

**VAQUERO**

CANYON RANCH

STARTERS**Soup of the Day****Chicken Bone Broth**GF 28 . 1 . 2 . 1 . tr . 211
Onion**Canyon Cobb**romaine, beets, hard-boiled egg, toasted pecans
kefir ranch dressing, shiitake mushroom bacon
caramelized sweet potato, bleu cheese
GF 195 . 17 . 9 . 11 . 4 . 262

Tree Nuts . Soy . Milk . Egg . Garlic . Onion

The Rachel Green Saladquinoa, chickpeas, cucumber, sweet peppers,
red onion, fresh herbs, lemon juice, vegan feta
GF . V 199 . 19 . 7 . 11 . 4 . 298

Tree Nuts . Onion . Coconut

Market Saladtender lettuce, fresh herbs, blueberries, cucumber, corn
radish, bleu cheese, hemp seeds, avocado, cherry tomatoes
GF 166 . 20 . 6 . 9 . 6 . 169

Milk . Seeds

ENTRÉES**Hearty Lentil Bolognese**slow-simmered lentil and vegetable Bolognese
luscious burrata cheese, green peas, basil oil
crispy polenta cake
GF 443 . 54 . 32 . 17 . 10 . 570

Milk . Soy . Garlic . Onion

Bountiful Beef Bulgogi Lettuce Wraps*thinly sliced & seared marinated tenderloin
forbidden black rice, stir-fried vegetables
earthy kimchi, bibb lettuce
GF 472 . 50 . 41 . 12 . 8 . 705

Soy . Sesame . Garlic . Onion . Seeds

Korean Chicken SaladKorean spice marinated chicken breast
pickled daikon radish, cabbage, green peas
crispy edamame, carrot ginger dressing
GF 370 . 40 . 32 . 10 . 8 . 736

Soy . Sesame . Garlic . Onion . Seeds

BBQ Chicken Sandwichslow smoked chicken thigh, dill pickles, romaine
lettuce, tomato bbq sauce, slow roasted tomatoes
pickled fresno chilies, creamy apple slaw
427 . 42 . 34 . 13 . 10 . 742

Wheat . Milk . Garlic . Onion . Seeds

Carne Asada Tacos*grilled grass-fed skirt steak, fresh pico de gallo
house pickled red onion, local corn tortillas
hearty rattlesnake beans, cotija cheese
GF 453 . 50 . 35 . 14 . 9 . 698

Milk . Onion

Kimchi Veggie Burgerhouse-made burger patty, cucumber ribbons
Korean fermented cabbage, tomato, sriracha mayo
V 464 . 55 . 30 . 15 . 7 . 742

Wheat . Soy . Sesame . Garlic . Onion . 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

CULINARY ACTION THEATRE

Visit the Culinary Action Theatre to enjoy our daily rotating features and create your own experience.

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)

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.orgSee over 500 recipes
on our Nourish blog.

LUNCH

WINTER

VAQUERO

CANYON RANCH

Vegetarian Bean ChiliGF . V 116 . 20 . 5 . 2 . 5 . 277
Onion . Garlic**Radicchio Apple Salad**tender mixed greens, Granny Smith & Pink
lady Wilcox apples, mustard croutons
apple cider vinaigrette
V 87 . 16 . 2 . 2 . 3 . 170

Tree Nuts . Wheat . Garlic . Onion

Crab Tostadacrispy local tortillas, lump crab, key lime
mustard sauce, radish, grilled corn pico
GF 163 . 20 . 7 . 7 . 3 . 139

Shellfish . Egg . Garlic . Onion

Ahi Poke Hand Roll*sesame soy marinated ahi tuna, forbidden, radish
black rice, fresh cucumber, scallions, roasted
sesame seeds, wasabi mayo, pickled ginger
GF 475 . 46 . 35 . 17 . 7 . 642
Soy . Fish . Sesame . Garlic . Onion . Seeds**Grilled Salmon Charred Broccolini Caesar***Faroe Island salmon, dinosaur kale, gem lettuce
red onion, three wise grains, crispy garbanzos
GF 496 . 41 . 37 . 20 . 11 . 450

Milk . Soy . Fish . Garlic . Onion

Shrimp & Blue Corn GritsCajun-spiced shrimp, creamy grits, edamame
succotash, grilled diced asparagus
GF 475 . 40 . 41 . 20 . 11 . 686

Shellfish . Milk . Soy . Garlic . Onion

Blackened Fish Sandwichlocal toasted Barrio baguette, blackened market catch
1000 canyon dressing, romaine lettuce creamy apple slaw
498 . 60 . 30 . 15 . 11 . 510

Wheat . Fish . Milk . Garlic . Onion . Seeds

Market Catch Zarandeado Tacosavocado, tomatillo salsa, red onions, cabbage
lime, rattlesnake beans
GF 422 . 42 . 30 . 15 . 10 . 257

Fish . Garlic . Onion

Yard Bird Green Chile Burger*seared Red Bird chicken patty, roasted green chilies
Red Butte Hatch chile cheddar, jicama slaw
497 . 44 . 45 . 20 . 8 . 699

Milk . Wheat . Sesame . Garlic . Onion . Seeds

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.

UNESCO

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 & 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.