



WINTER MENU  
DAY 1

DINNER

5:00 — 8:30 PM

APPETIZERS

Soup of the Day

Steamed Edamame

choice of plain, salted, or spicy garlic  
with ponzu dipping sauce  
( GF . V . 165 . 14 . 14 . 7 . 5 . 103 )  
Soy

Mediterranean Charred Octopus

Castelvetrano olives, lemon olive oil, basil, pistachios  
( GF . 179 . 3 . 16 . 12 . 1 . 221 )  
Shellfish . Tree Nuts

Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, machego  
( 181 . 10 . 19 . 8 . 2 . 145 )  
Wheat . Milk . Egg . Garlic . Onion

Okinawan Sweet Potato Cappuccino

purple sweet potato puree  
lavender foam, dusted with ube powder  
( GF . 115 . 12 . 2 . 7 . 2 . 59 )  
Milk . Garlic

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

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, forbidden rice  
Japanese ponzu; add a protein of your  
choice, tofu available  
( GF . V )

Roasted Icelandic Cod\*

red grape pistachio & basil pesto, feta  
golden corn puree  
( GF . 226 . 10 . 29 . 8 . 1 . 328 )  
Fish . Tree Nuts . Milk . Garlic . Onion

Atlantic Salmon\*

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

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

Grilled Angus Beef Tenderloin\*

red wine reduction beef jus  
lemon mashed potatoes  
broccolini  
( GF . 405 . 23 . 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

SIMPLY PREPARED

Steamed Brown or White Rice

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

Steamed Vegetables

( GF . V . 82 . 17 . 5 . 1 . 5 . 68 )  
Onion

Grilled Chicken

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

Steamed Spinach

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

Grilled Salmon\*

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

Grilled Beef Tenderloin\*

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

WINTER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, radish  
petite tomatoes, roasted carrots, kalamata olives  
mansion-made basil vinaigrette  
( GF . V . 113 . 14 . 4 . 6 . 5 . 182 )  
Egg . Garlic . Onion

Blood Orange & Spinach Salad

shaved fennel, Swiss chard, shredded carrots  
toasted sunflower seeds, sesame verjus vinaigrette  
( GF . V . 206 . 24 . 7 . 11 . 8 . 248 )  
Sesame . Seeds

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

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

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.

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# 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 • citrus mint

**Oolong Tea Sachets**

turmeric ginger

**Black Tea Sachets**

lady blue earl grey • English breakfast

## 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.

**Ponzu**

A Japanese citrus-infused soy sauce. Known as vibrant and complex condiment, creates a flavorful balance of salty, tangy, umami, and slightly sweet notes.

**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 vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

**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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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.



WINTER MENU  
DAY 2

DINNER

5:00 — 8:30 PM

APPETIZERS

Soup of the Day

Steamed Edamame

choice of plain, salted, or spicy garlic  
with ponzu dipping sauce  
( GF . V . 165 . 14 . 14 . 7 . 5 . 103 )  
Soy

Mediterranean Charred Octopus

Castelvetrano olives, lemon olive oil, basil, pistachios  
( GF . 179 . 3 . 16 . 12 . 1 . 221 )  
Shellfish . Tree Nuts

Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, machego  
( 181 . 10 . 19 . 8 . 2 . 145 )  
Wheat . Milk . Egg . Garlic . Onion

Okinawan Sweet Potato Cappuccino

purple sweet potato puree  
lavender foam, dusted with ube powder  
( GF . 115 . 12 . 2 . 7 . 2 . 59 )  
Milk . Garlic

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

Chickpea and Quinoa  
Served Meatloaf Style

maple miso mushroom gravy  
sautéed spinach  
( GF . V . 427 . 59 . 17 . 20 . 12 . 654 )  
Soy . Garlic . Onion

Pan-Roasted Dover Sole

hand picked mushrooms, Swiss chard  
hazelnut chervil gremolata  
( GF . 353 . 28 . 29 . 15 . 4 . 756 )  
Fish . Tree Nuts . Garlic

Crispy-Skinned Bella Farms  
Duck Breast\*

maitake mushroom, kamut  
umeboshi plum reduction, parsnip puree  
( 479 . 45 . 39 . 15 . 8 . 743 )  
Wheat . Garlic . Onion

Marinated Stir-Fry\*

bok choy, snap peas, petite sweet peppers  
red onions, Brussels sprout leaves  
shiitake mushrooms, forbidden rice  
Japanese ponzu; add a protein of your  
choice, tofu available  
( GF . V )

Tarragon Scampi-Style  
Roasted Prawns

marinated cured tomatoes  
Castelvetrano olives, warm yellow lentils  
Meyer lemon & olive oil  
( GF . 490 . 49 . 38 . 15 . 9 . 600 )  
Shellfish . Garlic . Onion

Rooibos-Spiced Flat Iron Steak\*

red wine reduction  
truffled Okinawan sweet potato puree  
roasted delicata squash, caramelized cipollini  
( GF . 438 . 30 . 35 . 19 . 5 . 485 )  
Milk . Garlic . Onion

SIMPLY PREPARED

Steamed Brown or White Rice

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

Steamed Vegetables

( GF . V . 82 . 17 . 5 . 1 . 5 . 68 )  
Onion

Grilled Chicken

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

Steamed Spinach

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

Grilled Salmon\*

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

Grilled Beef Tenderloin\*

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

WINTER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, radish  
petite tomatoes, roasted carrots, kalamata olives  
mansion-made basil vinaigrette  
( GF . V . 113 . 14 . 4 . 6 . 5 . 182 )  
Egg . Garlic . Onion

The Greek Salad

chopped gem lettuce, grilled haloumi cheese  
parsley, oregano, cucumber, cured tomatoes, mint  
capers, fresh squeezed lemon juice, olive oil  
( GF . 207 . 20 . 9 . 11 . 6 . 286 )  
Milk

Blueberry & Arugula Salad

Highlawn Farms bleu cheese, red onion  
local blueberries, peppery arugula  
sliced almonds, maple vinaigrette  
( GF . 194 . 19 . 5 . 12 . 4 . 262 )  
Milk . Tree Nuts . Onion

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

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# BEVERAGES

## 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 • citrus mint

**Oolong Tea Sachets**

turmeric ginger

**Black Tea Sachets**

lady blue earl grey • English breakfast

## 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 “Rosé”**

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.

**Castelvetrano Olives**

A prized Sicilian olive variety, known for their bright green color, mild buttery flavor, and crisp, meaty texture. They are less salty and less bitter than many other olives, making them approachable and versatile for eating on their own or adding to dishes.

**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 vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

**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.

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WINTER MENU  
DAY 3

DINNER

5:00 — 8:30 PM

APPETIZERS

Soup of the Day

Steamed Edamame

choice of plain, salted, or spicy garlic  
with ponzu dipping sauce  
( GF . V . 165 . 14 . 14 . 7 . 5 . 103 )  
Soy

Mediterranean Charred Octopus

Castelvetro olives, lemon olive oil, basil, pistachios  
( GF . 179 . 3 . 16 . 12 . 1 . 221 )  
Shellfish . Tree Nuts

Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, macheo  
( 181 . 10 . 19 . 8 . 2 . 145 )  
Wheat . Milk . Egg . Garlic . Onion

Okinawan Sweet Potato Cappuccino

purple sweet potato puree  
lavender foam, dusted with ube powder  
( GF . 115 . 12 . 2 . 7 . 2 . 59 )  
Milk . Garlic

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

Hearts of Palm Cashew Dip

wilted spinach, capers, miso cashew cream  
warm pita bread  
( V . 205 . 33 . 8 . 7 . 6 . 340 )  
Tree Nuts . Wheat . Soy . Onion

CHEF’S COMPOSED DISHES

Masaman Tofu Curry

eggplant, green beans, fermented carrots  
steamed brown rice  
( GF . V . 455 . 35 . 30 . 22 . 9 . 213 )  
Soy . Garlic . Onion . Coconut

Italian Salsa Verde Baked Haddock

blender herbs, capers, white anchovies,  
pine nuts, red wine vinegar, olive oil  
truffled salsify puree, red sorrel, endive  
Brussels sprouts  
( GF . 410 . 23 . 35 . 22 . 6 . 659 )  
Tree Nuts . Fish . Milk . Garlic

Roasted Chai-Spiced  
Pheasant\*

fermented honeynut squash  
cherry sage einkorn pilaf, port wine reduction  
toasted pistachios  
( 490 . 30 . 43 . 21 . 5 . 251 )  
Tree Nuts . Wheat . Onion . Garlic

Marinated Stir-Fry\*

bok choy, snap peas, petite sweet peppers  
red onions, Brussels sprout leaves  
shiitake mushrooms, forbidden rice  
Japanese ponzu; add a protein of your  
choice, tofu available  
( GF . V )

Spanish Saffron Fennel  
Tiger Prawns

smoked paprika broth, fresh fennel, tarragon  
vinaigrette, creamy polenta  
( GF . 336 . 24 . 26 . 11 . 4 . 383 )  
Shellfish . Milk . Soy . Garlic . Onion

Grilled New York Steak\*

mushroom, shallot, & edamame reduction  
aligot potatoes  
( 429 . 21 . 38 . 21 . 4 . 733 )  
Wheat . Milk . Soy . Garlic . Onion

SIMPLY PREPARED

Steamed Brown or White Rice

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

Steamed Vegetables

( GF . V . 82 . 17 . 5 . 1 . 5 . 68 )  
Onion

Grilled Chicken

( GF . 147 . tr . 26 . 4 . tr . 150 )  
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Steamed Spinach

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

Grilled Salmon\*

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

Grilled Beef Tenderloin\*

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

WINTER SALADS

Cider-Poached Pear & Arugula Salad

radicchio, High Lawn bleu cheese  
cranberries, chai-spiced walnuts  
maple cider vinaigrette  
( GF . 226 . 22 . 7 . 13 . 5 . 180 )  
Tree Nuts . Milk

Tuscan Kale & Cherry Chopped Salad

chopped broccoli, red onion, dried cherries  
toasted sunflower seeds, dijon vinaigrette  
( GF . V . 208 . 22 . 5 . 13 . 5 . 110 )  
Onion . Seeds

Crisp Apple & Greens Salad

romaine, frisee, Granny Smith apples  
sherry vinaigrette  
( GF . V . 141 . 10 . 1 . 11 . 3 . 85 )  
Onion

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

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# Beverages

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- 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 • citrus mint

Oolong Tea Sachets  
turmeric ginger

Black Tea Sachets  
lady blue earl grey • English breakfast

## 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

Aligot  
Aligot is a French dish of mashed potatoes blended with melted cheese (traditionally Tomme), creating a smooth, stretchy, and richly savory mixture.

Einkorn  
An ancient wheat variety with a rich, nutty flavor and a higher nutrient profile, known as one of the earliest cultivated grains.

Honeynut Squash  
A small, sweet, richly flavored winter squash with deep orange flesh, bred as a more flavorful, mini version of butternut.

## Local & Seasonal Fare

Cucumber  
A refreshing vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

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.

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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.