



APPETIZERS

Soup of the Day

Blue Hill Bay 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

Burrata & Roasted Baby Beets

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

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

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

CHEF’S COMPOSED DISHES

Grilled Red Miso Ginger
Cauliflower Steak

hummus, 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

Marinated Stir-Fry*

bok choy, snap peas, petite sweet peppers, red
onions, brussels sprout leaves, shiitake
mushrooms, black rice, Japanese ponzu sauce
add a protein of your choice
(GF)

Georges Bank Scallops*

red grape pistachio & basil pesto, feta,
braised yellow corn, golden corn puree
(GF . 221 . 25 . 21 . 5 . 3 . 296)
Shellfish . Tree Nuts . Milk . Garlic . Onion

Grilled Whole African
Tiger Prawns

honey-sumac marinade, avocado,
Greek Yogurt & English pea puree,
brown rice, Meyer lemon
(GF . 423 . 44 . 22 . 17 . 5 . 225)
Shellfish . Milk . Garlic . Onion

Atlantic Salmon*

fresh tomato, olive, cucumber,
chickpeas, sesame and cilantro salad
(GF . 291 . 12 . 34 . 12 . 3 . 176)
Fish . Sesame . Seeds

California Brandt Beef Tenderloin*

caramelized cipollini beef jus,
lemon mashed potatoes, broccolini
(GF . 410 . 24 . 47 . 13 . 5 . 250)
Milk . Garlic . Onion

Free Bird Citrus Bloom Chicken

strawberry cucumber basil salsa,
orange blossom scented carrot silk,
steamed brown rice
(GF . 461 . 53 . 37 . 10 . 4 . 200)
Onion

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

PLANT FORWARD

Roasted Sweet Potato

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

Sautéed Spinach

garlic, cipollini onions
(GF . V . 102 . 7 . 4 . 8 . 3 . 190)
Garlic . Onion

Lemon Mashed Potatoes

chives, heavy cream
(GF . 65 . 12 . 2 . 1 . 1 . 114)
Milk . Onion

SIMPLY PREPARED

Steamed Brown or White Rice

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

Steamed Spinach

(GF . V . 26 . 4 . 3 . tr . 3 . 90)
None

Grilled Shrimp

(GF . 107 . tr . 23 . 2 . tr . 234)
Shellfish

Grilled Salmon*

(GF . 176 . tr . 25 . 8 . tr . 151)
Fish

Grilled Chicken

(GF . 147 . tr . 26 . 4 . tr . 150)
None

Grilled Beef Tenderloin*

(GF . 286 . tr . 41 . 12 . tr . 187)
None

THE RESULTS OF
INSPIRATION

Fresh Catch of the Day*

fresh, locally caught seafood
crafted daily

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

Coconut Yogurt Tzatziki

cucumber, cumin, 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

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.

Beverages

Caff  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 “Ros ”

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)



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.

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.

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.

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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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!



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.