

FIRED UP SELECTIONS

Morning Moringa Smoothie Bowl
moringa leaves, bright passion fruit, kiwi
earthy spinach, zucchini, blueberries
wolfberry, chia and hemp seeds
GF . V 450 . 59 . 30 . 10 . 23 . 268
Soy . Coconut . Seeds

Breakfast Panini
scrambled eggs, local goat cheese, fire-
roasted red peppers, smoked turkey bacon
Barrio super seed bread, mixed berries
457 . 40 . 32 . 20 . 9 . 749
Milk . Egg . Wheat . Sesame . Seeds

Plant Powered Breakfast Bowl
scrambled tofu, crisp farro, black beans
roasted butternut squash, avocado
sautéed baby kale, blistered tomatoes
everything bagel seasoning
V 499 . 59 . 32 . 20 . 19 . 601
Soy . Wheat . Sesame . Garlic . Onion . Seeds

The VLT
toasted Barrio whole grain bread
house-made tofu bacon, lettuce
tomato, sunflower seed mayonnaise
V 495 . 57 . 30 . 19 . 10 . 748
Soy . Wheat . Sesame . Garlic . Seeds

Avocado & Whipped Ricotta Toast
Barrio super seed bread, scrambled eggs
thinly sliced scallions, snap peas, radish
hemp seeds, crispy garbanzos
482 . 43 . 33 . 19 . 10 . 544
Milk . Egg . Wheat . Sesame . Garlic . Onion . Seeds

Garden Harvest Vegetable Hash*
warm chewy farro, caramelized sweet potato
turkey bacon, charred Brussels sprouts, zesty
chermoula sauce, choice of egg or scrambled tofu
498 . 60 . 33 . 15 . 10 . 502
*Egg . *Soy . Wheat . Onion

APPETIZING ADDITIONS

Organic Steel-Cut Oatmeal Bowl
super seed and pecan dukkah, seasonal
fruit, spice-infused maple syrup
GF 162 . 22 . 5 . 7 . 5 . 13
Milk . Tree Nuts . Seeds

Scrambled Tofu
seasoned and scrambled, may be substituted
for choice of egg
GF . V 144 . 6 . 16 . 8 . 4 . 49
Soy . Garlic . Onion

Sweet Potato Waffle
whipped maple butter
202 . 28 . 5 . 8 . 4 . 284
Milk . Egg . Soy . Wheat

Fresh Fruit and Berries
GF . V 77 . 18 . 1 . tr . 4 . 11

Powerhouse PB&J Breakfast*
three cozy peanut-butter protein pancakes
house-made strawberry preserves
two eggs any style
491 . 50 . 34 . 18 . 8 . 738
Egg . Peanuts . Soy . Wheat . Onion

All American Breakfast*
two eggs any style, roasted breakfast potatoes
signature chicken apple sausage patty or smoked
turkey bacon, mixed berries, choice of toast
486 . 46 . 35 . 17 . 9 . 747
Egg . Wheat . Sesame . Garlic . Onion . Seeds

Mediterranean Egg Breakfast*
zucchini, eggplant, and garbanzo beans braised
in a rich tomato sauce with warm summer spices
two poached eggs, feta cheese, cilantro
chicken apple sausage patty, warm pita bread
477 . 48 . 30 . 19 . 10 . 650
Milk . Egg . Soy . Wheat . Garlic . Onion

Huevos Rancheros*
two eggs any style, sizzling salsa de arbol, slow-
simmered rattlesnake beans, local pressed corn
tortillas, signature chicken apple sausage patty
GF 454 . 41 . 30 . 19 . 9 . 588
Milk . Egg . Garlic . Onion

Blueberry & Brie Stuffed French Toast*
Barrio sourdough baguette, cinnamon-egg batter
house-made blueberry preserves, creamy brie
one egg of choice, chicken sausage, mixed berries
433 . 42 . 31 . 15 . 7 . 744
Milk . Egg . Wheat . Garlic . Onion

Tanque Verde Turkey Benedict*
seared turkey breast, spinach, heirloom tomato
poached eggs, turkey bacon jam, breakfast potatoes
green chili hollandaise, gluten-free English muffin
GF 475 . 44 . 31 . 19 . 7 . 750
Milk . Egg . Soy . Garlic . Onion

Greek Yogurt Parfait
house-made granola, toasted coconut
fresh berries
135 . 17 . 8 . 5 . 3 . 39
Milk . Wheat . Tree Nuts . Coconut

Mesquite Flour Silver Dollar Pancakes
Vermont maple syrup, choice of blackberry
preserves or cinnamon-dusted caramelized apples
GF 116 . 23 . 3 . 1 . 1 . 176
Milk . Tree Nuts

Cranberry Walnut French Toast
Vermont maple syrup, fresh berries
204 . 33 . 7 . 5 . 2 . 253
Milk . Egg . Wheat . Tree Nuts

BREAKFAST
SUMMER

CULINARY ACTION THEATRE

Visit the Omelet Bar to customize your made-to-order omelet and enjoy our daily rotating features.

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

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.



See over 500 recipes
on our Nourish blog.

RISHI TEA

Organic & Direct Trade

ICED

green tea citrus | golden triangle black | hibiscus elderberry

HOT

Loose-Leaf Tea

Earl Grey | English breakfast | jasmine green | golden chamomile | peppermint

SPECIALTY TEA DRINKS

chai tea latte | matcha latte

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Seattle, WA with Italian heritage.

- Bizzarri medium-dark roast drip coffee
- Mezzanotte decaf drip coffee
- cold brew coffee

SPECIALTY ITALIAN ESPRESSO

americano | cappuccino | cortado | latte | traditional macchiato

BARISTA MILKS

skim | reduced fat | half & half | almond | oat | coconut | soy | rice

HOUSEMADE COFFEE SYRUPS

vanilla | caramel | mocha | lavender

KEFIR

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems

GF . 75 . 4 . 5 . 4 . tr . 62

JUICES

orange | pomegranate | grapefruit | cranberry | tomato | tart cherry | apple | white grape

JUICE BLENDS

Beet-Ade

beet, blueberry, pomegranate, coconut water, Bartlett pear, mint, ginger

GF . V 90 . 21 . 2 . tr . 4 . 68

Liquid Sunshine

carrot, orange, cantaloupe, turmeric, ginger

GF . V 95 . 22 . 2 . tr . 3 . 78

Green Nectar

celery, cucumber, kale, honeydew, lemon, green apple, coconut water

GF . V 61 . 14 . 1 . tr . 2 . 35

LOCAL AND SEASONAL

Radishes

Radishes belong to the brassica, or cruciferous veggie family, and come in many shapes, sizes, and colors. All radishes are sharp in flavor, indicative of their richness in the cancer-fighting compounds glucosinolates. Maximize the health benefits of glucosinolates by choosing radishes in more raw preparations, such as salads or slaws.

Peppers

The Southwest is home to a wide variety of peppers, from sweet bells to fiery chilies. We love incorporating all types of peppers in our dishes for their varied, complex flavors, which provide a delicious taste of place. They're rich in vitamins C and A and antioxidants, providing an easy boost to support your immune system.

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.

You can make dinner reservations for Vaquero at the host stand in the Clubhouse, as well as by using the Canyon Ranch Mobile App.



SUMMER

BEVERAGES