasted  
sweet potato, and a rich mole coloradito  
GF 500 . 45 . 33 . 19 . 12 . 496

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## LOCALLY SOURCED VENDORS

**BARRIO BREAD** | Tucson, AZ | 2022 James Beard Award Winner  
**BONITO BEAN CO** | Wilcox, AZ | Pinto Beans  
**FIORE DI CAPRA** | Pomerene, AZ | Goat Cheese  
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**PLANT 2 PLATE MICRO FARM** | Catalina, AZ | Micro Greens  
**ROOTS RANCH** | Winkelman, AZ | Eggs

### 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

## LOCAL & SEASONAL

### Broccoli

Did you know 1 cup of broccoli has more vitamin C than an orange? Broccoli is also rich in cancerfighting 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 lifespan and healthspan in our Nourishing Longevity presentation every Thursday at 11 am.

### 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, offered biweekly on Mondays at 1 pm.

## GLOSSARY OF CULINARY TERMS

### Cacio e Pepe

A classic Italian pasta dish that translates to "cheese and pepper." It's made with simple ingredients: pasta, cheese, freshly ground black pepper, and pasta cooking water, which combine to create a creamy, flavorful sauce.

### Gnudi

Delicate, pillowy dumplings made primarily from ricotta cheese, lightly bound with flour and sometimes mixed with other ingredients like parmesan or herbs. They resemble the filling of ravioli without the pasta shell, resulting in a soft, creamy texture.

### Furikake

A Japanese seasoning blend typically made of dried seaweed, sesame seeds, salt, sugar, and sometimes fish flakes, used to add flavor and texture to rice, vegetables, and other dishes.

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



DINNER

SPRING | SUNDAY

BEGINNINGS

Soup of the Day

Gazpacho

GF . V 61 . 13 . 2 . tr . 2 . 303

Chicken Bone Broth

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

Seasonal Vegetable Crudit 

farm-fresh vegetables, pickled vegetables  
charred carrot hummus, kefir ranch dressing  
GF 136 . 20 . 7 . 4 . 5 . 267

Blooming Spring Pea Salad

a vibrant mix of baby spinach, cucumber, snap peas,  
English peas, watermelon radish and orchid tossed with  
a basil vinaigrette, and topped with popped sorghum  
GF . V 165 . 20 . 6 . 8 . 5 . 123

Roasted Beets & Br  led Humboldt

petite greens, pistachio dukkah,  
kumquat marmalade, pickled blueberries  
GF 174 . 20 . 8 . 8 . 3 . 250

Steamed Edamame

yuzu-togarashi dipping sauce  
GF . V 166 . 14 . 15 . 7 . 5 . 287

Togarashi Crusted Tuna Tataki\*

cucumber edamame salad, crispy ginger  
scallions, yuzu, chili crisp  
GF 195 . 20 . 22 . 3 . 3 . 326

Grilled Artichoke

aji verde aioli, lemon  
GF 137 . 15 . 5 . 8 . 7 . 271

Fire-Roasted Brussels Sprouts

roasted sunflower romesco, whipped  
tofu, golden raisin migas  
V 152 . 19 . 6 . 8 . 6 . 205

CRAFT YOUR OWN PLATE

Enjoy a plentiful variety of flavors by creating your own dinner, tailored  
to your culinary preferences and your body’s nutritional needs.

PLANT FORWARD

Harissa-Roasted Carrots

fresh dill  
GF . V 100 . 15 . 2 . 4 . 6 . 127

Roasted Asparagus

hemp-walnut crumble  
GF 46 . 5 . 3 . 3 . 3 . 16

Seasonal Steamer Basket

selected daily  
GF . V

Saut  ed Asian Greens Trio

napa cabbage, broccolini, bok choy  
shiitake mushrooms ginger, tamari  
GF . V 94 . 11 . 5 . 5 . 4 . 109

Miso-Glazed Eggplant

Thai eggplant, roasted red pepper curry  
GF . V 41 . 9 . 2 . 3 . 4 . 135

Saut  ed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140

Cacio e Pepe Gnudi

roasted wild mushrooms, ricotta  
fresh cracked black pepper, chives  
113 . 11 . 5 . 6 . 1 . 115

Saut  ed Spinach

crispy shallots, garlic  
GF . V 45 . 4 . 3 . 2 . 2 . 138

Roasted Sweet Potato

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

Turmeric Cauliflower Mash

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

Forbidden Rice Risotto

parmesan, basil  
GF 164 . 20 . 5 . 6 . 1 . 295

Whipped Yukon Gold Potatoes

toasted hazelnuts, lemon zest  
GF . V 114 . 17 . 3 . 5 . 3 . 107

Lentil Picadillo

yucca root, beluga lentils  
GF . V 88 . 16 . 4 . 1 . 3 . 28

PROTEINS

Tofu Katsu

roasted red pepper curry  
GF . V 191 . 17 . 15 . 8 . 8 . 199

Grilled Eggplant Cannelloni

plant-based ricotta, lentil bolognese  
GF . V 187 . 24 . 17 . 6 . 7 . 177

Grilled Sustainable

Fish of the Day\*

blackberry salsa  
GF 181 . 6 . 22 . 7 . 1 . 163

Grilled Faroe Island

Salmon Fillet\*

avocado chimichurri  
GF 231 . 2 . 26 . 13 . 1 . 81

Bourbon-Glazed Airline Chicken

bourbon apple glaze  
GF 204 . 8 . 26 . 5 . 1 . 278

Herb-Marinated

Red Bird Farms Chicken

olive oil and fresh herbs  
GF 215 . 1 . 25 . 11 . tr . 52

Pan-Seared

Jumbo Maine Scallops\*

pineapple habanero glaze  
GF 132 . 7 . 21 . 2 . tr . 248

Duck Coloradito\*

seared duck breast, mole coloradito  
GF 190 . 3 . 23 . 9 . 1 . 87

Gochujang Braised

Short Ribs

apple carrot slaw, togarashi onion  
GF 182 . 15 . 17 . 6 . 2 . 299

Grilled Grass-Fed Filet of Beef\*

Canyon Ranch demi-glaze

marcona almond gremolata  
GF 247 . 2 . 30 . 12 . tr . 181

Double Bone Roasted

Lamb Rack\*

harissa-miso sauce  
GF 202 . 8 . 20 . 11 . 2 . 143

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.

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CHEF’S  
COMPOSED DISHES

Grilled Eggplant Cannelloni

tender grilled eggplant rolled with plant-based  
ricotta, served over lentil bolognese with roasted  
asparagus and a hemp-walnut crumble  
GF 380 . 50 . 34 . 11 . 14 . 356

Creamy Cauliflower Fettuccini Alfredo

a rich and creamy cauliflower Alfredo  
sauce tossed with edamame fettuccini,  
green peas, and a vegan parmesan  
GF . V 387 . 44 . 45 . 8 . 21 . 407

Pan-Seared Jumbo Maine Scallops\*

succulent scallops with a sweet and spicy  
pineapple-habanero glaze, served over forbidden  
rice risotto and saut  ed Asian greens trio  
GF 491 . 54 . 35 . 16 . 7 . 733

Spinach & Feta Chicken Roulade

Red Bird Farms chicken breast stuffed with spinach  
and feta, served with a tangy caper-artichoke sauce  
roasted asparagus, and a side of lemony orzo  
459 . 54 . 39 . 12 . 12 . 493

Chef’s Spotlight

ask your server about today’s daily feature

CULINARY ACTION  
THEATRE

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



See over 500 recipes  
on our Nourish blog.



VAQUERO  
CANYON RANCH



## UNESCO

In 2015 Tucson became the first city in the United States to be designated as a UNESCO City of Gastronomy.

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## BEVERAGES

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

## GLOSSARY OF CULINARY TERMS

### Dukkah

An Egyptian spice blend made from nuts, seeds, and spices, toasted and ground into a coarse powder. It's commonly used as a seasoning for bread or as a topping for various dishes.

### Migas

A dish from Spanish and Mexican cuisines, commonly made with leftover bread or tortillas mixed with ingredients like eggs, onions, peppers, and sometimes chorizo.

### Romesco

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

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