

STARTERS

Soup of the Day

Chicken Bone Broth

GF 28 . 1 . 2 . 1 . tr . 211
Onion

Autumn Cobb

romaine, beets, hard-boiled egg, caramelized sweet potato, toasted pecans, bleu cheese, kefir ranch dressing, shiitake mushroom bacon
GF 195 . 17 . 9 . 11 . 4 . 262
Tree Nuts . Soy . Milk . Egg . Garlic . Onion

The Rachel Green Salad

quinoa, chickpeas, cucumber, sweet peppers, red onion, fresh herbs, lemon juice, vegan feta
GF . V 199 . 19 . 7 . 11 . 4 . 298
Tree Nuts . Onion . Coconut

Fall Market Salad

tender lettuce, fresh herbs, blueberries, cucumber corn, radish, bleu cheese, hemp seeds, avocado
GF 165 . 20 . 6 . 9 . 6 . 173
Milk . Seeds

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

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

Harvest Hanger Salad*

grilled flank steak, caramelized butternut squash shaved wilted Brussels sprouts, dried cranberries Granny Smith apples, golden raisin migas
451 . 41 . 30 . 19 . 8 . 485
Tree Nuts . Wheat . Milk . Onion

BBQ Chicken Sandwich

slow smoked chicken thigh, tomato bbq sauce, dill pickles, slow roasted tomatoes, romaine pickled fresno chilies, creamy apple slaw
459 . 41 . 35 . 16 . 9 . 640
Wheat . Milk . Garlic . Onion . Seeds

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.

Vegetarian Bean Chili

GF . V 116 . 20 . 5 . 2 . 5 . 277
Onion . Garlic

Crab Tostada

crispy local tortillas, lump crab, key lime mustard sauce, radish, grilled corn pico
GF 163 . 20 . 7 . 7 . 3 . 139
Shellfish . Egg . Garlic . Onion

Turkey Antipasto Salad

marinated tomatoes, pepper jack cheese, artichoke hearts, green olives, peppadow peppers, oregano, basil, red wine vinegar, crisp romaine lettuce
GF 113 . 8 . 8 . 6 . 3 . 346
Milk . Garlic

Roasted Beet & Orchard Apple Salad

tender mixed greens, Granny Smith apple, toasted walnuts, shallots, vegan feta cheese
GF . V 166 . 12 . 2 . 13 . 3 . 147
Tree Nuts . Onion . Coconut

Creamy Cauliflower Pasta

Only Bean edamame fettuccini, vegan cauliflower alfredo, green peas, vegan almond parmesan
GF . V 407 . 44 . 45 . 10 . 21 . 405
Tree Nuts . Soy . Garlic . Onion

Crisp Autumn Poke Bowl*

sesame soy marinated ahi tuna, forbidden black rice, fresh cucumber, carrots, radish tomatoes, scallions, toasted sesame seeds
GF 483 . 53 . 36 . 15 . 9 . 684
Soy . Fish . Sesame . Garlic . Onion . Seeds

Grilled Salmon Charred Broccolini Caesar*

Faroe Island salmon, dinosaur kale, gem lettuce red onion, three wise grains, crispy garbanzos
GF 496 . 41 . 37 . 20 . 11 . 450
Milk . Soy . Fish . Garlic . Onion

Shrimp & Blue Corn Grits)

Cajun spiced shrimp, creamy grits, edamame succotash, grilled diced asparagus
GF 459 . 40 . 41 . 18 . 10 . 594
Shellfish . Milk . Soy . Garlic . Onion

Blackened Fish Sandwich

local toasted Barrio baguette, blackened market catch 1000 canyon dressing, romaine lettuce creamy apple slaw
498 . 60 . 30 . 15 . 11 . 510
Wheat . Fish . Milk . 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

Yard Bird Green Chile Burger*

seared Red Bird chicken patty, roasted green chilies Red Butte Hatch chile cheddar, jicama slaw
497 . 44 . 45 . 20 . 8 . 699
Milk . Wheat . Sesame . Garlic . Onion . Seeds

FALL
LUNCH

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



See over 500 recipes on our Nourish blog.

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

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.

