

HOT OATS

Served All Day


Traditional Steel-Cut Oatmeal GF \$14  
hearty oats served with sweet blueberries, toasted walnuts, sprinkle of cinnamon, and a swirl of honey

WHOLE SOME BOWLS

Melon, Greek Yogurt, and Granola Bowl GF \$16  
creamy Greek yogurt topped with house-made granola, sugar cube melon, fresh berries, and honey

Cottage Cheese Berry Bowl GF \$16  
cottage cheese flavored with maple syrup & cinnamon, topped with mixed berries, house-made granola, and chia seeds

FRESH EGGS

All American Classic Breakfast\*   
2 eggs \$19 | 3 eggs \$21  
eggs cooked your way, served with grilled red skin potatoes, uncured bacon or chicken sausage, toast and jam

Avocado Toast \$21   
grilled ciabatta topped with mashed avocado, organic hard-boiled eggs, pickled red onion, micro arugula, and chia seeds

Omelet or Scramble \$21 served with grilled red skin potatoes, toast and jam

Whole Egg

Egg White

Tofu V

Just Egg V (+\$2)

Customize with:

spinach | tomato | bell pepper | roasted chilies  
onion | cremini mushroom | cheddar | Swiss  
mozzarella | feta cheese

Additional Proteins (+\$2)

chicken sausage | bacon | chicken chorizo

CANYON RANCH FAVORITES

Huevos Rancheros\* GF \$20  
crisp corn tostada layered with smashed black beans, avocado, queso fresco, topped with two eggs your way, finished with house fire-roasted salsa, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Bagel and Lox\* \$22  
toasted bagel with Atlantic cold-smoked salmon, pink peppercorn cream cheese, red onion, capers, sliced tomato served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Hearty Breakfast Bowl\* GF \$20  
a wholesome bowl of smashed black beans, savory chicken sausage, red skin potatoes, sautéed kale and spinach, sweet peppers, red onion, two eggs your way, topped with queso fresco and pico de gallo

PLT Eggs Benedict\* \$21  
poached eggs paired with savory prosciutto, crisp lettuce, ripe tomato, and an avocado crema, all nestled on a toasted whole-wheat English muffin, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Croque Madame Flatbread\* \$21  
crispy flatbread topped with melted gruyere cheese, black forest ham and two eggs your way, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Crème Brûlée French Toast\* \$20  
French toast topped with a brûléed vanilla pastry cream, served with a medley of fresh berries, candied almonds and two eggs your way

Canyon Ranch Cakes\* \$20  
warm fluffy pancakes topped with bananas, walnuts, cacao nibs & Vermont maple syrup, served with two eggs your way

BREADS

Toasted Breads \$6  
ciabatta | whole-wheat | sourdough | gluten-free bread | **bagels:** everything, gluten-free plain

Toasted Whole-Grain English Muffin \$4

Breakfast Breads \$6  
daily muffins | Canyon Ranch signature banana bread | coffee cake

BREAKFAST




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.

 Everyone deserves a meal at the table. Order a participating menu item to support Three Square's mission to help provide wholesome food to hungry people, while passionately pursuing a hunger-free community.



Served 11am - 2pm

STARTERS

Prosciutto, Brie, & Fig \$18  
warm pita paired with creamy Brie, savory prosciutto, fig jam, topped with peppery greens

Edamame Hummus & Grilled Pita Bread V \$15  
creamy edamame and chickpea hummus drizzled with avocado turmeric oil, topped with petite cilantro & crispy chickpeas, served with grilled pita bread

LIGHT BITES

Manchego Salad GF \$16  
a vibrant chopped salad of crisp cucumber, petite heirloom tomatoes, sweet peppers, red onions, red gem lettuce, Manchego, and capers all tossed in a house-made Dijon vinaigrette

Roasted Corn Wedge Salad GF \$16  
crisp baby iceberg wedges topped with grilled corn, cotija, crispy bacon, hard-boiled egg, and cherry tomatoes, finished with a zesty jalapeño ranch drizzle

Asian Pear & Blueberry Salad \$16  
a refreshing blend of red gem lettuce and napa cabbage with juicy blueberries and strawberries, Asian pear, pomegranate seeds, feta, candied almonds, crisp wonton strips, and honey-ginger pomegranate dressing

PROTEIN ADDITIONS  
boost muscle recovery and support stable energy with one of these add-ons

Organic Tofu GF . V \$10

Grilled Red Bird Farms Chicken Breast GF \$12

Prime Flat Iron Steak\* GF \$15

Seared Salmon\* GF \$15

Seared Tuna\* GF \$15

Seared Shrimp GF \$15

ENTREES

Vegetable & Black Rice Stir-Fry GF . V \$18  
brimming with color and crunch, this black rice stir-fry features cauliflower, broccoli, peppers, mushrooms red onion and Brussels sprout leaves in a ginger-pomegranate ponzu

Warm Pesto Orzo with Seared Salmon\* \$25  
seared salmon atop tender pesto orzo, finished with lemon crema, parmesan cheese, and micro basil

Turkey, Bacon Brie Sandwich \$20   
sliced turkey, crispy bacon stacked with creamy brie, fresh bibb lettuce, tomato and mayonnaise on toasted sourdough served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Grilled Bison Burger\* \$22  
a juicy grilled bison patty topped with sharp white cheddar, fresh lettuce, tomato, and onion, with our house-made special sauce served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Tacos, Tacos, Tacos GF  
served on corn tortillas with chipotle aioli, cilantro cabbage slaw, pico de gallo, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

- Baja Tofu Tacos \$16
- 3 Chili Braised Chicken Tacos \$18
- Cajun Shrimp Tacos \$22
- Yellowfin Tuna Tacos\* \$22
- Chimichurri Carne Asada Tacos\* \$22

WELLNESS ADDITIONS

To support the individual journey of eating towards better health, add any of the following wellness additions to best help you improve your health:

chia seeds | turmeric oil | flax seeds | ashwagandha | moringa  
avocado oil | pomegranate seeds | goji berries | açai powder

+ \$0.75 each



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