

DINNER

SUMMER | DAY 1

APPETIZERS

Soup of the Day

Prince Edward Island Black Mussels

white wine, white beans, vegan chorizo, grilled challah bread
165 . 15 . 13 . 6 . 2 . 327
Shellfish . Wheat . Milk . Garlic . Onion

Steamed Edamame

choice of plain, salted, or spicy garlic
with ponzu dipping sauce
GF . V 165 . 14 . 14 . 7 . 5 . 103
Soy

Hamachi Crudo*

navel and blood orange segments, floral
J'ENWEY Tea citrus vanilla chamomile elixir
GF 200 . 19 . 22 . 5 . 4 . 42
Fish

Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, parmesan
181 . 10 . 19 . 8 . 2 . 145
Wheat . Milk . Egg . Garlic . Onion

Okinawan Sweet Potato Panna Cotta

curly and crisp frisee, chervil, crème fraiche, caviar
GF 132 . 8 . 5 . 8 . 1 . 83
Milk . Fish . Coconut

Mediterranean Mezze Plate

smooth hummus, kalamata olives, roasted carrots,
olive oil, whole wheat pita bread
V 177 . 20 . 6 . 8 . 4 . 269
Wheat . Sesame . Garlic . Seeds

SUMMER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, petite tomatoes, radish,
roasted carrots, fresh mozzarella, kalamata olives, candied
walnuts & sunflower seeds, with mansion-made basil vinaigrette
GF 202 . 16 . 12 . 11 . 6 . 186
Milk . Tree Nuts . Egg . Garlic . Onion . Seeds

Baby Kale & Romaine Caesar Salad

endive, Caesar dressing, vegan parmesan, capers
V 163 . 16 . 6 . 9 . 6 . 252
Wheat . Tree Nuts . Soy . Sesame
Onion . Garlic . Coconut . Seeds

Petite Gem Lettuce Wedge Salad

bleu cheese, ranch dressing, roasted corn kernels, baby
heirloom tomatoes, diced cucumber, crunchy chickpeas
GF 228 . 20 . 10 . 12 . 5 . 249
Milk . Egg . Soy . Garlic . Onion

Burrata & Roasted Baby Beet Salad

arugula, basil, garbanzo beans, pistachio
pesto, fresh squeezed lemon
GF 187 . 14 . 9 . 12 . 4 . 167
Milk . Tree Nuts . Garlic . Onion

CRAFT YOUR OWN PLATE

Our Chef recommends choosing your plant-based sides first, then pairing those with your favorite proteins.

PLANT FORWARD

Caramelized Baby Carrots

fresh orange cilantro sesame seed pesto
GF . V 135 . 14 . 3 . 8 . 5 . 92
Sesame . Onion . Seeds

Pan-Roasted Broccolini

toasted garlic, parsley, olive oil
crushed red pepper flakes
GF . V 136 . 11 . 4 . 10 . 3 . 39
Garlic

Steamed Brown or White Rice

GF . V 180 . 38 . 4 . 1 . 2 . 8
None

Braised Sweet Corn

roasted green chili, cilantro,
cotija cheese, lime juice
GF 149 . 25 . 7 . 4 . 3 . 221
Milk . Onion

Roasted Sweet Potato

toasted walnuts, thyme, maple syrup
GF . V 144 . 32 . 2 . 1 . 2 . 10
Tree Nuts

Farro Tabbouleh

grilled halloumi, parsley, lemon, toasted
almonds, cucumber, tomato
119 . 7 . 3 . 9 . 2 . 69
Wheat . Tree Nuts . Milk . Onion

Lemon Mashed Potatoes

chives, sour cream
GF 65 . 12 . 2 . 1 . 1 . 114
Milk . Onion

PROTEINS

Grilled Red Miso Ginger
Cauliflower Steak

tahini lemon cashew cream
GF . V 362 . 34 . 14 . 20 . 7 . 602
Tree Nuts . Soy . Sesame . Garlic . Onion . Seeds

Georges Bank Scallops*

red grape pistachio pesto
GF 227 . 8 . 30 . 8 . 1 . 305
Shellfish . Tree Nuts . Garlic . Onion

California Brandt
Beef Tenderloin*

caramelized cipollini beef jus
GF 239 . 5 . 31 . 10 . 1 . 66
Garlic . Onion

Grilled Whole African
Tiger Prawns

coconut yogurt tzatziki
honey-sumac marinade
GF 225 . 6 . 38 . 6 . 1 . 285
Shellfish . Garlic . Coconut

Grilled Flank Steak*

romesco sauce
GF 234 . 4 . 25 . 13 . 1 . 72
Garlic . Seeds

Atlantic Salmon*

fresh tomato, olive, garbanzo
sesame and cilantro salad
GF 291 . 12 . 34 . 12 . 3 . 176
Fish . Sesame . Seeds

Colorado Lamb Caprese*

grilled lamb loin, pan roasted petite
heirloom tomatoes, fresh ciliegine mozzarella
petite basil and balsamic reduction
GF 258 . 5 . 31 . 13 . 1 . 96
Milk

Seared Yellow Tail Tuna*

smoked paprika, finger lime, and sesame seeds
GF 183 . 6 . 36 . 2 . 3 . 69
Fish . Sesame . Seeds

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

NUTRIENT ANALYSIS

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

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.

THE RESULTS OF
INSPIRATION

Marinated Stir-Fry*

bok choy, snap peas, red onions, petite sweet
peppers, brussels sprout leaves, pomegranate seeds,
shiitake mushrooms, Japanese ponzu sauce
add a protein of your choice from the proteins section

Fresh Catch of the Day*

we talk to our fishermen every day to see
what is the best fish they caught, and we
prepare it in a great way for you

Daily Chicken Creation

we get creative each day to offer
a variety of different recipes

ADDITIONS FOR
YOUR MEAL

Roasted Garlic Cloves & Olive Oil

thyme and black pepper
GF . V 112 . 7 . 1 . 9 . 1 . 4
Garlic

Saffron Tomato Confit

slow cooked roma tomatoes, shallots
and parsley, avocado oil
GF . V 83 . 2 . tr . 9 . tr . 3
Garlic . Onion

Romesco

smoky Spanish-style roasted red pepper and
sunflower seed sauce with garlic and olive oil
GF . V 93 . 9 . 2 . 6 . 2 . 21
Garlic . Seeds

Chermoula

a bright North African herb sauce with cilantro
parsley, garlic, lemon and J'ENWEY rooibos tea spice
GF . V 45 . 2 . tr . 4 . 1 . 5
Garlic . Onion

Coconut Yogurt Tzatziki

cucumber, lemon, mint and garlic
GF . V 16 . 1 . tr . 1 . tr . 37
Garlic . Coconut

CANYONRANCH | grill™

5:00 – 8:30 PM

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

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple

GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums

GF . V 54 . 11 . 2 . 0 . 0 . 0

HOMEMADE MOCKTAILS

Strawberry Pamplemousse “Rosé”

strawberry puree, lime and grapefruit juices

sparkling water, mint

GF . V 23 . 6 . tr . tr . 1 . 3

Virgin Bloody Mary

tomato juice, horseradish

Worcestershire sauce, celery seed

GF . V 45 . 8 . 2 . tr . 2 . 268

SPRITZERS

Tart Cherry

GF . V 39 . 10 . 0 . 0 . 0 . 30

Pomegranate

GF . V 46 . 12 . 0 . 0 . 0 . 8

Cranberry

GF . V 49 . 12 . 0 . tr . 0 . 3

BEVERAGES

CANYONRANCH | grill™

LOCALLY SOURCED VENDORS

HIGH LAWN FARM

Lee, MA | Milk, Cheese

DELFTREE MUSHROOM COMPANY

Adams, MA

GAETANO’S ORGANIC FARM

Becket, MA

HILLTOP ORCHARDS

Richmond, MA | Apples, Apple Cider

MILL BROOK SUGARHOUSE

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Crudo

An Italian term meaning "raw" and refers to a dish of raw fish or meat, typically dressed with olive oil, citrus, herbs, or other seasonings.

Mezze

A selection of small, flavorful dishes served as appetizers or snacks in Middle Eastern and Mediterranean cuisines, often shared among a group.

Tabbouleh

A Mediterranean salad traditionally made with bulgur wheat, finely chopped parsley, tomatoes, onions, and fresh herbs, dressed with olive oil and lemon juice.

DRIZZLE & DASH

Spice up your meal at our Spice Bar. With a variety of spices, oils, and vinegars—tailor your dish to your unique taste!

LOCAL & SEASONAL FARE

Cucumber

A refreshing summertime vegetable made up of over 95% water, helping to keep you cool and hydrated in hot weather. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion during the warmer months.

New Potatoes

Including Yukon Golds and Fingerlings, New Potatoes are a nutrient-dense high-quality carb that provides steady energy, fiber, and potassium for heart health. Like other high-quality carbs, their natural fiber promotes fullness and balanced blood sugars, two key factors for weight loss goals. To learn more, join the Nutrition Team’s presentation, “Weight Loss: Nutrition for Breaking Barriers” on Tuesdays at 4pm.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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See over 500 recipes on our Nourish blog.

You can make dinner reservations for the Grill at the host stand, 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 | DAY 2

APPETIZERS

Soup of the Day

Prince Edward Island Black Mussels

white wine, white beans, vegan chorizo, grilled challah bread
165 . 15 . 13 . 6 . 2 . 327
Shellfish . Wheat . Milk . Garlic . Onion

Steamed Edamame

choice of plain, salted, or spicy garlic
with ponzu dipping sauce
GF . V 165 . 14 . 14 . 7 . 5 . 103
Soy

Hamachi Crudo*

navel and blood orange segments, floral
J'ENWEY Tea citrus vanilla chamomile elixir
GF 200 . 19 . 22 . 5 . 4 . 42
Fish

Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, parmesan
181 . 10 . 19 . 8 . 2 . 145
Wheat . Milk . Egg . Garlic . Onion

Okinawan Sweet Potato Panna Cotta

curly and crisp frisee, chervil, crème fraiche, caviar
GF 132 . 8 . 5 . 8 . 1 . 83
Milk . Fish . Coconut

Mediterranean Mezze Plate

smooth hummus, kalamata olives, roasted carrots,
olive oil, whole wheat pita bread
V 177 . 20 . 6 . 8 . 4 . 269
Wheat . Sesame . Garlic . Seeds

SUMMER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, petite tomatoes, radish,
roasted carrots, fresh mozzarella, kalamata olives, candied
walnuts & sunflower seeds, with mansion-made basil vinaigrette
GF 202 . 16 . 12 . 11 . 6 . 186
Milk . Tree Nuts . Egg . Garlic . Onion . Seeds

Burrata & Roasted Golden Beet Salad

arugula, basil, garbanzo beans, pistachio
pesto, fresh squeezed lemon
GF 187 . 14 . 9 . 12 . 4 . 167
Milk . Tree Nuts . Garlic . Onion

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

Blueberry & Arugula Salad

Highlawn Farms goat cheese, red onion, local blueberries,
peppery arugula, sliced almonds and maple vinaigrette
GF 240 . 26 . 8 . 12 . 6 . 201
Milk . Tree Nuts . Onion

CRAFT YOUR OWN PLATE

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PLANT FORWARD

Caramelized Baby Carrots

fresh orange cilantro sesame seed pesto
GF . V 135 . 14 . 3 . 8 . 5 . 92
Sesame . Onion . Seeds

Pan-Roasted Broccolini

toasted garlic, parsley, olive oil
crushed red pepper flakes
GF . V 136 . 11 . 4 . 10 . 3 . 39
Garlic

Steamed Brown or White Rice

GF . V 180 . 38 . 4 . 1 . 2 . 8
None

Braised Sweet Corn

roasted green chili, cilantro,
cotija cheese, lime juice
GF 149 . 25 . 7 . 4 . 3 . 221
Milk . Onion

Roasted Sweet Potato

toasted walnuts, thyme, maple syrup
GF . V 144 . 32 . 2 . 1 . 2 . 10
Tree Nuts

Farro Tabbouleh

grilled halloumi, parsley, lemon, toasted
almonds, cucumber, tomato
119 . 7 . 3 . 9 . 2 . 69
Wheat . Tree Nuts . Milk . Onion

Lemon Mashed Potatoes

chives, sour cream
GF 65 . 12 . 2 . 1 . 1 . 114
Milk . Onion

PROTEINS

Grilled Red Miso Ginger Cauliflower Steak

tahini lemon cashew cream
GF . V 362 . 34 . 14 . 20 . 7 . 602
Tree Nuts . Soy . Sesame . Garlic . Onion . Seeds

Georges Bank Scallops*

red grape pistachio pesto
GF 227 . 8 . 30 . 8 . 1 . 305
Shellfish . Tree Nuts . Garlic . Onion

Grilled Whole African Tiger Prawns

coconut yogurt tzatziki
honey-sumac marinade
GF 225 . 6 . 38 . 6 . 1 . 285
Shellfish . Garlic . Coconut

Atlantic Salmon*

fresh tomato, olive, garbanzo
sesame and cilantro salad
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Fish . Sesame . Seeds

California Brandt Beef Tenderloin*

caramelized cipollini beef jus
GF 239 . 5 . 31 . 10 . 1 . 66
Garlic . Onion

Grilled Flank Steak*

romesco sauce
GF 234 . 4 . 25 . 13 . 1 . 72
Garlic . Seeds

Colorado Lamb Caprese*

grilled lamb loin, pan roasted petite
heirloom tomatoes, fresh ciliegine mozzarella
petite basil and balsamic reduction
GF 258 . 5 . 31 . 13 . 1 . 96
Milk

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THE RESULTS OF INSPIRATION

Marinated Stir-Fry*

bok choy, snap peas, red onions, petite sweet
peppers, brussels sprout leaves, pomegranate seeds,
shiitake mushrooms, Japanese ponzu sauce
add a protein of your choice from the proteins section

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prepare it in a great way for you

Daily Chicken Creation

we get creative each day to offer
a variety of different recipes

ADDITIONS FOR YOUR MEAL

Roasted Garlic Cloves & Olive Oil

thyme and black pepper
GF . V 112 . 7 . 1 . 9 . 1 . 4
Garlic

Saffron Tomato Confit

slow cooked roma tomatoes, shallots
and parsley, avocado oil
GF . V 83 . 2 . tr . 9 . tr . 3
Garlic . Onion

Romesco

smoky Spanish-style roasted red pepper and
sunflower seed sauce with garlic and olive oil
GF . V 93 . 9 . 2 . 6 . 2 . 21
Garlic . Seeds

Chermoula

a bright North African herb sauce with cilantro
parsley, garlic, lemon and J'ENWEY rooibos tea spice
GF . V 45 . 2 . tr . 4 . 1 . 5
Garlic . Onion

Coconut Yogurt Tzatziki

cucumber, lemon, mint and garlic
GF . V 16 . 1 . tr . 1 . tr . 37
Garlic . Coconut

CANYONRANCH | grill™

5:00 – 8:30 PM

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

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple

GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums

GF . V 54 . 11 . 2 . 0 . 0 . 0

HOMEMADE MOCKTAILS

Cucumber Daiquiri GF . V

cucumber, lemon and pineapple juices

elderflower syrup, sparkling water

GF . V 24 . 6 . tr . tr . tr . tr

Virgin Bloody Mary

tomato juice, horseradish

Worcestershire sauce, celery seed

GF . V 45 . 8 . 2 . tr . 2 . 268

SPRITZERS

Tart Cherry

GF . V 39 . 10 . 0 . 0 . 0 . 30

Pomegranate

GF . V 46 . 12 . 0 . 0 . 0 . 8

Cranberry

GF . V 49 . 12 . 0 . tr . 0 . 3

BEVERAGES

CANYON RANCH | grill™

LOCALLY SOURCED VENDORS

HIGH LAWN FARM

Lee, MA | Milk, Cheese

DELFTREE MUSHROOM COMPANY

Adams, MA

GAETANO’S ORGANIC FARM

Becket, MA

HILLTOP ORCHARDS

Richmond, MA | Apples, Apple Cider

MILL BROOK SUGARHOUSE

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Burrata

A rich, creamy Italian cheese with a delicate mozzarella shell filled with soft, shredded curd and fresh cream.

Niçoise

A classic French salad originating from Nice, made traditionally with ingredients like tuna, hard-boiled eggs, olives, green beans, tomatoes, and potatoes, dressed with olive oil and herbs.

Ponzu

A Japanese citrus-soy sauce made with soy sauce, vinegar, and citrus juice. It's tangy and savory, used as a dip or dressing.

DRIZZLE & DASH

Spice up your meal at our Spice Bar. With a variety of spices, oils, and vinegars—tailor your dish to your unique taste!

LOCAL & SEASONAL FARE

Blueberries

Rich in antioxidants that cross the blood-brain barrier and support cognitive function. While some worry about the sugar in fruit, understanding natural sugars and carbs is key to balanced nutrition. To learn more, join the nutrition team’s presentation, “Myths and Facts about Carbs” on Wednesdays at 4pm.

Carrots

Rich in beta-carotene, which converts to vitamin A to support eye health and immunity. They also provide fiber for digestion and blood sugar balance. Not sure if you're meeting your nutrient needs? Try the Nutrition Team's Diet Score service to identify which vitamins and minerals you may be falling short on.

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DINNER

SUMMER | DAY 3

APPETIZERS

Soup of the Day

Prince Edward Island Black Mussels

white wine, white beans, vegan chorizo, grilled challah bread

165 . 15 . 13 . 6 . 2 . 327

Shellfish . Wheat . Milk . Garlic . Onion

Steamed Edamame

choice of plain, salted, or spicy garlic

with ponzu dipping sauce

GF . V 165 . 14 . 14 . 7 . 5 . 103

Soy

Hamachi Crudo*

navel and blood orange segments, floral

J'ENWEY Tea citrus vanilla chamomile elixir

GF 200 . 19 . 22 . 5 . 4 . 42

Fish

Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, parmesan

181 . 10 . 19 . 8 . 2 . 145

Wheat . Milk . Egg . Garlic . Onion

Okinawan Sweet Potato Panna Cotta

curly and crisp frisee, chervil, crème fraîche, caviar

GF 132 . 8 . 5 . 8 . 1 . 83

Milk . Fish . Coconut

Mediterranean Mezze Plate

smooth hummus, kalamata olives, roasted carrots,

olive oil, whole wheat pita bread

V 177 . 20 . 6 . 8 . 4 . 269

Wheat . Sesame . Garlic . Seeds

SUMMER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, petite tomatoes, radish,

roasted carrots, fresh mozzarella, kalamata olives, candied

walnuts & sunflower seeds, with mansion-made basil vinaigrette

GF 202 . 16 . 12 . 11 . 6 . 186

Milk . Tree Nuts . Egg . Garlic . Onion . Seeds

Lobster & Sweet Corn Salad

chilled lobster meat, grilled corn, petite tomatoes,

avocado, baby greens, lemon-tarragon vinaigrette

GF 230 . 16 . 14 . 12 . 4 . 336

Shellfish . Soy . Onion

Blood Orange & Spinach Salad

shaved fennel, swiss chard, shredded carrots, toasted

sunflower seeds, sesame verjus vinaigrette

V 206 . 24 . 7 . 11 . 8 . 248

Sesame . Seeds

Strawberry & Arugula Panzanella Salad

bleu cheese, apple-walnut croutons, organic strawberries,

candied pecans, red onion, basil vinaigrette

231 . 23 . 9 . 12 . 5 . 288

Wheat . Tree Nuts . Egg . Milk . Onion . Garlic

CRAFT YOUR OWN PLATE

Our Chef recommends choosing your plant-based sides first, then pairing those with your favorite proteins.

PLANT FORWARD

Caramelized Baby Carrots

fresh orange cilantro sesame seed pesto

GF . V 135 . 14 . 3 . 8 . 5 . 92

Sesame . Onion . Seeds

Pan-Roasted Broccolini

toasted garlic, parsley, olive oil

crushed red pepper flakes

GF . V 136 . 11 . 4 . 10 . 3 . 39

Garlic

Braised Sweet Corn

roasted green chili, cilantro,

cotija cheese, lime juice

GF 149 . 25 . 7 . 4 . 3 . 221

Milk . Onion

Steamed Brown or White Rice

GF . V 180 . 38 . 4 . 1 . 2 . 8

None

Roasted Sweet Potato

toasted walnuts, thyme, maple syrup

GF . V 144 . 32 . 2 . 1 . 2 . 10

Tree Nuts

Farro Tabbouleh

grilled halloumi, parsley, lemon, toasted

almonds, cucumber, tomato

119 . 7 . 3 . 9 . 2 . 69

Wheat . Tree Nuts . Milk . Onion

Sautéed Spinach

garlic, cannellini beans, nutmeg

also available plain

GF . V 170 . 19 . 9 . 8 . 6 . 93

Garlic

Grilled Oyster Mushrooms

tarragon, chives, garlic, lemon

GF . V 40 . 7 . 4 . 1 . 3 . 21

Garlic . Onion

Miso Roasted Yukon Potatoes

scallions, toasted sesame oil

GF . V 125 . 24 . 2 . 2 . 2 . 270

Sesame . Onion . Garlic . Seeds

Grilled Red Miso Ginger

Cauliflower Steak

tahini lemon cashew cream

GF . V 362 . 34 . 14 . 20 . 7 . 602

Tree Nuts . Soy . Sesame . Garlic . Onion . Seeds

Chickpea and Quinoa

Served Meatloaf Style

maple miso mushroom gravy, sautéed spinach

GF . V 427 . 59 . 17 . 20 . 12 . 654

Soy . Garlic . Onion

Seared Yellow Tail Tuna*

smoked paprika, finger lime, and sesame seeds

GF 183 . 6 . 36 . 2 . 3 . 69

Fish . Sesame . Seeds

Georges Bank Scallops*

red grape pistachio pesto

GF 227 . 8 . 30 . 8 . 1 . 305

Shellfish . Tree Nuts . Garlic . Onion

Grilled Whole African

Tiger Prawns

coconut yogurt tzatziki

honey-sumac marinade

GF 225 . 6 . 38 . 6 . 1 . 285

Shellfish . Garlic . Coconut

Atlantic Salmon*

fresh tomato, olive, garbanzo

sesame and cilantro salad

GF 291 . 12 . 34 . 12 . 3 . 176

Fish . Sesame . Seeds

Lemon Mashed Potatoes

chives, sour cream

GF 65 . 12 . 2 . 1 . 1 . 114

Milk . Onion

California Brandt

Beef Tenderloin*

caramelized cipollini beef jus

GF 239 . 5 . 31 . 10 . 1 . 66

Garlic . Onion

Grilled Flank Steak*

romesco sauce

GF 234 . 4 . 25 . 13 . 1 . 72

Garlic . Seeds

Colorado Lamb Caprese*

grilled lamb loin, pan roasted petite

heirloom tomatoes, fresh ciliegine mozzarella

petite basil and balsamic reduction

GF 258 . 5 . 31 . 13 . 1 . 96

Milk

THE RESULTS OF INSPIRATION

Marinated Stir-Fry*

bok choy, snap peas, red onions, petite sweet

peppers, brussels sprout leaves, pomegranate seeds,

shiitake mushrooms, Japanese ponzu sauce

add a protein of your choice from the proteins section

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we talk to our fishermen every day to see

what is the best fish they caught, and we

prepare it in a great way for you

Daily Chicken Creation

we get creative each day to offer

a variety of different recipes

ADDITIONS FOR YOUR MEAL

Roasted Garlic Cloves & Olive Oil

thyme and black pepper

GF . V 112 . 7 . 1 . 9 . 1 . 4

Garlic

Saffron Tomato Confit

slow cooked roma tomatoes, shallots

and parsley, avocado oil

GF . V 83 . 2 . tr . 9 . tr . 3

Garlic . Onion

Romesco

smoky Spanish-style roasted red pepper and

sunflower seed sauce with garlic and olive oil

GF . V 93 . 9 . 2 . 6 . 2 . 21

Garlic . Seeds

Chermoula

a bright North African herb sauce with cilantro

parsley, garlic, lemon and J'ENWEY rooibos tea spice

GF . V 45 . 2 . tr . 4 . 1 . 5

Garlic . Onion

Coconut Yogurt Tzatziki

cucumber, lemon, mint and garlic

GF . V 16 . 1 . tr . 1 . tr . 37

Garlic . Coconut

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

NUTRIENT ANALYSIS

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

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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CANYONRANCH | grill™

5:00 – 8:30 PM

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

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple

GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums

GF . V 54 . 11 . 2 . 0 . 0 . 0

HOMEMADE MOCKTAILS

Strawberry Pamplemousse “Rosé”

strawberry puree, lime and grapefruit juices

sparkling water, mint

GF . V 23 . 6 . tr . tr . 1 . 3

Virgin Bloody Mary

tomato juice, horseradish

Worcestershire sauce, celery seed

GF . V 45 . 8 . 2 . tr . 2 . 268

SPRITZERS

Tart Cherry

GF . V 39 . 10 . 0 . 0 . 0 . 30

Pomegranate

GF . V 46 . 12 . 0 . 0 . 0 . 8

Cranberry

GF . V 49 . 12 . 0 . tr . 0 . 3

BEVERAGES

CANYON RANCH | grill™

LOCALLY SOURCED VENDORS

HIGH LAWN FARM

Lee, MA | Milk, Cheese

DELFTREE MUSHROOM COMPANY

Adams, MA

GAETANO’S ORGANIC FARM

Becket, MA

HILLTOP ORCHARDS

Richmond, MA | Apples, Apple Cider

MILL BROOK SUGARHOUSE

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Tabbouleh

A Middle Eastern salad made with finely chopped parsley, tomatoes, mint, lemon juice, olive oil, and traditionally bulgur wheat, though other grains can be used.

Ube

A purple yam from the Philippines known for its vibrant color and sweet, nutty flavor. It’s commonly used in Filipino desserts like cakes, ice cream, and pastries.

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.

DRIZZLE & DASH

Spice up your meal at our Spice Bar. With a variety of spices, oils, and vinegars—tailor your dish to your unique taste!

LOCAL & SEASONAL FARE

Cucumbers

A refreshing summertime vegetable made up of over 95% water, helping to keep you cool and hydrated in hot weather. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion during the warmer months.

Peas

A nutrient-dense summertime vegetable packed with plant-based protein, vitamin C, and fiber to promote stable energy and immune health during the warmer months. If you're looking for support with your child's nutrition, our "Raising Nutritious Eaters" service can help you introduce a variety of nutritious foods like peas in ways that are fun, tasty, and developmentally appropriate.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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See over 500 recipes on our Nourish blog.

You can make dinner reservations for the Grill at the host stand, 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 | DAY 4

APPETIZERS

Soup of the Day

Prince Edward Island Black Mussels

white wine, white beans, vegan chorizo, grilled challah bread
165 . 15 . 13 . 6 . 2 . 327
Shellfish . Wheat . Milk . Garlic . Onion

Steamed Edamame

choice of plain, salted, or spicy garlic
with ponzu dipping sauce
GF . V 165 . 14 . 14 . 7 . 5 . 103
Soy

Hamachi Crudo*

navel and blood orange segments, floral
J'ENWEY Tea citrus vanilla chamomile elixir
GF 200 . 19 . 22 . 5 . 4 . 42
Fish

Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, parmesan
181 . 10 . 19 . 8 . 2 . 145
Wheat . Milk . Egg . Garlic . Onion

Okinawan Sweet Potato Panna Cotta

curly and crisp frisee, chervil, crème fraîche, caviar
GF 132 . 8 . 5 . 8 . 1 . 83
Milk . Fish . Coconut

Mediterranean Mezze Plate

smooth hummus, kalamata olives, roasted carrots,
olive oil, whole wheat pita bread
V 177 . 20 . 6 . 8 . 4 . 269
Wheat . Sesame . Garlic . Seeds

SUMMER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, petite tomatoes, radish,
roasted carrots, fresh mozzarella, kalamata olives, candied
walnuts & sunflower seeds, with mansion-made basil vinaigrette
GF 202 . 16 . 12 . 11 . 6 . 186
Milk . Tree Nuts . Egg . Garlic . Onion . Seeds

Greek Salad

chopped gem lettuce, grilled halloumi cheese, parsley,
oregano, cucumber, sun-dried tomatoes, mint, capers,
fresh-squeezed lemon juice, olive oil
GF 207 . 20 . 9 . 11 . 6 . 286
Milk

Burrata & Roasted Baby Beet Salad

arugula, basil, garbanzo beans, pistachio
pesto, fresh squeezed lemon
GF 187 . 14 . 9 . 12 . 4 . 167
Milk . Tree Nuts . Garlic . Onion

Chopped Broccoli Salad

red cabbage, garbanzo beans, kalamata olives, fresh mozzarella
GF 218 . 20 . 12 . 10 . 7 . 297
Milk . Egg . Onion . Garlic

CRAFT YOUR OWN PLATE

Our Chef recommends choosing your plant-based sides first, then pairing those with your favorite proteins.

PLANT FORWARD

Caramelized Baby Carrots

fresh orange cilantro sesame seed pesto
GF . V 135 . 14 . 3 . 8 . 5 . 92
Sesame . Onion . Seeds

Pan-Roasted Broccolini

toasted garlic, parsley, olive oil
crushed red pepper flakes
GF . V 136 . 11 . 4 . 10 . 3 . 39
Garlic

Braised Sweet Corn

roasted green chili, cilantro,
cotija cheese, lime juice
GF 149 . 25 . 7 . 4 . 3 . 221
Milk . Onion

Lemon Mashed Potatoes

chives, sour cream
GF 65 . 12 . 2 . 1 . 1 . 114
Milk . Onion

Farro Tabbouleh

grilled halloumi, parsley, lemon, toasted
almonds, cucumber, tomato
119 . 7 . 3 . 9 . 2 . 69
Wheat . Tree Nuts . Milk . Onion

PROTEINS

Georges Bank Scallops*

red grape pistachio pesto
GF 227 . 8 . 30 . 8 . 1 . 305
Shellfish . Tree Nuts . Garlic . Onion

California Brandt Beef Tenderloin*

caramelized cipollini beef jus
GF 239 . 5 . 31 . 10 . 1 . 66
Garlic . Onion

Grilled Whole African Tiger Prawns

coconut yogurt tzatziki
honey-sumac marinade
GF 225 . 6 . 38 . 6 . 1 . 285
Shellfish . Garlic . Coconut

Grilled Flank Steak*

romesco sauce
GF 234 . 4 . 25 . 13 . 1 . 72
Garlic . Seeds

Colorado Lamb Caprese*

grilled lamb loin, pan roasted petite
heirloom tomatoes, fresh ciliegine mozzarella
petite basil and balsamic reduction
GF 258 . 5 . 31 . 13 . 1 . 96
Milk

Sautéed Spinach

garlic, cannellini beans, nutmeg
also available plain
GF . V 170 . 19 . 9 . 8 . 6 . 93
Garlic

Grilled Oyster Mushrooms

tarragon, chives, garlic, lemon
GF . V 40 . 7 . 4 . 1 . 3 . 21
Garlic . Onion

Miso Roasted Yukon Potatoes

scallions, toasted sesame oil
GF . V 125 . 24 . 2 . 2 . 2 . 270
Sesame . Onion . Garlic . Seeds

Grilled Red Miso Ginger Cauliflower Steak

tahini lemon cashew cream
GF . V 362 . 34 . 14 . 20 . 7 . 602
Tree Nuts . Soy . Sesame . Garlic . Onion . Seeds

Chickpea and Quinoa Served Meatloaf Style

maple miso mushroom gravy, sautéed spinach
GF . V 427 . 59 . 17 . 20 . 12 . 654
Soy . Garlic . Onion

Seared Yellow Tail Tuna*

smoked paprika, finger lime, and sesame seeds
GF 183 . 6 . 36 . 2 . 3 . 69
Fish . Sesame . Seeds

Atlantic Salmon*

fresh tomato, olive, garbanzo
sesame and cilantro salad
GF 291 . 12 . 34 . 12 . 3 . 176
Fish . Sesame . Seeds

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THE RESULTS OF INSPIRATION

Marinated Stir-Fry*

bok choy, snap peas, red onions, petite sweet
peppers, brussels sprout leaves, pomegranate seeds,
shiitake mushrooms, Japanese ponzu sauce
add a protein of your choice from the proteins section

Fresh Catch of the Day*

we talk to our fishermen every day to see
what is the best fish they caught, and we
prepare it in a great way for you

Daily Chicken Creation

we get creative each day to offer
a variety of different recipes

ADDITIONS FOR YOUR MEAL

Roasted Garlic Cloves & Olive Oil

thyme and black pepper
GF . V 112 . 7 . 1 . 9 . 1 . 4
Garlic

Saffron Tomato Confit

slow cooked roma tomatoes, shallots
and parsley, avocado oil
GF . V 83 . 2 . tr . 9 . tr . 3
Garlic . Onion

Romesco

smoky Spanish-style roasted red pepper and
sunflower seed sauce with garlic and olive oil
GF . V 93 . 9 . 2 . 6 . 2 . 21
Garlic . Seeds

Chermoula

a bright North African herb sauce with cilantro
parsley, garlic, lemon and J'ENWEY rooibos tea spice
GF . V 45 . 2 . tr . 4 . 1 . 5
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Coconut Yogurt Tzatziki

cucumber, lemon, mint and garlic
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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

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elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple

GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums

GF . V 54 . 11 . 2 . 0 . 0 . 0

HOMEMADE MOCKTAILS

Cucumber Daiquiri

cucumber, lemon and pineapple juices

elderflower syrup, sparkling water

GF . V 24 . 6 . tr . tr . tr . tr

Virgin Bloody Mary

tomato juice, horseradish

Worcestershire sauce, celery seed

GF . V 45 . 8 . 2 . tr . 2 . 268

SPRITZERS

Tart Cherry

GF . V 39 . 10 . 0 . 0 . 0 . 30

Pomegranate

GF . V 46 . 12 . 0 . 0 . 0 . 8

Cranberry

GF . V 49 . 12 . 0 . tr . 0 . 3

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HILLTOP ORCHARDS

Richmond, MA | Apples, Apple Cider

MILL BROOK SUGARHOUSE

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Crudo

An Italian term meaning "raw" and refers to a dish of raw fish or meat, typically dressed with olive oil, citrus, herbs, or other seasonings.

Ponzu

A Japanese citrus-soy sauce made with soy sauce, vinegar, and citrus juice. It's tangy and savory, used as a dip or dressing.

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.

DRIZZLE & DASH

Spice up your meal at our Spice Bar. With a variety of spices, oils, and vinegars—tailor your dish to your unique taste!

LOCAL & SEASONAL FARE

Beets

Rich in natural nitrates, which the body converts to nitric oxide, a compound that improves blood flow, supporting exercise performance, blood pressure and brain health. This enhanced circulation reduces the risk of stroke and preserves long-term cognitive function, making them an excellent addition to meals for people of all ages!

Carrots

Rich in beta-carotene, which converts to vitamin A to support eye health and immunity. They also provide fiber for digestion and blood sugar balance. Not sure if you're meeting your nutrient needs? Try the Nutrition Team's Diet Score service to identify which vitamins and minerals you may be falling short on.

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