



STARTERS

Soup of the Day	Gazpacho	Chicken Bone Broth
	GF . V 61 . 13 . 2 . tr . 2 . 303	GF 28 . 1 . 2 . 1 . tr . 211
	Garlic . Onion	Onion

ENTRÉES

**Hearty Lentil Bolognese**  
slow-simmered lentil and vegetable Bolognese  
luscious burrata cheese, green peas, crispy  
polenta cake, basil oil  
GF 443 . 54 . 32 . 17 . 10 . 570  
Milk . Soy . Garlic . Onion

**Shaved Brussels Sprouts Salad**  
shaved and lightly charred Brussels sprouts, local  
Granny Smith apples, roasted butternut squash,  
dried cranberries, feta, grilled chicken, cinnamon  
maple vinaigrette, toasted pumpkin seeds  
GF 469 . 40 . 34 . 20 . 8 . 467  
Milk . Tree Nuts . Seeds

**Bountiful Beef Bulgogi Lettuce Wraps\***  
thinly sliced and seared marinated tenderloin  
forbidden black rice, stir-fried vegetables  
earthy kimchi, bibb lettuce  
GF 472 . 50 . 41 . 12 . 8 . 705  
Soy . Sesame . Garlic . Onion . Seeds

**Pineapple Habanero Shrimp Tacos**  
sweet & spicy glazed wild caught shrimp  
blue corn tortillas, fiesta lime slaw, avocado  
GF 468 . 55 . 37 . 15 . 8 . 518  
Milk . Egg . Shellfish . Garlic . Onion

**Chicken Tinga Tacos**  
achiote braised organic chicken, local pressed  
corn tortillas, creamy avocado poblano sauce  
cotija cheese, curtido, hearty rattlesnake beans  
GF 486 . 40 . 37 . 17 . 9 . 633  
Milk . Garlic . Onion

**Carne Asada Tacos\***  
grilled grass-fed skirt steak, fresh pico de gallo  
house pickled red onion, local corn tortillas  
hearty rattlesnake beans  
GF 427 . 54 . 33 . 10 . 10 . 481  
Onion

**Roasted Jalapeño Veggie Burger**  
house-made burger patty, lettuce, tomato  
pickled red onion, avocado  
V 464 . 60 . 32 . 12 . 9 . 528  
Soy . Wheat . Sesame . Garlic . Onion . Seeds

**Trail Boss Burger\***  
100% grass-fed ground beef burger, jicama slaw, wheat bun

**Build it Your Way:** lettuce, tomato, pickles, pickled onion, green chilies, roasted wild mushrooms, avocado  
slow-simmered house-made chili, swiss, cheddar, robust bleu cheese, smoked turkey bacon  
462 . 40 . 37 . 17 . 9 . 456  
Soy . Sesame . Onion . Seeds

CULINARY ACTION THEATRE

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

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 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](http://seafoodwatch.org)



See over 500 recipes  
on our Nourish blog.

LUNCH  
SUMMER

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

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.

LOCALLY SOURCED VENDORS

- BARRIO BREAD | Tucson, AZ | 2022 James Beard Award Winner
- FIORE DI CAPRA | Pomerene, AZ | Goat Cheese
- DESERT PEARL MUSHROOMS | Tucson, AZ
- HAYDEN FLOUR MILLS | Queen Creek, AZ | Flour, Purple Barley
- ROOTS RANCH | Winkelman, AZ | Eggs
- PLANT 2 PLATE MICRO FARM | Catalina, AZ | Micro Greens

LOCAL & SEASONAL

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.

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.

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.

