



**MINDFUL INDULGENCES**

**Soup of the Day**      **Chicken Bone Broth**  
GF 28 . 1 . 2 . 1 . tr . 211  
Onion

**Huevos Rancheros\*** GF   
two eggs any style, sizzling salsa de arbol  
slow-simmered rattlesnake beans, local pressed  
corn tortillas, chicken apple sausage patty  
GF 454 . 41 . 30 . 19 . 9 . 588  
Egg . Milk . Onion . Garlic

**Hot Honey Cornmeal Pancakes**  
hot honey, cornflake granola  
GF 243 . 46 . 3 . 6 . 3 . 152  
Tree Nuts . Milk . Egg

**Parmesan French Toast\***  
green chili hollandaise, garlic-butter wild  
mushrooms, wilted spinach & arugula, crispy  
shallots, crumbled bacon, two eggs any style  
474 . 51 . 32 . 17 . 9 . 745  
Wheat . Egg . Milk . Onion . Garlic

**Lobster Benedict\***  
sweet potato hash cake, poached egg, cardamom  
& vanilla hollandaise, seasonal citrus bounty  
salad with pistachios & pomegranate  
453 . 43 . 32 . 18 . 9 . 718  
Shellfish . Tree Nuts . Milk . Egg . Onion . Garlic

**Sichuan Peppercorn Crusted Tuna Salad\***  
ahi tuna lightly seared with a mango, cucumber  
avocado & snap pea salad, served with wasabi  
vinaigrette and toasted sesame seeds  
GF 413 . 40 . 34 . 15 . 11 . 561  
Fish . Wheat . Soy . Sesame . Seeds

**Edamame Croquettes**  
quinoa, brown rice & lentil tabbouleh  
fresh pea shoots, tahini & lemon drizzle  
GF . V 499 . 59 . 27 . 20 . 16 . 560  
Soy . Sesame . Seeds . Onion . Garlic

**Shrimp & Blue Corn Grits**  
Cajun spiced shrimp, edamame succotash  
creamy grits, grilled diced asparagus  
GF 475 . 40 . 41 . 20 . 11 . 686  
Shellfish . Milk . Soy . Onion . Garlic

**Salmon Poke Tostada**  
crispy tortilla, pineapple, radish, red onion  
avocado crema, tobiko sesame seed  
GF 432 . 44 . 32 . 16 . 8 . 697  
Fish . Sesame . Milk . Soy . Onion . Garlic . Seeds

**Trail Boss Burger\***  
100% grass-fed ground beef burger, jicama slaw, wheat bun

**Build it Your Way:** lettuce, tomato, pickles, pickled onion, green chilies, roasted wild mushrooms, avocado, slow-simmered house-made chili, swiss, cheddar, robust bleu cheese, smoked turkey bacon  
462 . 40 . 37 . 17 . 9 . 456  
Soy . Sesame . Onion . Seeds

**Vegetarian Bean Chili**  
GF . V 116 . 20 . 5 . 2 . 5 . 277  
Onion . Garlic

**Eggs Sardou\***  
poached egg, hollandaise, creamed kale &  
artichokes, roasted asparagus, chicken sausage  
mixed berries  
GF 448 . 41 . 29 . 20 . 13 . 619  
Milk . Egg . Onion . Garlic

**All American Breakfast\***  
two eggs any style, roasted breakfast potatoes  
signature chicken apple sausage patty or smoked  
turkey bacon, mixed berries, choice of toast  
486 . 46 . 35 . 17 . 9 . 747  
Egg . Wheat . Sesame . Garlic . Onion . Seeds

**Powerhouse French Toast\***  
Barrio cranberry-walnut bread, vanilla  
protein batter, maple Greek yogurt drizzle  
two eggs any style  
500 . 51 . 30 . 19 . 7 . 487  
Tree Nuts . Wheat . Soy . Milk . Egg . Onion . Garlic

**The Vaquero Breakfast Sandwich**  
gluten-free English muffin, chipotle cheddar  
chicken sausage, egg whites, arugula, paprika  
aioli, caramelized onions, sweet potato hash  
491 . 46 . 34 . 20 . 9 . 683  
Egg . Milk . Garlic . Onion

**Korean Chicken & Pickled Daikon Salad**  
Korean-spice marinated chicken breast, cabbage  
green peas, crispy edamame, carrot ginger dressing  
GF 370 . 40 . 32 . 10 . 8 . 736  
Soy . Sesame . Onion . Garlic . Seeds

**Wagyu Cassava Toast\***  
toasted yucca root, wagyu tartar, wild mushroom  
duxelles, herbed creme fraiche, caviar  
GF 176 . 19 . 8 . 7 . 3 . 120  
Fish . Milk . Onion . Garlic

**Sweet Potato Toast**  
avocado mash, pickled onion, scallions  
radish, broccoli sprouts, plant based feta  
GF . V 166 . 20 . 3 . 8 . 5 . 239  
Onion . Coconut

**Smoked Trout Toast**  
house-smoked rillettes, Barrio baguette  
fennel jam, celery, caviar  
184 . 20 . 7 . 8 . 3 . 187  
Fish . Wheat . Milk . Onion

**VAQUERO ACTION STATION**  
Visit the Vaquero Action Station to enjoy our daily rotating features and create your own experience.

**COCKTAILS**

**The Main Squeeze**  
freshly-squeezed orange juice, champagne, orange wheel

**Tucson Sunrise**  
El Tesoro Tequila, orange juice, granadine float

**Irish Coffee**  
hot coffee, Irish Whiskey, house-made whipped cream

**Your Mother's Bloody Mary**  
house-made bloody Mary mix, Tito's vodka, celery stick

**Not Your Mother's Bloody Mary**  
house-made bloody Mary mix, Tito's vodka, celery stick  
turkey bacon, grilled shrimp, roasted jalapenos



See over 500 recipes  
on our Nourish blog.

**NUTRIENT ANALYSIS**

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley)   = Spicy Dish

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)

At Jenwey Tea, we don't follow traditions — we redefine them. Our teas are designed with precision and purpose, blending the strength of ancient whole tea leaves with bold French florals, rare global herbs, and purposeful wellness botanicals.

## ICED

Jenwey black | lychee green | hibiscus berry peach

## HOT

## Herbal

peppermint | CR citrus chamomile | immunity

## Black

English breakfast | Lady Blue Earl Grey | vanilla spiced chai

## Green

jasmine spring | matcha powder

## SPECIALTY TEA DRINKS

chai tea latte | matcha latte

## CAFFÈ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Seattle, WA, with Italian heritage.

- bizzarri medium-dark roast drip coffee
- mezzanotte decaf drip coffee
- cold brew coffee

**SPECIALTY ITALIAN ESPRESSO** americano | cappuccino | cortado | latte | traditional macchiato

**BARISTA MILKS** skim | reduced fat | half & half | almond | oat | coconut | soy | rice

**HOUSEMADE COFFEE SYRUPS** vanilla | caramel | mocha | brown sugar

## BEVERAGES

In 2015, Tucson became the first city in the United States to be designated as a UNESCO City of Gastronomy. Tucson has a rich tradition of indigenous agriculture dating back to 2100 BC, along with more recent vineyards, orchards, and livestock ranching. This wide array of local heritage ingredients interpreted by Native American, Spanish, Mexican, and recent immigrant populations are a source of identity, pride, and vitality for the local population. The distinctive cuisine of Tucson and Canyon Ranch reflects our culturally layered history, a variety of pristine heritage ingredients, and the continuity of traditional preparation techniques.

## LOCALLY SOURCED VENDORS

**BARRIO BREAD** | Tucson, AZ | 2022 James Beard Award Winner

**FOIRE DI CAPRA** | Pomerene, AZ | Goat Cheese

**DESERT PEARL MUSHROOMS** | Tucson, AZ

**HAYDEN FLOUR MILLS** | Queen Creek, AZ | Flour, Purple Barley

**ROOTS RANCH** | Winkelman, AZ | Eggs

**PLANT 2 PLATE MICRO FARM** | Catalina, AZ | Micro Greens

## LOCAL &amp; SEASONAL

## Radish

Radishes belong to the brassica, or cruciferous veggie family, and come in many shapes, sizes, and colors. All radishes are sharp in flavor, indicative of their richness in the cancer-fighting compounds glucosinolates. Maximize the health benefits of glucosinolates by choosing radishes in more raw preparations, such as salads or slaws.

## Salmon

We love featuring salmon on our menus as it is uniquely high in omega-3 fats and protein. The omega-3 fats in salmon support brain health, cardiovascular function and have anti-inflammatory benefits. Salmon is rich in high-quality protein essential for building and maintaining strong muscle. It also helps better manage blood glucose while keeping us satiated. Learn more about why this is important for managing hunger and cravings in our Optimize Brain Health with Nutrition presentation by a Canyon Ranch Nutritionist every Wednesday at 10 am.

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.

You can make dinner reservations for Vaquero at the host stand in the Clubhouse, as well as by using the Canyon Ranch Mobile App.