



WINTER MENU
DAY 1

DINNER

5:00 – 8:30 PM

APPETIZERS

Soup of the Day

Hearts of Palm Cashew Dip

wilted spinach, capers, miso cashew cream
warm pita bread
(V. 145. 10. 5. 10. 2. 312)
Tree Nuts . Wheat . Soy . Onion

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, macheego
(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

CHEF'S COMPOSED DISHES

Roasted Icelandic Cod*

red currant, pistachio & parsley pesto
oven-roasted tomatoes, broccolini
poached fingerling potatoes
(GF. 498. 41. 43. 19. 7. 362)
Fish. Tree Nuts . Garlic . Onion

Chickpea and Quinoa Served Meatloaf Style

roasted rainbow carrots, parsnip & salsify
maple miso mushroom gravy
(GF. V. 341. 60. 14. 10. 11. 732)
Soy . Garlic . Onion

Grilled Angus Beef Tenderloin*

aligot potatoes, lemon broccolini
cranberry red wine reduction
(GF. 490. 28. 49. 20. 6. 481)
Milk . Garlic . Onion

Herb & Spice Atlantic Salmon*

lemon, dill, oregano, coriander, allspice, black
lentils, Castelvetrano olives, chickpeas, tomato
(GF. 483. 40. 45. 16. 18. 742)
Fish . 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)

Grilled Whole African Tiger Prawns

honey, nutmeg, & sumac marinade
Tuscan kale, English pea puree
steamed brown rice
(GF. 486. 41. 38. 18. 7. 557)
Shellfish . Garlic . Onion

Pan-Roasted Free Bird Chicken

golden beet puree, forbidden black rice
caramelized Brussels sprouts, fermented carrots
pomegranate chicken jus reduction
(GF. 396. 38. 40. 11. 9. 487)
Onion . Coconut

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

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.

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

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

JKUSES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple (GF. V. 45.11.2.0.0.0.0)

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums (GF. V. 54.11.2.0.0.0.0)

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.

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

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.



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

CHEF'S COMPOSED DISHES

Chickpea and Quinoa Served Meatloaf Style

roasted rainbow carrots, parsnip & salsify
maple miso mushroom gravy
(GF . V . 341 . 60 . 14 . 10 . 11 . 732)
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

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.

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

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

JKUSES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple (GF. V. 45.11.2.0.0.0.0)

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums (GF. V. 54.11.2.0.0.0.0)

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.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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.

YOU CAN MAKE DINNER RESERVATIONS FOR THE GRILL AT THE HOST STAND, AS WELL AS BY USING THE CANYON RANCH MOBILE APP.



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

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

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)
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

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

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.

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

JKUSES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple (GF. V. 45.11.2.0.0.0.0)

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

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.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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.