

DINNER

SUMMER | MONDAY + THURSDAY

BEGINNINGS

Soup of the Day

Gazpacho

GF . V 61 . 13 . 2 . tr . 2 . 303
Garlic . Onion

Chicken Bone Broth

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

Seasonal Vegetable Crudit 

farm-fresh vegetables, pickled vegetables
charred carrot hummus, kefir ranch dressing
GF 136 . 20 . 7 . 4 . 5 . 267
Milk . Sesame . Garlic . Onion . Seeds

Blooming Spring Pea Salad

a vibrant mix of baby spinach, cucumber, snap peas,
English peas, watermelon radish and orchid tossed with
a basil vinaigrette, and topped with popped sorghum
GF . V 165 . 20 . 6 . 8 . 5 . 123
None

Roasted Beets & Br l ed Humboldt

petite greens, pistachio dukkah,
kumquat marmalade, pickled blueberries
GF 174 . 20 . 8 . 8 . 3 . 250
Milk . Tree Nuts . Sesame . Seeds

Steamed Edamame

yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Garlic . Seeds

Smoked Trout Toast

house-smoked trout rillettes layered over a
toasted Barrio baguette, finished with lively
fennel jam, crisp celery, and delicate caviar
161 . 20 . 7 . 6 . 3 . 195
Milk . Wheat . Fish . Onion

Faroe Island Salmon Ceviche*

delicate salmon marinated in leche de tigre, paired
with black tahini aioli and puffed rice chips
GF 199 . 18 . 14 . 8 . 3 . 192
Egg . Soy . Fish . Sesame . Garlic . Onion . Seeds

Fire-Roasted Brussels Sprouts

roasted sunflower romesco, whipped
tofu, golden raisin migas
V 152 . 19 . 6 . 8 . 6 . 205
Soy . Wheat . Tree Nuts . Sesame . Garlic . Onion . Seeds



See over 500 recipes
on our Nourish blog.

CRAFT YOUR OWN PLATE

Enjoy a plentiful variety of flavors by creating your own dinner, tailored
to your culinary preferences and your body's nutritional needs.

PLANT FORWARD

Harissa-Roasted Carrots

fresh dill
GF . V 100 . 15 . 2 . 4 . 6 . 127
Garlic

Roasted Asparagus

hemp-walnut crumble
GF 46 . 5 . 3 . 3 . 3 . 16
Milk . Tree Nuts . Seeds

Seasonal Steamer Basket

selected daily
GF . V

Saut ed Asian Greens Trio

napa cabbage, broccolini, bok choy
shiitake mushrooms ginger, tamari
GF . V 94 . 11 . 5 . 5 . 4 . 109
Soy . Sesame . Garlic . Onion . Seeds

Miso-Glazed Eggplant

Thai eggplant, roasted red pepper curry
GF . V 41 . 9 . 2 . 3 . 4 . 135
Soy . Sesame . Onion . Coconut . Seeds

Saut ed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140
Garlic

Cacio e Pepe Gnudi

roasted wild mushrooms, ricotta
fresh cracked black pepper, chives
113 . 11 . 5 . 6 . 1 . 115
Milk . Egg . Wheat . Onion

Saut ed Spinach

crispy shallots, garlic
GF . V 45 . 4 . 3 . 2 . 2 . 138
Garlic . Onion

Roasted Sweet Potato

GF . V 140 . 32 . 3 . tr . 5 . 56
None

Turmeric Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108
Milk

Forbidden Rice Risotto

parmesan, basil
GF 164 . 20 . 5 . 6 . 1 . 295
Milk . Garlic . Onion

Whipped Yukon Gold Potatoes

toasted hazelnuts, lemon zest
GF . V 114 . 17 . 3 . 5 . 3 . 107
Tree Nuts

Lentil Picadillo

yucca root, beluga lentils
GF . V 88 . 16 . 4 . 1 . 3 . 28
Garlic . Onion

PROTEINS

Tofu Katsu

roasted red pepper curry
GF . V 191 . 17 . 15 . 8 . 8 . 199
Soy . Onion . Coconut

Grilled Eggplant Cannelloni

plant-based ricotta, lentil bolognese
GF . V 187 . 24 . 17 . 6 . 7 . 177
Soy . Tree Nuts . Garlic . Onion

Grilled Sustainable

Fish of the Day*

blackberry salsa
GF 181 . 6 . 22 . 7 . 1 . 163
Fish . Onion

Grilled Faroe Island

Salmon Filler*

avocado chimichurri
GF 231 . 2 . 26 . 13 . 1 . 81
Fish . Garlic

Pan-Seared

Jumbo Maine Scallops*

pineapple habanero glaze
GF 132 . 7 . 21 . 2 . tr . 248
Shellfish . Garlic

Bourbon-Glazed Airline Chicken

bourbon apple glaze
204 . 8 . 26 . 5 . 1 . 278
Soy . Wheat . Garlic . Onion

Herb-Marinated Red Bird Farms Chicken

olive oil and fresh herbs
GF 215 . 1 . 25 . 11 . tr . 52
Garlic

Duck Coloradito*

seared duck breast, mole coloradito
GF 190 . 3 . 23 . 9 . 1 . 87
Tree Nuts . Sesame . Garlic . Onion . Seeds

Gochujang Braised

Short Ribs

apple carrot slaw, togarashi onion
GF 182 . 15 . 17 . 6 . 2 . 299
Soy . Sesame . Garlic . Onion . Seeds

Grilled Grass-Fed Filet of Beef*

Canyon Ranch demi-glaze
marcona almond gremolata
GF 247 . 2 . 30 . 12 . tr . 181
Tree Nuts . Onion

Double Bone Roasted

Lamb Rack*

harissa-miso sauce
GF 202 . 8 . 20 . 11 . 2 . 143
Milk . Soy . Garlic

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.

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 fished or farmed seafood in ways that minimize their environmental impact. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org.

CHEF'S COMPOSED DISHES

Tofu Katsu

crispy tofu paired with miso-glazed
eggplant, saut ed Asian greens trio,
and roasted red pepper curry
GF . V 438 . 47 . 30 . 19 . 21 . 621
Soy . Sesame . Garlic . Coconut . Onion . Seeds

Creamy Cauliflower Fettuccini Alfredo

a rich and creamy cauliflower Alfredo
sauce tossed with edamame fettuccini,
green peas, and a vegan parmesan
GF . V 387 . 44 . 45 . 8 . 21 . 407
Soy . Tree Nuts . Garlic . Onion

Bourbon-Glazed Airline Chicken

tender chicken served with whipped Yukon
gold potatoes and roasted asparagus
433 . 40 . 34 . 15 . 9 . 458
Milk . Soy . Wheat . Tree Nuts . Garlic . Onion . Seeds

Double Bone Roasted Lamb Rack*

savory roasted lamb rack with harissa miso sauce,
roasted asparagus, and baked sweet potato
GF 457 . 49 . 31 . 17 . 10 . 409
Milk . Tree Nuts . Garlic . Seeds

Chef's Spotlight

ask your server about today's daily feature

CULINARY ACTION THEATRE

Visit the Culinary Action Theatre to enjoy our
daily rotating features and create your own experience.



VAQUERO
CANYON RANCH



UNESCO

In 2015 Tucson became the first city in the United States to be designated as a UNESCO City of Gastronomy.

Tucson has a rich tradition of indigenous agriculture dating back to 2100 BC, along with more recent vineyards, orchards, and livestock ranching. This wide array of local heritage ingredients interpreted by Native American, Spanish, Mexican, and recent immigrant populations are a source of identity, pride, and vitality for the local population. The distinctive cuisine of Tucson and Canyon Ranch reflects our culturally layered history, a variety of pristine heritage ingredients, and the continuity of traditional preparation techniques. Tucson cuisine is identified by heirloom corn and chilies from Mexico, wheat that arrived with the Spanish missionaries and traditional native ingredients such as cholla cactus buds, tepary beans, and the fruit of the prickly pear cactus.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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LOCALLY SOURCED VENDORS

BARRIO BREAD | Tucson, AZ | 2022 James Beard Award Winner
BONITO BEAN CO | Wilcox, AZ | Pinto Beans
FIORE DI CAPRA | Pomerene, AZ | Goat Cheese
HAYDEN FLOUR MILLS | Queen Creek, AZ | Flour, Purple Barley
HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef
PLANT 2 PLATE MICRO FARM | Catalina, AZ | Micro Greens
ROOTS RANCH | Winkelman, AZ | Eggs

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

BEVERAGES

LOCAL & SEASONAL

Asparagus

Tender, earthy, and sweet, asparagus is an exceptional source of folate. Folate, also known as vitamin B9, is essential for DNA synthesis and repair, as well as brain development and function. Join us for our Optimize Brain Health presentation every Wednesday at 10 a.m. to learn more ways to support short- and long-term cognitive function.

Radish

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.

GLOSSARY OF CULINARY TERMS

Furikake

A Japanese seasoning blend typically made of dried seaweed, sesame seeds, salt, sugar, and sometimes fish flakes, used to add flavor and texture to rice, vegetables, and other dishes.

Katsu

A Japanese dish featuring breaded and pan-fried tofu or meat, served with a flavorful sauce.

Leche de Tigre

A zesty, citrus-based marinade used in Peruvian cuisine, particularly for ceviche. Made with lime juice, garlic, ginger, cilantro, onions, chili peppers, and fish juices, it's known for its bright, tangy, and slightly spicy flavor.

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

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.

DINNER

SUMMER | TUESDAY + FRIDAY

BEGINNINGS

Soup of the Day

Gazpacho

GF . V 61 . 13 . 2 . tr . 2 . 303
Garlic . Onion

Chicken Bone Broth

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

Seasonal Vegetable Crudit 

farm-fresh vegetables, pickled vegetables
charred carrot hummus, kefir ranch dressing
GF 136 . 20 . 7 . 4 . 5 . 267
Milk . Sesame . Garlic . Onion . Seeds

Blooming Spring Pea Salad

a vibrant mix of baby spinach, cucumber, snap peas,
English peas, watermelon radish and orchid tossed with
a basil vinaigrette, and topped with popped sorghum
GF . V 165 . 20 . 6 . 8 . 5 . 123
None

Roasted Beets & Br  ed Humboldt

petite greens, pistachio dukkah,
kumquat marmalade, pickled blueberries
GF 174 . 20 . 8 . 8 . 3 . 250
Milk . Tree Nuts . Sesame . Seeds

Steamed Edamame

yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Garlic . Seeds

Sweet Potato & Avocado Toast

local Barrio wheat bread, black bean puree,
everything bagel seasoning dipped avocado
V 152 . 18 . 4 . 5 . 4 . 282
Wheat . Sesame . Garlic . Onion . Seeds

Grilled Artichoke

aji verde aioli, lemon
GF 137 . 15 . 5 . 8 . 7 . 271
Milk . Egg . Garlic . Onion

Fire-Roasted Brussels Sprouts

roasted sunflower romesco, whipped
tofu, golden raisin migas
V 152 . 19 . 6 . 8 . 6 . 205
Soy . Wheat . Tree Nuts . Sesame . Garlic . Onion . Seeds



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Garlic

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hemp-walnut crumble
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Milk . Tree Nuts . Seeds

Seasonal Steamer Basket

selected daily
GF . V

Saut ed Asian Greens Trio

napa cabbage, broccolini, bok choy
shiitake mushrooms ginger, tamari
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Milk . Egg . Wheat . Onion

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crispy shallots, garlic
GF . V 45 . 4 . 3 . 2 . 2 . 138
Garlic . Onion

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GF . V 140 . 32 . 3 . tr . 5 . 56
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Turmeric Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108
Milk

Forbidden Rice Risotto

parmesan, basil
GF 164 . 20 . 5 . 6 . 1 . 295
Milk . Garlic . Onion

Whipped Yukon Gold Potatoes

toasted hazelnuts, lemon zest
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yucca root, beluga lentils
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blackberry salsa
GF 181 . 6 . 22 . 7 . 1 . 163
Fish . Onion

Grilled Faroe Island

Salmon Fillet*

avocado chimichurri
GF 231 . 2 . 26 . 13 . 1 . 81
Fish . Garlic

Pan-Seared

Jumbo Maine Scallops*

pineapple habanero glaze
GF 132 . 7 . 21 . 2 . tr . 248
Shellfish . Garlic

Bourbon-Glazed Airline Chicken

bourbon apple glaze
204 . 8 . 26 . 5 . 1 . 278
Soy . Wheat . Garlic . Onion

Herb-Marinated

Red Bird Farms Chicken

olive oil and fresh herbs
GF 215 . 1 . 25 . 11 . tr . 52
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Duck Coloradito*

seared duck breast, mole coloradito
GF 190 . 3 . 23 . 9 . 1 . 87
Tree Nuts . Sesame . Garlic . Onion . Seeds

Gochujang Braised

Short Ribs

apple carrot slaw, togarashi onion
GF 182 . 15 . 17 . 6 . 2 . 299
Soy . Sesame . Garlic . Onion . Seeds

Grilled Grass-Fed Filet of Beef*

Canyon Ranch demi-glaze
marcona almond gremolata
GF 247 . 2 . 30 . 12 . tr . 181
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Lamb Rack*

harissa-miso sauce
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CHEF’S
COMPOSED DISHES

Grilled Eggplant Cannelloni

tender grilled eggplant rolled with plant-based
ricotta, served over lentil bolognese with roasted
asparagus and a hemp-walnut crumble
GF 380 . 50 . 34 . 11 . 14 . 356
Milk . Soy . Tree Nuts . Garlic . Onion . Seeds

Creamy Cauliflower Fettuccini Alfredo

a rich and creamy cauliflower Alfredo
sauce tossed with edamame fettuccini,
green peas, and a vegan parmesan
GF . V 387 . 44 . 45 . 8 . 21 . 407
Soy . Tree Nuts . Garlic . Onion

Seared Salmon ala Brassa*

Faroe Island salmon paired with lentil picadillo,
harissa-roasted carrots, and a vibrant aji verde
GF 457 . 42 . 33 . 18 . 15 . 530
Soy . Fish . Garlic . Onion

Gochujang Braised Short Ribs

slow-braised bison short ribs served with
saut ed Asian greens trio, apple-carrot slaw,
and a creamy forbidden rice risotto
GF 498 . 53 . 32 . 19 . 9 . 661
Milk . Soy . Sesame . Garlic . Onion . Seeds

Chef’s Spotlight

ask your server about today’s daily feature

CULINARY ACTION
THEATRE

Visit the Culinary Action Theatre to enjoy our
daily rotating features and create your own experience.



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CANYON RANCH



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BARRIO BREAD | Tucson, AZ | 2022 James Beard Award Winner
BONITO BEAN CO | Wilcox, AZ | Pinto Beans
FIGLIO DI CAPRA | Pomerene, AZ | Goat Cheese
HAYDEN FLOUR MILLS | Queen Creek, AZ | Flour, Purple Barley
HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef
PLANT 2 PLATE MICRO FARM | Catalina, AZ | Micro Greens
ROOTS RANCH | Winkelman, AZ | Eggs

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

BEVERAGES

LOCAL & SEASONAL

Peas

After a cold winter, fresh peas are one of the first spring vegetables to signal the start of warmer weather to come. Peas provide high-quality carbohydrates to power both the brain and the body. They also contribute to essential protein intake, providing 4g protein per ½ cup, and are rich in prebiotic fiber, which fuels and nourishes a healthy gut microbiome. Learn more in our Nutrition, Gut Health & Immunity presentation by a Canyon Ranch Nutritionist, offered biweekly on Mondays at 1 pm.

Salmon

We love featuring salmon on our menus as it is uniquely high in omega-3 fats and protein. The omega-3 fats in salmon support brain health, cardiovascular function and have anti-inflammatory benefits. Salmon is rich in high-quality protein essential for building and maintaining strong muscle. It also helps better manage blood glucose while keeping us satiated. Learn more about why this is important for managing hunger and cravings in our Optimize Brain Health with Nutrition presentation by a Canyon Ranch Nutritionist every Wednesday at 10 am.

GLOSSARY OF CULINARY TERMS

Gochujang

A Korean red chili paste made from chili powder, fermented soybeans, rice, and salt. It has a rich, savory, sweet, and spicy flavor, commonly used to add depth and heat to Korean dishes like bibimbap, stews, and marinades.

Picadillo

A Latin American dish commonly made with ground meat, onions, tomatoes, and spices. It is typically served with rice, beans, or tortillas and is known for its savory-sweet flavor profile and versatility.

Yuzu

A citrus fruit originating from East Asia. It has a tart and aromatic flavor, similar to a combination of grapefruit, lemon, and mandarin orange.

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DINNER

SUMMER | WEDNESDAY + SATURDAY

BEGINNINGS

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Gazpacho

GF . V 61 . 13 . 2 . tr . 2 . 303
Garlic . Onion

Chicken Bone Broth

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

Seasonal Vegetable Crudit 

farm-fresh vegetables, pickled vegetables
charred carrot hummus, kefir ranch dressing
GF 136 . 20 . 7 . 4 . 5 . 267
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Blooming Spring Pea Salad

a vibrant mix of baby spinach, cucumber, snap peas,
English peas, watermelon radish and orchid tossed with
a basil vinaigrette, and topped with popped sorghum
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None

Roasted Beets & Br l ed Humboldt

petite greens, pistachio dukkah,
kumquat marmalade, pickled blueberries
GF 174 . 20 . 8 . 8 . 3 . 250
Milk . Tree Nuts . Sesame . Seeds

Steamed Edamame

yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Garlic . Seeds

Smoked Trout Toast

house-smoked trout rillettes layered over a
toasted Barrio baguette, finished with lively
fennel jam, crisp celery, and delicate caviar
161 . 20 . 7 . 6 . 3 . 195
Milk . Wheat . Fish . Onion

Togarashi Crusted Tuna Tataki*

cucumber edamame salad, crispy ginger
scallions, yuzu, chili crisp
GF 195 . 20 . 22 . 3 . 3 . 326
Soy . Fish . Sesame . Garlic . Onion . Seeds

Fire-Roasted Brussels Sprouts

roasted sunflower romesco, whipped
tofu, golden raisin migas
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selected daily
GF . V

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Thai eggplant, roasted red pepper curry
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Saut ed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140
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113 . 11 . 5 . 6 . 1 . 115
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Garlic . Onion

Roasted Sweet Potato

GF . V 140 . 32 . 3 . tr . 5 . 56
None

Turmeric Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108
Milk

Forbidden Rice Risotto

parmesan, basil
GF 164 . 20 . 5 . 6 . 1 . 295
Milk . Garlic . Onion

Whipped Yukon Gold Potatoes

toasted hazelnuts, lemon zest
GF . V 114 . 17 . 3 . 5 . 3 . 107
Tree Nuts

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yucca root, beluga lentils
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Herb-Marinated

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GF 215 . 1 . 25 . 11 . tr . 52
Garlic

Duck Coloradito*

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Gochujang Braised

Short Ribs

apple carrot slaw, togarashi onion
GF 182 . 15 . 17 . 6 . 2 . 299
Soy . Sesame . Garlic . Onion . Seeds

Grilled Grass-Fed Filet of Beef*

Canyon Ranch demi-glaze
marcona almond gremolata
GF 247 . 2 . 30 . 12 . tr . 181
Tree Nuts . Onion

Double Bone Roasted

Lamb Rack*

harissa-miso sauce
GF 202 . 8 . 20 . 11 . 2 . 143
Milk . Soy . Garlic

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.

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CHEF'S COMPOSED DISHES

Tofu Katsu

crispy tofu paired with miso-glazed
eggplant, saut ed Asian greens trio,
and roasted red pepper curry
GF . V 438 . 47 . 30 . 19 . 21 . 621
Soy . Sesame . Garlic . Onion . Coconut . Seeds

Creamy Cauliflower Fettuccini Alfredo

a rich and creamy cauliflower Alfredo
sauce tossed with edamame fettuccini,
green peas, and a vegan parmesan
GF . V 387 . 44 . 45 . 8 . 21 . 407
Soy . Tree Nuts . Garlic . Onion

Lobster & Black Pepper Gnudi

Maine lobster paired with roasted wild
mushrooms, black pepper gnudi,
and broccoli saut ed with garlic
401 . 40 . 31 . 14 . 9 . 733
Milk . Egg . Wheat . Shellfish . Garlic

Duck Coloradito*

pan-seared duck breast served with lentil
picadillo, garlic-saut ed spinach, roasted
sweet potato, and a rich mole coloradito
GF 500 . 45 . 33 . 19 . 12 . 496
Tree Nuts . Sesame . Garlic . Onion . Seeds

Chef's Spotlight

ask your server about today's daily feature

CULINARY ACTION THEATRE

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VAQUERO
CANYON RANCH



UNESCO

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LOCALLY SOURCED VENDORS

BARRIO BREAD | Tucson, AZ | 2022 James Beard Award Winner
BONITO BEAN CO | Wilcox, AZ | Pinto Beans
FIORE DI CAPRA | Pomerene, AZ | Goat Cheese
HAYDEN FLOUR MILLS | Queen Creek, AZ | Flour, Purple Barley
HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef
PLANT 2 PLATE MICRO FARM | Catalina, AZ | Micro Greens
ROOTS RANCH | Winkelman, AZ | Eggs

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

BEVERAGES

LOCAL & SEASONAL

Broccoli

Did you know 1 cup of broccoli has more vitamin C than an orange? Broccoli is also rich in cancerfighting compounds called glucosinolates and is a great source of prebiotic fiber. Prebiotic fiber acts as food for beneficial gut microbes or the microbiota. Getting enough prebiotic fiber through foods like broccoli is important for a healthy, robust, and diverse gut microbial community. Learn about the best foods for lifespan and healthspan in our Nourishing Longevity presentation every Thursday at 11 am.

Peas

After a cold winter, fresh peas are one of the first spring vegetables to signal the start of warmer weather to come. Peas provide high-quality carbohydrates to power both the brain and the body. They also contribute to essential protein intake, providing 4g protein per ½ cup, and are rich in prebiotic fiber, which fuels and nourishes a healthy gut microbiome. Learn more in our Nutrition, Gut Health & Immunity presentation by a Canyon Ranch Nutritionist, offered biweekly on Mondays at 1 pm.

GLOSSARY OF CULINARY TERMS

Cacio e Pepe

A classic Italian pasta dish that translates to "cheese and pepper." It's made with simple ingredients: pasta, cheese, freshly ground black pepper, and pasta cooking water, which combine to create a creamy, flavorful sauce.

Gnudi

Delicate, pillowy dumplings made primarily from ricotta cheese, lightly bound with flour and sometimes mixed with other ingredients like parmesan or herbs. They resemble the filling of ravioli without the pasta shell, resulting in a soft, creamy texture.

Furikake

A Japanese seasoning blend typically made of dried seaweed, sesame seeds, salt, sugar, and sometimes fish flakes, used to add flavor and texture to rice, vegetables, and other dishes.

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

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.

DINNER

SUMMER | SUNDAY

BEGINNINGS

Soup of the Day

Gazpacho

GF . V 61 . 13 . 2 . tr . 2 . 303
Garlic . Onion

Chicken Bone Broth

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

Seasonal Vegetable Crudit 

farm-fresh vegetables, pickled vegetables
charred carrot hummus, kefir ranch dressing
GF 136 . 20 . 7 . 4 . 5 . 267
Milk . Sesame . Garlic . Onion . Seeds

Blooming Spring Pea Salad

a vibrant mix of baby spinach, cucumber, snap peas,
English peas, watermelon radish and orchid tossed with
a basil vinaigrette, and topped with popped sorghum
GF . V 165 . 20 . 6 . 8 . 5 . 123
None

Roasted Beets & Br  led Humboldt

petite greens, pistachio dukkah,
kumquat marmalade, pickled blueberries
GF 174 . 20 . 8 . 8 . 3 . 250
Milk . Tree Nuts . Sesame . Seeds

Steamed Edamame

yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Garlic . Seeds

Togarashi Crusted Tuna Tataki*

cucumber edamame salad, crispy ginger
scallions, yuzu, chili crisp
GF 195 . 20 . 22 . 3 . 3 . 326
Soy . Fish . Sesame . Garlic . Onion . Seeds

Grilled Artichoke

aji verde aioli, lemon
GF 137 . 15 . 5 . 8 . 7 . 271
Milk . Egg . Garlic . Onion

Fire-Roasted Brussels Sprouts

roasted sunflower romesco, whipped
tofu, golden raisin migas
V 152 . 19 . 6 . 8 . 6 . 205
Soy . Wheat . Tree Nuts . Sesame . Garlic . Onion . Seeds



See over 500 recipes
on our Nourish blog.

CRAFT YOUR OWN PLATE

Enjoy a plentiful variety of flavors by creating your own dinner, tailored
to your culinary preferences and your body’s nutritional needs.

PLANT FORWARD

Harissa-Roasted Carrots

fresh dill
GF . V 100 . 15 . 2 . 4 . 6 . 127
Garlic

Roasted Asparagus

hemp-walnut crumble
GF 46 . 5 . 3 . 3 . 3 . 16
Milk . Tree Nuts . Seeds

Seasonal Steamer Basket

selected daily
GF . V

Saut  ed Asian Greens Trio

napa cabbage, broccolini, bok choy
shiitake mushrooms ginger, tamari
GF . V 94 . 11 . 5 . 5 . 4 . 109
Soy . Sesame . Garlic . Onion . Seeds

Miso-Glazed Eggplant

Thai eggplant, roasted red pepper curry
GF . V 41 . 9 . 2 . 3 . 4 . 135
Soy . Sesame . Onion . Coconut . Seeds

Saut  ed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140
Garlic

Cacio e Pepe Gnudi

roasted wild mushrooms, ricotta
fresh cracked black pepper, chives
113 . 11 . 5 . 6 . 1 . 115
Milk . Egg . Wheat . Onion

Saut  ed Spinach

crispy shallots, garlic
GF . V 45 . 4 . 3 . 2 . 2 . 138
Garlic . Onion

Roasted Sweet Potato

GF . V 140 . 32 . 3 . tr . 5 . 56
None

Turmeric Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108
Milk

Forbidden Rice Risotto

parmesan, basil
GF 164 . 20 . 5 . 6 . 1 . 295
Milk . Garlic . Onion

Whipped Yukon Gold Potatoes

toasted hazelnuts, lemon zest
GF . V 114 . 17 . 3 . 5 . 3 . 107
Tree Nuts

Lentil Picadillo

yucca root, beluga lentils
GF . V 88 . 16 . 4 . 1 . 3 . 28
Garlic . Onion

PROTEINS

Tofu Katsu

roasted red pepper curry
GF . V 191 . 17 . 15 . 8 . 8 . 199
Soy . Onion . Coconut

Grilled Eggplant Cannelloni

plant-based ricotta, lentil bolognese
GF . V 187 . 24 . 17 . 6 . 7 . 177
Soy . Tree Nuts . Garlic . Onion

Grilled Sustainable

Fish of the Day*

blackberry salsa
GF 181 . 6 . 22 . 7 . 1 . 163
Fish . Onion

Grilled Faroe Island

Salmon Fillet*

avocado chimichurri
GF 231 . 2 . 26 . 13 . 1 . 81
Fish . Garlic

Pan-Seared

Jumbo Maine Scallops*

pineapple habanero glaze
GF 132 . 7 . 21 . 2 . tr . 248
Shellfish . Garlic

Bourbon-Glazed Airline Chicken

bourbon apple glaze
204 . 8 . 26 . 5 . 1 . 278
Soy . Wheat . Garlic . Onion

Herb-Marinated

Red Bird Farms Chicken

olive oil and fresh herbs
GF 215 . 1 . 25 . 11 . tr . 52
Garlic

Duck Coloradito*

seared duck breast, mole coloradito
GF 190 . 3 . 23 . 9 . 1 . 87
Tree Nuts . Sesame . Garlic . Onion . Seeds

Gochujang Braised

Short Ribs

apple carrot slaw, togarashi onion
GF 182 . 15 . 17 . 6 . 2 . 299
Soy . Sesame . Garlic . Onion . Seeds

Grilled Grass-Fed Filet of Beef*

Canyon Ranch demi-glaze
marcona almond gremolata
GF 247 . 2 . 30 . 12 . tr . 181
Tree Nuts . Onion

Double Bone Roasted

Lamb Rack*

harissa-miso sauce
GF 202 . 8 . 20 . 11 . 2 . 143
Milk . Soy . Garlic

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CHEF’S
COMPOSED DISHES

Grilled Eggplant Cannelloni

tender grilled eggplant rolled with plant-based
ricotta, served over lentil bolognese with roasted
asparagus and a hemp-walnut crumble
GF 380 . 50 . 34 . 11 . 14 . 356
Milk . Soy . Tree Nuts . Garlic . Onion . Seeds

Creamy Cauliflower Fettuccini Alfredo

a rich and creamy cauliflower Alfredo
sauce tossed with edamame fettuccini,
green peas, and a vegan parmesan
GF . V 387 . 44 . 45 . 8 . 21 . 407
Soy . Tree Nuts . Garlic . Onion

Pan-Seared Jumbo Maine Scallops*

succulent scallops with a sweet and spicy
pineapple-habanero glaze, served over forbidden
rice risotto and saut  ed Asian greens trio
GF 491 . 54 . 35 . 16 . 7 . 733
Milk . Soy . Shellfish . Sesame . Garlic . Onion . Seeds

Spinach & Feta Chicken Roulade

Red Bird Farms chicken breast stuffed with spinach
and feta, served with a tangy caper-artichoke sauce
roasted asparagus, and a side of lemony orzo
459 . 54 . 39 . 12 . 12 . 493
Milk . Wheat . Garlic . Onion

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HOUSEMADE COFFEE SYRUPS vanilla | caramel | mocha | lavender

BEVERAGES

LOCAL & SEASONAL

Asparagus

Tender, earthy, and sweet, asparagus is an exceptional source of folate. Folate, also known as vitamin B9, is essential for DNA synthesis and repair, as well as brain development and function. Join us for our Optimize Brain Health presentation every Wednesday at 10 am to learn more ways to support short- and long-term cognitive function.

Salmon

We love featuring salmon on our menus as it is uniquely high in omega-3 fats and protein. The omega-3 fats in salmon support brain health, cardiovascular function and have anti-inflammatory benefits. Salmon is rich in high-quality protein essential for building and maintaining strong muscle. It also helps better manage blood glucose while keeping us satiated. Learn more about why this is important for managing hunger and cravings in our Optimize Brain Health with Nutrition presentation by a Canyon Ranch Nutritionist every Wednesday at 10 am.

GLOSSARY OF CULINARY TERMS

Dukkah

An Egyptian spice blend made from nuts, seeds, and spices, toasted and ground into a coarse powder. It's commonly used as a seasoning for bread or as a topping for various dishes.

Migas

A dish from Spanish and Mexican cuisines, commonly made with leftover bread or tortillas mixed with ingredients like eggs, onions, peppers, and sometimes chorizo.

Romesco

A savory Spanish sauce made with roasted red peppers, nuts, garlic, and olive oil, often served as a dip or condiment.

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