



CANYON RANCH SIGNATURE SMOOTHIES

Choose from our signature selection of smoothies developed by Canyon Ranch Chefs and Nutritionists. Each recipe is designed to give you an optimal blend of great flavor and functional nutrition to fuel your health and performance.

ISLAND BITE

GF . V 488 . 29 . 35 . 14 . 3 . 646

Enjoy this refreshing smoothie packed with tropical fruits like pineapple and mango, offering a rich source of vitamin C and antioxidants. Lite coconut milk and vanilla protein powder add a creamy texture and decadent taste, along with protein and healthy fats.

mango, peach, pineapple, lite coconut milk, vanilla protein powder | 16 oz.

GREEN BEAST

GF . V 486 . 54 . 37 . 10 . 7 . 654

This high-protein, energy-boosting smoothie is loaded with phytonutrients from vegetables and fruits to support immune function, brain health, and vitality. Chia seeds add fiber for gut health and omega-3s for brain and muscle support, making it a nutritional powerhouse.

spinach, kale, mango, banana, apple juice, lemon juice, lite coconut milk, vanilla protein powder, chia seeds | 16 oz.

INFLAMMATION FIGHTER

GF . V 466 . 54 . 35 . 9 . 6 . 616

This smoothie is rich in anthocyanins and polyphenols, which improve cognitive function and aid in exercise recovery. Ideal for post-workout recovery or as a nutritious meal replacement, it's a delicious way to support physical and mental fitness.

blueberry, mango, pineapple, banana, lite coconut milk, turmeric, vanilla protein powder, pomegranate juice | 16 oz.

PEANUT BUTTER SPLIT

GF . V 412 . 60 . 30 . 9 . 13 . 528

This indulgent smoothie offers ample protein, vitamins, and minerals, boosting your fiber intake to support stable blood sugar levels. It provides carbohydrates for endurance and protein to satisfy hunger, delivering a satisfying and healthful choice.

banana, strawberry, almond milk, peanut butter | 16 oz.

Plant protein may be substituted for whey protein upon request.

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

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.

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



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SMOOTHIES