

BALANCED BEGINNINGS

Summer Blueberry, Acai & Granola

tofu, banana, strawberries, blueberry and chia
GF . V 481 . 58 . 30 . 20 . 16 . 38
Soy . Tree Nuts . Coconut . Seeds

The Bacon Cheddar Whole-Grain Bagel*

naturally cured turkey bacon, over hard eggs, cheddar cheese, served with an endive, watercress & orange salad with a strawberry verjus vinaigrette
424 . 48 . 29 . 13 . 5 . 766
Milk . Egg . Wheat

SUMMERTIME TARTINES

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Avocado Toast & Poached Egg*

grilled house made artisan whole-wheat bread
shaved radishes, pea tendrils, pickled red onions
270 . 36 . 14 . 8 . 7 . 490
Egg . Onion . Seeds

FARM FRESH EGGS

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Omelet or Scramble*

choice of whole egg, egg white, tofu, or JUST EGG;
choice of spinach, tomato, bell pepper, roasted chile, onions, or cremini mushrooms;
choice of cheddar, Swiss, or feta;
served with grilled Yukon potatoes, house-made toast & jam

CHEF’S SPECIALTY DISHES

Huevos Rancheros*

2 eggs, black bean puree, corn tostada, avocado, queso fresco, roasted tomato salsa
GF 476 . 52 . 30 . 17 . 16 . 450
Milk . Egg . Onion . Garlic

Summer Vegetable Shakshuka

one egg poached in a lightly spiced tomato, peppers, squash, cumin, paprika and garlic, topped with feta cheese and super seeds
GF 183 . 18 . 12 . 9 . 5 . 495
Milk . Egg . Sesame . Garlic . Onion . Seeds

Caramelized Pineapple Protein Pancakes

lavender vanilla hibiscus maple syrup
*also available as plain
497 . 52 . 30 . 20 . 10 . 400
Milk . Wheat . Egg . Seeds

BREAKFAST SIDES

Chicken Sausage

GF 53 . 1 . 7 . 3 . tr . 180
None

Cured Salmon

GF 144 . 3 . 20 . 5 . tr . 405
Fish

Turkey Bacon

GF 28 . tr . 5 . 1 . tr . 140
None

Vegan Sausage Patty

GF . V 140 . 6 . 9 . 9 . 3 . 140
Soy . Coconut . Garlic . Onion

Sliced Avocado

GF . V 160 . 9 . 2 . 15 . 7 . 7
None

**Vegan JUST EGG, cheeses, and sausage are available and can be substituted for any egg dish. Some ingredients such as lobster can be omitted for a completely vegan experience.

HOUSE BAKED ARTISAN BREADS

cranberry-pecan | whole-wheat | apple-walnut | whole-wheat challah | gluten-free

SPREADS

low-fat cream cheese | cinnamon-cashew butter | almond butter | peanut butter delight | fruit preserves

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.

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](#).

House Bourbon Vanilla Rooibos Tea Cured Salmon

JENWEY South African herbal tea and brown sugar cure, toasted whole grain bagel, low fat Greek yogurt tzatziki, capers, sliced heirloom tomato, marinated red onions
312 . 32 . 29 . 8 . 3 . 746
Milk . Wheat . Fish . Onion . Garlic

Seasonal Melons & Greek Yogurt Parfait

fresh berries, house-made granola, honey, petite mint
vegan coconut yogurt available
GF 143 . 25 . 7 . 2 . 3 . 43
Milk . Tree Nuts . Coconut

Caramelized Salted Banana & Cashew Butter Toast

honey, toasted cashews, organic strawberries, petite basil
V 196 . 26 . 6 . 9 . 3 . 110
Wheat . Tree Nuts . Coconut

All-American Classic Breakfast*

2 Egg or 3 Egg
grilled Yukon potatoes, uncured bacon or chicken sausage
house-made toast & summer fruit jam
477 . 46 . 33 . 19 . 7 . 700
Egg . Wheat

Truffled Eggs Florentine*

two eggs over easy, Swiss cheese, sautéed spinach and leeks, black truffle essence
GF 364 . 10 . 32 . 20 . 2 . 460
Milk . Egg . Onion

Maine Lobster Chile Relleno*

scrambled eggs, melted pepper jack cheese, fresh cucumber & lime pico de gallo, roasted poblano chile, avocado crema
grilled Yukon breakfast potatoes
GF 463 . 38 . 34 . 20 . 6 . 701
Milk . Egg . Shellfish . Onion

Traditional Steel-Cut Oatmeal

a hearty bowl of organic steel-cut oats with toasted walnuts, fresh blueberries, cinnamon and honey
GF . V 176 . 36 . 5 . 3 . 8 . 10
Tree Nuts

Caramelized Grapefruit

brûléed brown sugar glaze, essence of cinnamon and spiced rum, chopped pecans
GF . V 113 . 25 . 1 . 2 . 2 . 4
Tree Nuts

The Healthy Elvis

grilled peanut butter delight and banana sandwich
265 . 48 . 11 . 4 . 3 . 354
Milk . Wheat . Peanuts

Overnight Oats

GF 210 . 25 . 12 . 8 . 4 . 56
Milk . Tree Nuts . Seeds



BREAKFAST



See over 500 recipes on our Nourish blog.

KEFIR

6 oz. serving
kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems
GF 120 . 20 . 9 . 2 . 3 . 95

JUICES

6 oz. serving

Fresh-Squeezed Orange Juice
GF . V 83 . 21 . 2 . tr . 5 . tr

Tart Cherry Juice
GF . V 83 . 20 . tr . tr . tr . tr

Pomegranate Juice
GF . V 98 . 27 . tr . tr . tr . tr

Fresh Vegetable Juice
carrot, kale, ginger (single or blended)
GF . V

CAFFÉ UMBRIA COFFEE

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

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

Oolong Tea Sachets
turmeric ginger

Black Tea Sachets
lady blue earl grey | English breakfast | Moroccan mint



Canyon Ranch maintains among the most rigorous nutrition standards in the industry, and the nutrition info for each item is always available upon request. Ask our staff about connecting you with one of our nutritionists to ask questions or build a plan for your personal dietary goals.