

APPETIZERS

Shrimp Ceviche & Sourdough Crackers*

fresh orange, cucumber, avocado, grapefruit juice

197 . 17 . 15 . 8 . 4 . 193
Wheat . Shellfish . Onion . Sesame . Seeds

Crispy Maine Lobster Cakes

pea tendrils, watercress, frisee, persian cucumbers, dijon

vinaigrette, Greek yogurt tzatziki
218 . 11 . 13 . 13 . 3 . 435
Wheat . Soy . Egg . Shellfish . Garlic . Onion

Steamed Organic Edamame

Japanese ginger ponzu dipping sauce
GF . V 165 . 14 . 14 . 7 . 5 . 103
Soy

SUMMER SALADS

CR Signature Manchego Chopped Salad ... Lettuce-Less

Persian cucumbers, celery, petite heirloom tomatoes, sliced sweet petite peppers, artichokes, capers, green onions, Castelvetrano olives, chickpeas, house-made dijon vinaigrette, Manchego cheese

GF 170 . 17 . 8 . 8 . 5 . 363
Milk . Garlic . Onion

Brussels & Avocado Caesar

romaine lettuce, caramelized Brussels sprouts, roasted roma tomatoes, house Caesar dressing, vegan parmesan, homemade sourdough crackers

V 220 . 26 . 9 . 11 . 7 . 342
Wheat . Soy . Tree Nuts . Coconut . Garlic . Onion

Petite Heirloom Tomato, Fresh Mozzarella & Cucumber

basil oil, red wine vinegar, red onion
GF 198 . 14 . 14 . 10 . 3 . 114
Milk . Onion

Roasted Garlic Hummus & Grilled Whole-Grain Pita

roasted carrots, marinated kalamata olives, oregano
V 177 . 20 . 6 . 8 . 4 . 269
Wheat . Sesame . Garlic . Seeds

Salad Niçoise

petite heirloom tomatoes, Persian cucumbers, fingerling potatoes, hard-boiled egg, French beans, niçoise olives, baby gem lettuce, J'ENWEY hibiscus red wine vinaigrette

GF 184 . 20 . 10 . 8 . 4 . 297
Egg . Onion

PROTEIN ADDITIONS GF

great with a salad, or have it by itself; available plain grilled

Seared Tuna*

GF 134 . tr . 28 . 2 . tr . 150
Fish

Grilled Salmon*

GF 233 . tr . 25 . 14 . tr . 60
Fish

Prime Flat Iron Steak*

GF 186 . tr . 24 . 9 . tr . 160
None

Grilled Free Bird Chicken Breast

GF 147 . tr . 26 . 4 . tr . 150
None

Seared Shrimp

GF 107 . tr . 23 . 2 . tr . 234
Shellfish

Organic Tofu

GF . V 123 . 1 . 13 . 9 . 1 . 111
Soy

HANDHELD SANDWICHES

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

Maine Lobster Roll

brioche roll, lobster salad, romaine lettuce sliced heirloom tomato

392 . 40 . 26 . 15 . 8 . 765
Milk . Wheat . Egg . Shellfish . Onion

Free Range Chicken

Burger

or Angus Beef Burger*

house-made bun, heirloom tomato, swiss cheese, pea tendrils, basil mayonnaise
Abbot's Butcher vegan burger is also available

492 . 35 . 40 . 20 . 7 . 456
Milk . Wheat . Egg

TACOS

served on corn tortillas with chipotle aioli, cilantro cabbage slaw, and pico de gallo
served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Seared Tuna*

GF 404 . 46 . 34 . 10 . 9 . 367
Milk . Egg . Fish . Onion

Chicken Tinga

GF 482 . 55 . 32 . 15 . 11 . 679
Milk . Egg . Onion . Garlic

Grilled Flank Steak*

GF 447 . 45 . 31 . 16 . 9 . 382
Milk . Egg . Onion

Seared Shrimp

GF 398 . 45 . 35 . 10 . 9 . 486
Milk . Egg . Shellfish . Onion

Ponzu Marinated Organic Tofu

GF 440 . 40 . 30 . 19 . 9 . 738
Milk . Soy . Egg . Onion

Roasted Curry Cauliflower Wrap

grilled marinated tofu, whole-wheat tortilla, vegan J'ENWEY matcha mayo, romaine lettuce, sliced tomato

V 399 . 35 . 31 . 17 . 9 . 736
Soy . Wheat . Coconut

Roasted Turkey & Brie Club

apple walnut sourdough, crispy turkey bacon, pea tendrils, sliced heirloom tomatoes, house mayonnaise

500 . 48 . 38 . 18 . 6 . 678
Wheat . Tree Nuts . Milk . Egg

ENTREES

Vegetable & Black Rice Stir-Fry

bok choy, snap peas, red onions, petite sweet peppers, brussels sprout leaves, pomegranate seeds, shitake mushrooms, Japanese ponzu sauce

Add a protein of your choice from the selections above

GF . V 245 . 42 . 9 . 6 . 5 . 418 (no protein)
Soy . Onion

Grilled Chicken and Basil

fresh broccoli, tomato, garlic, white beans and parmesan bone broth

GF 454 . 48 . 43 . 10 . 8 . 431
Milk . Onion

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.



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
 - 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

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



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.

BEVERAGES