



SOUP AND SALAD

Soup of the Day

Market Salad

romaine lettuce, apple, sweet peppers  
red onion, cherry tomatoes, bleu cheese  
cucumber melon vinaigrette  
GF 129 . 16 . 5 . 6 . 3 . 252  
Milk . Onion . Garlic

Spring Herb Salad

roasted corn, cherry tomatoes, cucumber,  
fresh parsley & dill, tender mixed greens,  
Becky's Best Dressing, candied pepitas &  
sunflower seeds  
GF . V 146 . 18 . 5 . 7 . 5 . 194  
Soy . Garlic . Seeds

HANDCRAFTED PIZZAS

Margherita

San Marzano tomato sauce, mozzarella,  
parmesan cheese, heirloom tomatoes, basil,  
olive oil  
399 . 48 . 20 . 15 . 8 . 750  
Milk . Wheat . Garlic . Onion

Italian

San Marzano tomato sauce, mozzarella  
roasted fennel, roasted red peppers  
chicken sausage  
359 . 46 . 22 . 10 . 7 . 740  
Milk . Wheat . Garlic . Onion

Chicken Alfredo

oat milk alfredo sauce, artichoke hearts  
tomato, spinach, caramelized onions  
mozzarella  
453 . 57 . 37 . 10 . 11 . 695  
Milk . Wheat . Garlic . Onion

ENTREES

Tuna Salad Wrap

whole-wheat tortilla, spinach  
marinated tomatoes, Yukon  
gold potatoes, mustard sauce  
447 . 40 . 41 . 13 . 8 . 747  
Milk . Egg . Wheat . Fish . Onion . Garlic

Turkey Reuben Sandwich

Barrio rye bread, turkey pastrami  
sauerkraut, baby kale, Swiss  
cheese, 1,000 island dressing  
449 . 45 . 31 . 16 . 7 . 618  
Milk . Egg . Wheat . Garlic . Onion . Seeds

BBQ Pulled Pork Sandwich

wheat bun, potato salad, pepper jack cheese  
497 . 54 . 38 . 14 . 7 . 498  
Milk . Soy . Wheat . Egg . Sesame . Garlic . Onion . Seeds

Greek Lamb Pita

Mediterranean braised lamb, tomato,  
red leaf lettuce, hummus, tzatziki,  
feta cheese, jicama  
491 . 47 . 37 . 18 . 7 . 671  
Milk . Wheat . Sesame . Garlic . Onion . Seeds

Bright Vitality Bowl

black bean spaghetti, avocado, roasted carrot, arugula, roasted red peppers  
citrus vinaigrette, everything bagel seasoning, roasted pumpkin & sunflower seeds  
GF . V 481 . 44 . 40 . 18 . 20 . 398  
Sesame . Garlic . Onion . Seeds

Kale Caesar Salad

organic baby kale, endive, parmesan  
cheese, crispy garbanzos  
GF 140 . 13 . 8 . 7 . 4 . 295  
Milk . Egg . Fish . Garlic . Onion

ADD A PROTEIN

- honey ginger tofu
- garlic herb roasted salmon
- classic tuna salad
- maple mustard glazed chicken breast

Longevity Garden

San Marzano tomato sauce, artichokes  
tofu ricotta, olives, caramelized onion  
peppers, arugula, prickly pear balsamic  
V 382 . 57 . 21 . 11 . 12 . 750  
Wheat . Soy . Garlic . Onion

Mushroom Pesto

caramelized onions, toasted pine nuts,  
mozzarella  
459 . 53 . 22 . 19 . 9 . 571  
Milk . Wheat . Tree Nuts . Garlic . Onion

Arizona BBQ

fruit-sweetened bbq sauce, grilled Red  
Bird chicken, roasted green chilies,  
Monterey Jack cheese  
420 . 48 . 33 . 11 . 6 . 727  
Milk . Wheat . Soy . Garlic . Onion

Chicken Curry Wrap

whole-wheat tortilla, garbanzo beans,  
red onion, roasted red pepper, dried  
cranberries, curry mayonnaise  
481 . 56 . 31 . 16 . 7 . 482  
Milk . Egg . Wheat . Onion

Southwest Veggie Burger

house-made vegetable burger patty,  
wheat bun, lettuce, tomato, pickled  
red onions, avocado, jalapeno aioli  
V 467 . 60 . 32 . 12 . 9 . 488  
Soy . Wheat . Sesame . Garlic . Onion . Seeds

Salmon Burger\*

wheat bun, red leaf lettuce, tomato, pickled  
red onions, scallion mayo, potato salad  
455 . 48 . 35 . 13 . 7 . 497  
Milk . Egg . Soy . Wheat . Fish . Sesame . Garlic . Onion . Seeds

Tomato Jam Burger\*

100% ground beef patty, wheat bun,  
arugula, dill pickles, parmesan cheese,  
potato salad, garlic aioli  
486 . 49 . 34 . 17 . 7 . 373  
Milk . Egg . Wheat . Sesame . Garlic . Onion . Seeds

HONUT

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

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.

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.

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](https://seafoodwatch.org)



See over 500 recipes on our Nourish blog.

