



BALANCED BEGINNINGS

Fall Blueberry, Acai & Granola

tofu, banana, strawberries, blueberry and chia
(GF . V . 481 . 58 . 30 . 20 . 16 . 38) Soy . Tree Nuts . Coconut . Seeds

Seasonal Melons & Greek Yogurt Parfait

fresh berries, house-made granola, honey, petite mint
vegan coconut yogurt available
(GF . 143 . 25 . 7 . 2 . 3 . 43) Milk . Tree Nuts . Coconut

House Bourbon Vanilla Rooibos Tea Cured Salmon

J'ENWEY South African herbal tea and brown sugar cure
toasted whole grain bagel, coconut yogurt tzatziki, capers
sliced heirloom tomato, marinated red onions
(312 . 32 . 29 . 8 . 3 . 746) Wheat . Fish . Onion . Garlic . Coconut

AUTUMN TARTINES

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Avocado Toast & Poached Egg*

grilled house made artisan whole wheat bread
shaved radishes, pea tendrils, pickled red onions
(270 . 36 . 14 . 8 . 7 . 490) Egg . Onion . Seeds . Wheat

Caramelized Salted Banana & Cashew Butter Toast

honey, toasted cashews, organic strawberries, petite basil
(V . 196 . 26 . 6 . 9 . 3 . 110) Wheat . Tree Nuts . Coconut

FARM FRESH EGGS

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Omelet or Scramble*

served with grilled Yukon potatoes
choice of: whole egg, egg white, tofu, or JUST EGG
choice of: spinach, tomato, bell pepper, roasted chile, onions
or cremini mushrooms
choice of: cheddar, Swiss, or feta

All-American Classic Breakfast* (2 Egg or 3 Egg)

grilled Yukon potatoes, uncured bacon or chicken sausage
(477 . 46 . 33 . 19 . 7 . 700) Egg . Wheat

CHEF’S SPECIALTY DISHES

Huevos Rancheros*

2 eggs, black bean puree, corn tostada, avocado, queso fresco roasted
tomato salsa
(GF . 476 . 52 . 30 . 17 . 16 . 450) Milk . Egg . Onion . Garlic

Truffled Eggs Florentine*

two eggs over easy, Swiss cheese, sautéed spinach and leeks
black truffle essence
(GF . 364 . 10 . 32 . 20 . 2 . 460) Milk . Egg . Onion

Fall Vegetable Shakshuka*

one egg poached in a lightly spiced tomato sauce, peppers, squash
cumin, paprika and garlic, topped with feta cheese and super seeds
(GF . 183 . 18 . 12 . 9 . 5 . 495) Milk . Egg . Sesame . Garlic . Onion . Seeds

Caramelized Pineapple Protein Pancakes

lavender vanilla hibiscus maple syrup | *also available as plain
(497 . 52 . 30 . 20 . 10 . 400) Milk . Wheat . Egg . Seeds

BREAKFAST SIDES

Chicken Sausage

(GF . 53 . 1 . 7 . 3 . tr . 180)
None

Vegan Sausage Link

(GF . V . 140 . 6 . 9 . 9 . 3 . 140)
Soy . Coconut . Garlic . Onion

Caramelized Grapefruit

brûléed brown sugar glaze, essence of cinnamon and spiced rum
chopped pecans
(GF . V . 113 . 25 . 1 . 2 . 2 . 4) Tree Nuts

Turkey Bacon

(GF . 28 . tr . 5 . 1 . tr . 140)
None

Sliced Avocado

(GF . V . 160 . 9 . 2 . 15 . 7 . 7)
None

Traditional Steel-Cut Oatmeal

a hearty bowl of organic steel-cut oats with toasted walnuts
fresh blueberries, cinnamon and honey
(GF . V . 176 . 36 . 5 . 3 . 8 . 10) Tree Nuts

Cured Salmon

(GF . 144 . 3 . 20 . 5 . tr . 405)
Fish

Melons & Berries

(GF . V . 58 . 14 . 1 . 1 . 4 . 14)
None

***Vegan JUST EGG, cheeses, and sausage are available and can be substituted for any egg dish. Some ingredients can be omitted for a completely vegan experience.*

HOUSE BAKED ARTISAN BREADS

whole-wheat • apple-walnut • whole-wheat challah • gluten-free
scones • muffins • gluten-free muffins • pumpkin bread
everything bagel • whole wheat bagel

SPREADS

low-fat cream cheese • cinnamon-cashew butter • almond butter • peanut butter delight • fruit preserves

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 fished or farmed seafood in ways that minimize their environmental impact. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org.



See over 500 recipes on our Nourish blog.

BEVERAGES

KEFIR

6 oz. serving

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems
(GF . 120 . 20 . 9 . 2 . 3 . 95)

JUICES

6 oz. serving

Fresh-Squeezed Orange Juice

(GF . V . 83 . 21 . 2 . tr . 5 . tr)

Pomegranate Juice

(GF . V . 98 . 27 . tr . tr . tr . tr)

Tart Cherry Juice

(GF . V . 83 . 20 . tr . tr . tr . tr)

Fresh Vegetable Juice

Carrot, kale, ginger (single or blended) (GF . V)

CAFFÉ 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



BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

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.

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.