

SOUPS

Soup of the Day

Chicken Bone Broth

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

Tomato & Roasted Garlic Soup

GF . V 63 . 11 . 2 . 2 . 2 . 344

SALADS & BOWLS

Tuna Poke Bowl*

delicate tuna tossed in a ginger-soy marinade served with crisp cucumber, sweet tomato carrots, radish, and toasted sesame seeds

GF 470 . 54 . 37 . 13 . 11 . 740

Spring Harvest Salad

organic mesclun greens tossed with vibrant pickled vegetables, creamy fava beans, asparagus & sugar snap peas, toasted pumpkin seeds, and zesty peppercorn parmesan dressing

GF 372 . 33 . 19 . 19 . 12 . 445

Kale Caesar Salad

tender baby kale and crunchy endive tossed in a rich and creamy Caesar dressing topped with shaved parmesan and crispy chickpeas

GF 204 . 18 . 11 . 11 . 5 . 262

Quinoa Bowl

a hearty quinoa medley paired with chickpeas, crispy edamame, tempeh, shiitake mushrooms, and tender baby kale, finished with local kraut, a tangy miso vinaigrette, and house-made guacamole

GF . V 500 . 58 . 31 . 17 . 17 . 746

Enhance Your Bowl or Salad with an Additional Protein

choice of: grilled chicken, salmon, or tofu (V)

ENTRÉES

Hearty Lentil “Meatloaf”

made with walnuts, mushrooms, carrots, celery, and English peas served with romaine lettuce, and a smooth white bean and edamame purée

GF . V 478 . 50 . 33 . 20 . 20 . 674

Market Catch*

sustainably caught fish of the day, served over a smooth and velvety maple sweet potato puree with a side of roasted cherry tomatoes, zucchini and red onion, and topped with a vibrant arugula-pecan pesto and crunchy super seeds

GF 425 . 41 . 30 . 16 . 8 . 650

Tartine of the Day

Chef’s selection of seasonal ingredients on house-made artisan whole-wheat toast

Burger of the Day*

Falafel Burger

a chickpea burger patty topped with fresh tomato creamy avocado, and drizzled with a tomato & jalapeno marmalade, served on a whole-wheat potato roll with a side of zucchini and yellow squash salad

V 470 . 62 . 30 . 12 . 15 . 413

Grilled Beef Burger*

a juicy grass-fed burger patty stacked with crisp romaine lettuce, tangy pickles, and creamy Thousand Island dressing served on a whole-wheat potato roll with a refreshing jicama and apple slaw

497 . 45 . 41 . 17 . 9 . 709

Chicken Sandwich

a crispy buttermilk chicken breast topped with refreshing cucumber, fresh baby kale, and melted Swiss cheese drizzled with Thousand Island dressing, all on a whole-wheat potato roll served with a side of zucchini and yellow squash salad

497 . 50 . 41 . 15 . 7 . 556

Turkey Reuben

tender sliced turkey breast on toasted artisan whole wheat bread, layered with melted Swiss cheese local curry kraut, and rich Thousand Island dressing served with crunchy jicama apple slaw

462 . 56 . 39 . 9 . 7 . 749

Shrimp Tacos

perfectly seasoned shrimp, served in warm corn tortillas with hearty red quinoa, tangy curry kraut and crisp baby kale, complemented by guacamole and fresh pico de gallo

GF 409 . 51 . 33 . 10 . 11 . 706

Mojo Chicken Tacos

juicy chicken thighs, marinated in our vibrant mojo sauce served in warm corn tortillas with hearty red quinoa, local curry kraut, and fresh baby kale, complemented by guacamole and fresh pico de gallo

GF 447 . 49 . 31 . 15 . 9 . 659

Chef’s Feature

experience Chef Julien’s unique take on Canyon Ranch’s commitment to healthy eating, blending creativity with our wellness philosophy

LUNCH



SELF SERVE SALAD BAR

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY

NUTRIENT ANALYSIS

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

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.

HOMEMADE

Virgin Bloody Mary

tomato juice, horseradish, Worcestershire sauce, celery seed

GF . V 45 . 8 . 2 . tr . 2 . 268

SPRITZERS

Honey Lemon

sparkling water with fresh lemon & a hint of honey

GF . V 34 . 9 . tr . tr . tr . 4

Pomegranate

GF . V . 46 . 12 . 0 . 0 . 0 . 8

Tart Cherry

GF . V . 39 . 10 . 0 . 0 . 0 . 30

Cranberry

GF . V . 49 . 12 . 0 . tr . 0 . 3

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, Illinois, with Italian heritage.

- Bizzarri medium-dark roast drip coffee
- Mezzanotte decaf drip coffee
- Gusto Crema medium roast espresso
- cold brew coffee

MILKS | whole | skim | half & half | unsweetened almond | oat

J'ENWEY TEA

Organic & Direct Trade

ICED TEA

black | lychee green | hibiscus berry peach

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

calming chamomile | cherry berry | lemon lover immunity blend

Green Tea Sachets

jasmine silver needle | vanilla peach

Black Tea Sachets

lady blue earl grey | English breakfast | Moroccan mint

LOCALLY SOURCED VENDORS

High Lawn Farm

Lee, MA | Milk, Cheese

Hilltop Orchards

Richmond, MA | Apples, Apple Cider

Delftree Mushroom Company

Adams, MA

Mill Brook Sugarhouse

Lenox, MA | Maple Syrup

Gaetano's Organic Farm

Becket, MA

BEVERAGES

