



APPETIZERS

Shrimp Ceviche & Sourdough Crackers*
fresh orange, cucumber, avocado, grapefruit juice
(197 . 17 . 15 . 8 . 4 . 193) *Wheat . Shellfish . Onion . Sesame . Seeds*

Blue Crab & Lobster Cakes
pea tendrils, watercress, frisee, persian cucumbers, chipotle aioli
(186 . 19 . 7 . 9 . 3 . 416) *Wheat . Milk . Egg . Shellfish . Onion . Soy*

Roasted Garlic Hummus & Grilled Whole-Grain Pita
marinated kalamata olives, oregano
(V . 162 . 18 . 5 . 8 . 3 . 249) *Wheat . Sesame . Garlic . Seeds*

Steamed Organic Edamame
japanese ginger ponzu dipping sauce
(GF . V . 165 . 14 . 14 . 7 . 5 . 103) *Soy*

Petite Heirloom Tomato, Fresh Mozzarella & Cucumber
basil, olive oil, red wine vinegar, red onion
(GF . 198 . 14 . 14 . 10 . 3 . 114) *Milk . Onion*

SOUPS

Chicken Bone Broth
(GF . 15 . tr . 1 . 1 . tr . 107)

Soup of the Day

WINTER SALADS

CR Signature Manchego Chopped Salad ... Lettuce-Less
Persian cucumbers, celery, petite heirloom tomatoes, sliced sweet
petite peppers, artichokes, capers, green onions, Castelvetrano olives
chickpeas, house-made dijon vinaigrette, manchego cheese
(GF . 170 . 17 . 8 . 8 . 5 . 363) *Milk . Garlic . Onion*

Brussels & Avocado Caesar
romaine lettuce, caramelized brussels sprouts
roasted roma tomatoes, house Caesar dressing
vegan parmesan, homemade sourdough crackers
(V . 220 . 26 . 9 . 11 . 7 . 342) *Wheat . Soy . Tree Nuts . Coconut . Garlic . Onion*

Salad Niçoise
petite heirloom tomatoes, persian cucumbers, fingerling potatoes
hard-boiled egg, French beans, niçoise olives, baby gem lettuce
J'ENWEY hibiscus red wine vinaigrette
(GF . 184 . 20 . 10 . 8 . 4 . 297) *Egg . Onion*

PROTEIN ADDITIONS
great with a salad, or have it by itself; available plain grilled

Grilled Free Bird Chicken Breast
(GF . 147 . tr . 26 . 4 . tr . 150) *None*

Grilled Salmon*
(GF . 233 . tr . 25 . 14 . tr . 60) *Fish*

Prime Flat Iron Steak*
(GF . 186 . tr . 24 . 9 . tr . 160) *None*

Seared Shrimp
(GF . 107 . tr . 23 . 2 . tr . 234) *Shellfish*

Ponzu Organic Tofu
(GF . V . 123 . 1 . 13 . 9 . 1 . 111) *Soy*

HANDHELD SANDWICHES

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

Blue Crab Roll
brioche roll, crab salad, romaine lettuce, sliced heirloom tomato
(362 . 41 . 11 . 18 . 7 . 646) *Milk . Wheat . Egg . Shellfish . Onion*

Roasted Turkey & Emmenthal Cheese Club
apple walnut sourdough, crispy turkey bacon, pea tendrils,
sliced heirloom tomatoes, house mayonnaise
(500 . 48 . 38 . 18 . 6 . 678) *Wheat . Tree Nuts . Milk . Egg*

Free Range Chicken Burger, Angus Beef Burger* or Abbot’s Butcher Vegan Burger
house-made bun, heirloom tomato, swiss cheese, pea tendrils
basil mayonnaise
(492 . 35 . 40 . 20 . 7 . 456) *Milk . Wheat . Egg*

ENTREES

Vegetable & Black Rice Stir-Fry
bok choy, snap peas, red onions, petite sweet peppers, brussels sprout
leaves, shiitake mushrooms, Japanese ponzu sauce
Add a protein of your choice from the selections above
(GF . V . 245 . 42 . 9 . 6 . 5 . 418 (no protein)) *Soy . Onion*

Seared Shrimp
(GF . 398 . 45 . 35 . 10 . 9 . 486) *Milk . Egg . Shellfish . Onion*

Ponzu Marinated Organic Tofu
(GF . 440 . 40 . 30 . 19 . 9 . 738) *Milk . Soy . Egg . Onion*

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](#).



See over 500 recipes on our Nourish blog.

BEVERAGES

HOMEMADE

Virgin Bloody Mary

tomato juice, horseradish, Worcestershire sauce, celery seed
(GF . V 45 . 8 . 2 . tr . 2 . 268)

SPRITZERS

Honey Lemon

sparkling water with fresh lemon & a hint of honey
(GF . V . 34 . 9 . tr . tr . tr . 4)

Pomegranate

(GF . V . 46 . 12 . 0 . 0 . 0 . 8)

Tart Cherry

(GF . V . 39 . 10 . 0 . 0 . 0 . 30)

Cranberry

(GF . V . 49 . 12 . 0 . tr . 0 . 3)

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

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



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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.

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