

# CULINARY REBEL

AVAILABLE FROM 5:00 PM TO 8 PM

## BEGINNINGS

### Artisan-Flavored Popcorn {GF}

#### Golden Pineapple Salsa {GF . V}

a vibrant blend of pineapple, crisp cucumber and sweet pepper pico de gallo, served with crunchy corn tortilla chips

#### Margherita Pizza

wood-fired with a light, crispy crust topped with a rich tomato sauce, creamy mozzarella and hand-torn basil

## ENTREES

### Vegetable Stir-Fry\* {GF}

a medley of vibrant vegetables tossed in house-made teriyaki sauce, served over fragrant coconut brown basmati rice, complete your bowl with a choice of: salmon, chicken, or tofu {V}

#### Creamy Linguine & Mussels

plump mussels simmered in a luscious white wine, fennel, prosciutto and fines herbes cream sauce

#### Chef's Feature

experience Chef's unique take on our commitment to healthy eating blending creativity with our wellness philosophy

#### Signature NY Strip\* {GF}

a succulent NY Strip steak served with fingerling potatoes green bean almondine and a tangy-sweet tomato jam

#### Chargrilled Beef Burger\*

a juicy Canyon Ranch beef patty layered with crisp lettuce, ripe tomato, dill pickle, melted cheddar, and a creamy apple-jicama slaw, all tucked into a house-made potato roll with tangy Thousand Island dressing

## SOMETHING SWEET

### Smore's Macarons {GF}

marshmallow filling, dark chocolate espresso drizzle and a gluten-free graham cracker crunch

SCAN THE QR CODE FOR  
NUTRITIONAL INFORMATION

Also available upon request, ask your server.



**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](http://seafoodwatch.org).



Learn about  
our approach  
to healthy  
eating.

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.

# CULINARY REBEL

AVAILABLE FROM 5:00PM TO 8 PM

## BEGINNINGS

### Artisan-Flavored Popcorn {GF}

#### Golden Pineapple Salsa

a vibrant blend of pineapple, crisp cucumber and sweet pepper pico de gallo, served with crunchy corn tortilla chips

{GF . V} 88 . 20 . 2 . 1 . 3 . 15  
None

#### Margherita Pizza

wood-fired with a light, crispy crust topped with a rich tomato sauce, creamy mozzarella and hand-torn basil

362 . 44 . 21 . 12 . 6 . 591  
Wheat . Milk . Garlic . Onion

## ENTREES

### Vegetable Stir-Fry\* {GF}

a medley of vibrant vegetables tossed in house-made teriyaki sauce, served over fragrant coconut brown basmati rice, complete your bowl with a choice of: salmon, chicken, or tofu {V}

#### Creamy Linguine & Mussels

plump mussels simmered in a luscious white wine, fennel, prosciutto and fines herbes cream sauce

463 . 60 . 29 . 12 . 8 . 736  
Wheat . Shellfish . Milk . Garlic . Onion

#### Chef's Feature

experience Chef's unique take on our commitment to healthy eating blending creativity with our wellness philosophy

#### Signature NY Strip\*

a succulent NY Strip steak served with fingerling potatoes green bean almonidine and a tangy-sweet tomato jam

{GF} 439 . 37 . 36 . 17 . 6 . 533  
Tree Nuts . Milk

#### Chargrilled Beef Burger\*

a juicy Canyon Ranch beef patty layered with crisp lettuce, ripe tomato, dill pickle, melted cheddar, and a creamy apple-jicama slaw, all tucked into a house-made potato roll with tangy Thousand Island dressing

485 . 40 . 38 . 19 . 8 . 696  
Wheat . Milk . Egg . Garlic . Onion . Seeds

## SOMETHING SWEET

### Smore's Macarons

marshmallow filling, dark chocolate espresso drizzle and a gluten-free graham cracker crunch

{GF} 116. 20 . 1 . 4 . 1 . 23  
Tree Nuts . Milk . Egg . 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 tr = trace (less than 1 gram)

**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](http://seafoodwatch.org).

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.



See over 500 recipes on our Nourish blog.