



**VAQUERO**

CANYON RANCH

## FIRED UP SELECTIONS

### The Conscious Cowboy Bowl

scrambled Burmese style tofu (made with chickpea flour), Cowboy Caviar, quinoa, sautéed, crispy house-made tofu bacon

GF . V 488 . 50 . 32 . 20 . 12 . 745

Soy . Onion . Garlic

### Southwest Breakfast Bowl\*

one local farm fresh egg any style, house-made chicken chorizo, quinoa, kale, sweet potato hash avocado crema, pickled onions, pepitas

GF 493 . 45 . 34 . 20 . 10 . 520

Egg . Onion . Garlic . Seeds

### Mediterranean Egg Breakfast\*

zucchini, eggplant, and garbanzo beans braised in a rich tomato sauce with warm summer spices two poached eggs, feta cheese, cilantro chicken apple sausage patty, warm pita bread

477 . 48 . 30 . 19 . 10 . 650

Milk . Egg . Soy . Wheat . Garlic . Onion

### Huevos Rancheros\*

two eggs any style, sizzling salsa de arbol, slow-simmered rattlesnake beans, local pressed corn tortillas, signature chicken apple sausage patty

GF 454 . 41 . 30 . 19 . 9 . 588

Milk . Egg . Garlic . Onion

### Tanque Verde Turkey Benedict\*

seared turkey breast, spinach, heirloom tomato poached eggs, turkey bacon jam, breakfast potatoes green chili hollandaise, gluten-free English muffin

GF 475 . 44 . 31 . 19 . 7 . 750

Milk . Egg . Soy . Garlic . Onion

### All American Breakfast\*

two eggs any style, roasted breakfast potatoes signature chicken apple sausage patty or smoked turkey bacon, mixed berries, choice of toast

486 . 46 . 35 . 17 . 9 . 747

Egg . Wheat . Sesame . Garlic . Onion . Seeds

## APPETIZING ADDITIONS

### Organic Steel-Cut Oatmeal Bowl

super seed and pecan dukkah, seasonal fruit, spice-infused maple syrup

GF 162 . 22 . 5 . 7 . 5 . 13

Milk . Tree Nuts . Seeds

### Sweet Potato Hash

peppers, onions, chickpeas, garlic, smoked paprika

GF . V 162 . 22 . 5 . 7 . 5 . 103

Garlic . Onion

### Greek Yogurt Parfait

house-made granola, toasted coconut fresh berries

135 . 17 . 8 . 5 . 3 . 39

Milk . Wheat . Tree Nuts . Coconut

### PB & J Parfait

mixed berry chia seed preserves, peanut butter protein Greek Yogurt, granola, raspberries

190 . 24 . 11 . 7 . 6 . 112

Peanuts . Tree Nuts . Wheat . Milk . Seeds

### Fresh Fruit and Berries

GF . V 77 . 18 . 1 . tr . 4 . 11

### Morning Moringa Smoothie Bowl

moringa leaves, bright passion fruit, kiwi earthy spinach, zucchini, blueberries wolfberry, chia and hemp seeds

GF . V 450 . 59 . 30 . 10 . 23 . 268

Soy . Coconut . Seeds

### The VLT

toasted Barrio whole grain bread house-made tofu bacon, lettuce tomato, sunflower seed mayonnaise

V 495 . 57 . 30 . 19 . 10 . 748

Soy . Wheat . Sesame . Garlic . Seeds

### The Vaquero Breakfast Sandwich

gluten-free English muffin, chipotle cheddar cheese, chicken sausage, egg whites, wilted arugula caramelized onions, paprika aioli, served with a side of sweet potato hash

491 . 46 . 34 . 20 . 9 . 683

Egg, Milk . Garlic . Onion

### Avocado & Whipped Ricotta Toast

Barrio super seed bread, scrambled eggs thinly sliced scallions, snap peas, radish hemp seeds, crispy garbanzos

482 . 43 . 33 . 19 . 10 . 544

Milk . Egg . Wheat . Sesame . Garlic . Onion . Seeds

### Blueberry & Brie Stuffed French Toast\*

Barrio sourdough baguette, cinnamon-egg batter house-made blueberry preserves, creamy brie one egg of choice, chicken sausage, mixed berries

433 . 42 . 31 . 15 . 7 . 744

Milk . Egg . Wheat . Garlic . Onion

### Scrambled Tofu

seasoned and scrambled, may be substituted for choice of egg

GF . V 144 . 6 . 16 . 8 . 4 . 49

Soy . Garlic . Onion

### Mesquite Flour Silver Dollar Pancakes

Vermont maple syrup, choice of blackberry preserves or cinnamon-dusted caramelized apples

GF 116 . 23 . 3 . 1 . 1 . 176

Milk . Tree Nuts

### Green Power Pancakes GF

matcha, chai and spinach pancakes, honey, pomegranate seeds, strawberry preserves

188 . 37 . 6 . 2 . 3 . 101

Milk . Egg

### Cranberry Walnut French Toast

Vermont maple syrup, fresh berries

204 . 33 . 7 . 5 . 2 . 253

Milk . Egg . Wheat . Tree Nuts

### Sweet Potato Waffle

whipped maple butter

202 . 28 . 5 . 8 . 4 . 284

Milk . Egg . Soy . Wheat

# BREAKFAST FALL

## VAQUERO ACTION STATION

Visit the Omelet Bar to customize your made-to-order omelet and enjoy our daily rotating features.

### 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.



See over 500 recipes on our Nourish blog.

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)

## 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 | brown sugar

## KEFIR

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems

GF . 75 . 4 . 5 . 4 . tr . 62

## JUICES

orange | pomegranate | grapefruit | cranberry | tomato | tart cherry | apple | white grape

## JUICE BLENDS

### Beet-Ade

beet, blueberry, pomegranate, coconut water, Bartlett pear, mint, ginger

GF . V 90 . 21 . 2 . tr . 4 . 68

### Liquid Sunshine

carrot, orange, cantaloupe, turmeric, ginger

GF . V 95 . 22 . 2 . tr . 3 . 78

### Green Nectar

celery, cucumber, kale, honeydew, lemon, green apple, coconut water

GF . V 61 . 14 . 1 . tr . 2 . 35

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## LOCAL AND SEASONAL

### Pomegranate

You'll find these unique red fruits growing around the resort grounds and adding delicious sweet flavor to some of our fall dishes too. Pomegranate is well known for its concentrated source of antioxidants such as anthocyanins. Research links pomegranate consumption to many health benefits, including supporting cognitive function.

### Peppers

The Southwest is home to a wide variety of peppers, from sweet bells to fiery chilies. We love incorporating all types of peppers in our dishes for their varied, complex flavors, which provide a delicious taste of place. They're rich in vitamins C and A and antioxidants, providing an easy boost to support your immune system.

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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.