



**VAQUERO**  
CANYON RANCH

## BEGINNINGS

### Chicken Bone Broth

house-made bone broth  
GF 28 . 1 . 2 . 1 . tr . 211  
Onion

### Soup of the Day

chef's daily celebration of seasonal bounty

### Prickly Pear Glazed Albondigas

grass-fed beef & chicken chorizo meatballs  
roasted peppers & nopales, cotija cheese  
GF 181 . 20 . 14 . 6 . 3 . 246  
Milk . Egg . Onion . Garlic

### Fire Roasted Brussels Sprouts

whole roasted Brussels sprouts, dried cherries  
pomegranate seeds, pecans, maple balsamic glaze  
GF . V 112 . 20 . 4 . 3 . 5 . 29  
Tree Nuts . Onion . Garlic

## FIELD & DRESSING

### Rustic Sliced Winter Salad

torn croûtons, radicchio, butter lettuce, fennel, radish  
V 199 . 19 . 7 . 11 . 4 . 298  
Wheat . Garlic

### Harvest Beets & Bleu Cheese

roasted red beets, Belgian endive, toasted hazelnuts  
whipped goat & bleu cheese, pear  
GF 179 . 20 . 6 . 8 . 4 . 264  
Tree Nuts . Milk

### Market Salad

tender lettuce, fresh herbs, blueberries, cucumber  
corn, radish, bleu cheese, hemp seeds, avocado  
GF 166 . 20 . 6 . 9 . 6 . 169  
Milk . Seeds

## CHEF'S DAILY SELECTIONS

### Black Bean Noodle Pad Thai

black bean fettuccini, crispy tofu, carrots, onions  
tangy chili peanut sauce, toasted peanuts  
GF . V 489 . 60 . 37 . 16 . 22 . 418  
Peanuts . Soy . Onion . Garlic

### Roasted Airline Chicken Breast

blood orange glaze, ginger salsa, snap peas  
cilantro black rice  
GF 484 . 54 . 41 . 13 . 8 . 687  
Onion . Garlic

### Scallop and Shrimp Duo

turmeric vegetable rice, charred snap peas  
vermouth citronette  
GF 468 . 47 . 42 . 13 . 8 . 547  
Shellfish . Onion . Garlic

### Lobster & Kale Stuffed Shells

truffle and wild mushroom cream sauce  
broccolini with lemon zest  
497 . 60 . 30 . 16 . 9 . 676  
Shellfish . Wheat . Milk . Egg . Garlic

### Bison Short-Rib Bourguignon

asparagus, parsnip & celeriac mash, panko gremolata  
GF 496 . 40 . 31 . 20 . 10 . 734  
Onion . Garlic . Coconut

## SIMPLY PREPARED

### Roasted Sweet Potato

GF . V 140 . 32 . 3 . tr . 5 . 56

None

### Roasted Baby Carrots

GF . V 69 . 9 . 1 . 3 . 3 . 126

None

### Turmeric Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108

Milk

### Brown Rice

GF . V 140 . 29 . 3 . 1 . 2 . 5

None

### Spinach with Garlic

GF . V 45 . 4 . 3 . 2 . 2 . 138

Onion . Garlic

### Sautéed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140

Garlic

### Parsnip Celeriac Mash

GF . V 126 . 16 . 2 . 7 . 3 . 272

Onion . Garlic . Coconut

### Chefs Daily Steamer Basket

GF . V

Allergens Will Vary

### Grilled Tofu (with salt & pepper)

GF . V 115 . 2 . 13 . 8 . 1 . 142

Soy

### Seared Market Catch\* (with salt & pepper)

GF 96 . tr . 21 . 1 . tr . 229

Fish

### Grilled Butcher Selection\* (with salt & pepper)

GF 222 . 1 . 33 . 9 . tr . 200

None

### Grilled Chicken Breast (with salt & pepper)

GF 138 . 1 . 26 . 3 . tr . 180

None

## VAQUERO ACTION STATION

### Pasta + Chef's Spotlight - Vegetarian Lasagna & Beef Bolognese Lasagna

Visit the Vaquero Action Station to enjoy pasta, tossed to order with your choice of seasonal sauces and mix-ins.

### 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)



See over 500 recipes  
on our Nourish blog.

DINNER  
TUESDAY + THURSDAY + SUNDAY  
WINTER

## JENWEY TEA

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

## UNESCO

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, is 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  
**BONITA BEAN CO** | Wilcox, AZ | Pinto Beans  
**FOIRE DI CAPRA** | Pomerene, AZ | Goat Cheese  
**LA MESA** | Tucson, AZ | Tortillas  
**HEARTQUIST HOLLOW FARM** | Winkelman, AZ | Grass-Fed Ground Beef  
**HICKMAN'S FAMILY FARMS** | Buckeye, AZ | Eggs  
**RAMONA FARMS** | Sacaton, AZ | Tepary Beans

## LOCAL & SEASONAL

### PEARS

Pears are an excellent source of potassium for heart health, carbs for energy, and fiber for satisfaction, good gut health, and better blood glucose management. 1 pear meets about 24% of daily fiber needs for women and about 16% of needs for men. In particular, pears are rich in prebiotic fiber, which nourishes beneficial gut bacteria.

### POMEGRANATE

You'll find these unique red fruits growing around the resort grounds and adding delicious sweet flavor to some of our fall dishes too. Pomegranate is well known for its concentrated source of antioxidants such as anthocyanins. Research links pomegranate consumption to many health benefits, including supporting cognitive function.

Canyon Ranch maintains among the most rigorous nutrition standards in the industry, and nutrition information 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.

BEVERAGES  
WINTER

  
**VAQUERO**  
CANYON RANCH



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CANYON RANCH

## BEGINNINGS

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house-made bone broth  
GF 28 . 1 . 2 . 1 . tr . 211  
Onion

### Soup of the Day

chef's daily celebration of seasonal bounty

### Prickly Pear Glazed Albondigas

grass-fed beef & chicken chorizo meatballs  
roasted peppers & nopales, cotija cheese  
GF 181 . 20 . 14 . 6 . 3 . 246  
Milk . Egg . Onion . Garlic

### Fire Roasted Brussels Sprouts

whole roasted Brussels sprouts, dried cherries  
pomegranate seeds, pecans, maple balsamic glaze  
GF . V 112 . 20 . 4 . 3 . 5 . 29  
Tree Nuts . Onion . Garlic

## FIELD & DRESSING

### Miso Tofu & Asian Pear Salad

grilled tofu, sancho pepper, baby spinach, julienned  
carrots and cucumber, ginger, roasted scallion emulsion  
GF . V 199 . 17 . 11 . 11 . 4 . 300  
Soy . Sesame . Onion . Garlic . Seeds

### Harvest Beets & Bleu Cheese

roasted red beets, Belgian endive, toasted hazelnuts  
whipped goat & bleu cheese, pear  
GF 179 . 20 . 6 . 8 . 4 . 264  
Tree Nuts . Milk

### Rustic Sliced Winter Salad

torn croutons, radicchio, butter lettuce, fennel, radish  
V 199 . 19 . 7 . 11 . 4 . 298  
Wheat . Garlic

## CHEF'S DAILY SELECTIONS

### Black Bean Noodle Pad Thai

black bean fettuccini, crispy tofu, carrots, onions  
tangy chili peanut sauce, toasted peanuts  
GF . V 489 . 60 . 37 . 16 . 22 . 418  
Peanuts . Soy . Onion . Garlic

### Smoked Seitan Roast

house-made seitan, rich carrot demi-glace  
parsnip & celeriac mash  
V 481 . 59 . 38 . 12 . 10 . 579  
Wheat . Soy . Onion . Garlic . Coconut

### Roasted Airline Chicken Breast

lemon-cardamom marinade, roasted sweet potato  
root vegetable mélange, parsnip & celeriac mash  
aleppo paprika oil  
GF 468 . 40 . 46 . 14 . 8 . 728  
Onion

### Turmeric Peppercorn Salmon\*

GF  
sweet potato curry broth, kale, beluga lentils  
Asian pear salsa  
GF 500 . 42 . 44 . 15 . 14 . 664  
Fish . Garlic . Onion . Coconut

### Vegetarian Bean Chili

GF . V 116 . 20 . 5 . 2 . 5 . 277  
Onion . Garlic

### Steamed Edamame

yuzu-togarashi dipping sauce  
GF . V 166 . 14 . 15 . 7 . 5 . 287  
Soy . Sesame . Seeds . Garlic

### Oxtail Pupusas

radish curtido, prickly pear relish, toreados crema  
GF 172 . 20 . 5 . 8 . 2 . 98  
Onion . Garlic . Coconut

### Three Sisters Mezze Platter

corn riblettes, tepary bean hummus, grilled flat bread  
roasted delicata squash, goji berry agrodolce  
V 104 . 20 . 5 . 2 . 4 . 244  
Wheat . Onion . Garlic

### Market Salad

tender lettuce, fresh herbs, blueberries, cucumber  
corn, radish, bleu cheese, hemp seeds, avocado  
GF 166 . 20 . 6 . 9 . 6 . 169  
Milk . Seeds

### The Rachel Green Salad

quinoa, chickpeas, cucumber, sweet peppers, red onion  
fresh herbs, lemon juice, vegan feta  
GF . V 199 . 19 . 7 . 11 . 4 . 298  
Tree Nuts . Onion . Coconut

### Scallop and Shrimp Duo

turmeric vegetable rice, charred snap peas, vermouth citronette  
GF 468 . 47 . 42 . 13 . 8 . 547  
Shellfish . Onion . Garlic

### Grilled Lamb T-Bone\*

mushroom ragout, roasted poblano polenta, chestnut dukkah  
GF 485 . 40 . 36 . 17 . 7 . 668  
Tree Nuts . Milk . Sesame . Seeds . Onion . Garlic

### Bison Short-Rib Bourguignon

asparagus, parsnip & celeriac mash, panko gremolata  
GF 496 . 40 . 31 . 20 . 10 . 734  
Onion . Garlic . Coconut

### Rustler Steak Dinner\*

butcher block feature, roasted baby carrots  
parsnip & celeriac mash  
GF 486 . 47 . 36 . 18 . 8 . 735  
Onion . Garlic . Coconut

### Pan-Seared Market Catch\*

curry beurre blanc, roasted garlic broccolini  
scalloped potatoes  
GF 430 . 35 . 32 . 19 . 10 . 638  
Fish . Milk . Onion . Garlic

## SIMPLY PREPARED

### Roasted Sweet Potato

GF . V 140 . 32 . 3 . tr . 5 . 56  
None

### Roasted Baby Carrots

GF . V 69 . 9 . 1 . 3 . 3 . 126  
None

### Turmeric Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108  
Milk

### Brown Rice

GF . V 140 . 29 . 3 . 1 . 2 . 5  
None

### Spinach with Garlic

GF . V 45 . 4 . 3 . 2 . 2 . 138  
Onion . Garlic

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GF . V 55 . 7 . 3 . 2 . 3 . 140  
Garlic

### Parsnip Celeriac Mash

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Onion . Garlic . Coconut

### Chefs Daily Steamer Basket

GF . V  
Allergens Will Vary

### Grilled Tofu (with salt & pepper)

GF . V 115 . 2 . 13 . 8 . 1 . 142  
Soy

### Seared Market Catch\* (with salt & pepper)

GF 96 . tr . 21 . 1 . tr . 229  
Fish

### Grilled Butcher Selection\* (with salt & pepper)

GF 222 . 1 . 33 . 9 . tr . 200  
None

### Grilled Chicken Breast (with salt & pepper)

GF 138 . 1 . 26 . 3 . tr . 180  
None

## VAQUERO ACTION STATION

### Pho + Chef's Spotlight - Pineapple Shrimp Fried Rice

Build your own bowl of fragrant and flavorful pho with your choice of proteins, vegetables, and garnishes.

### NUTRIENT ANALYSIS

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

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**DINNER**

MONDAY + WEDNESDAY  
WINTER

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Jenwey black | lychee green | hibiscus berry peach

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#### Herbal

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## SPECIALTY TEA DRINKS

chai tea latte | matcha latte

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- 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

## UNESCO

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

**LA MESA** | Tucson, AZ | Tortillas

**HEARTQUIST HOLLOW FARM** | Winkelman, AZ | Grass-Fed Ground Beef

**HICKMAN'S FAMILY FARMS** | Buckeye, AZ | Eggs

**RAMONA FARMS** | Sacaton, AZ | Tepary Beans

## LOCAL & SEASONAL

### BRUSSELS SPROUTS

As a member of the cruciferous family of vegetables, Brussels sprouts are an excellent source of natural compounds that protect cell health and may even help fight cancer. In our autumn-inspired dishes we deeply caramelize them to help bring out their sweet and savory side. We hope you enjoy them.

### CORN

Tucson sits in the heart of a region with a rich history of growing and celebrating this staple food source. We bring corn to our menus to continue this regional tradition and to nourish the body with sustaining and energizing carbohydrates.

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**VAQUERO**  
CANYON RANCH

## BEGINNINGS

### Chicken Bone Broth

house-made bone broth  
GF 28 . 1 . 2 . 1 . tr . 211

Onion

### Duck Confit Tostada

avocado crema, corn pico, cilantro, red chili sauce  
GF 176 . 20 . 10 . 7 . 4 . 116

Tree Nuts . Milk . Sesame . Onion . Garlic . Seeds

### Smoked Olives

chef's mixed olives, meyer lemon, oregano, calabrian chile  
GF . V 49 . tr . 2 . 5 . 2 . 330

None

## FIELD & DRESSING

### Charred Leeks & Salsa Macha

whipped feta, cilantro leaves, arugula  
GF 195 . 16 . 6 . 12 . 3 . 334

Tree Nuts . Milk . Sesame . Onion . Garlic . Seeds

### Southwest Tabbouleh Salad

couscous, parsley, mint, charred corn, black beans, cucumber, lemon dressing, pomegranates, baby arugula  
V 141 . 16 . 4 . 7 . 3 . 309

Wheat . Onion . Garlic

### Harvest Beets & Bleu Cheese

roasted red beets, Belgian endive, toasted hazelnuts  
whipped goat & bleu cheese, pear  
GF 179 . 20 . 6 . 8 . 4 . 264

Tree Nuts . Milk

## CHEF'S DAILY SELECTIONS

### Black Bean Noodle Pad Thai

black bean fettuccini, crispy tofu, carrots, onions  
tangy chili peanut sauce, toasted peanuts  
GF . V 489 . 60 . 37 . 16 . 22 . 418

Peanuts . Soy . Onion . Garlic

### Smoked Seitan Roast

house-made seitan, rich carrot demi-glace  
parsnip & celeriac mash  
V 481 . 59 . 38 . 12 . 10 . 579

Wheat . Soy . Onion . Garlic . Coconut

### Seared Duck Breast\*

orange-pomegranate bordelaise, cipollini onion  
Brussel sprout & butternut vegetable mélange  
parsnip & celeriac mash  
GF 461 . 42 . 34 . 18 . 8 . 620

Garlic . Onion . Coconut

### Pistachio Crusted Black Cod

zucchini, rainbow cauliflower, herbed kamut tomato  
sauce, mascarpone fonduta  
497 . 44 . 36 . 20 . 7 . 605

Tree Nuts . Wheat . Fish . Milk . Soy . Garlic . Onion

### Vegetarian Bean Chili

GF . V 116 . 20 . 5 . 2 . 5 . 277

Onion . Garlic

### Soup of the Day

chef's daily celebration of seasonal bounty

### Jalapeno Cippolini Panna Cotta

brown butter crab, yuzu gel, kombu broth, turkey bacon  
GF 150 . 18 . 5 . 7 . 2 . 239

Shellfish . Fish . Milk . Soy . Sesame . Seeds . Onion . Garlic

### Three Sisters Mezze Platter

corn riblettes, tapani bean hummus, grilled flat bread  
roasted delicata squash, goji berry agrodolce  
V 104 . 20 . 5 . 2 . 4 . 244

Wheat . Onion . Garlic

### Market Salad

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

Milk . Seeds

### The Rachel Green Salad

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

Tree Nuts . Onion . Coconut

### Poached Lobster Tail

vanilla saffron beurre monte, roasted fennel  
bergamot scented black barley, swiss chard  
437 . 60 . 30 . 9 . 16 . 729

Shellfish . Wheat . Milk . Onion

### Seared Scallops\*

sweet potato & pecan coulis, wild mushroom risotto  
cipollini onion, brussel sprout, & butternut squash mélange  
GF 475 . 59 . 33 . 13 . 7 . 745

Shellfish . Tree Nuts . Milk . Onion . Garlic

### Grilled Lamb T-Bone\*

mushroom ragout, roasted poblano polenta, chestnut dukkah  
GF 485 . 40 . 36 . 17 . 7 . 668

Tree Nuts . Milk . Sesame . Seeds . Onion . Garlic

### Wild Boar Strip Loin\*

saffron, apple & quince compote, roasted carrots  
parsnip & celeriac mash  
GF 452 . 40 . 36 . 17 . 10 . 674

Coconut . Onion . Garlic

### Coffee & Cocoa Rubbed Wagyu\*

roasted baby carrots, parsnip & celeriac mash  
black cherry balsamic reduction  
GF 457 . 56 . 35 . 11 . 9 . 650

Garlic . Coconut . Onion

## SIMPLY PREPARED

### Roasted Sweet Potato

GF . V 140 . 32 . 3 . tr . 5 . 56

None

### Roasted Baby Carrots

GF . V 69 . 9 . 1 . 3 . 3 . 126

None

### Turmeric Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108

Milk

### Brown Rice

GF . V 140 . 29 . 3 . 1 . 2 . 5

None

### Spinach with Garlic

GF . V 45 . 4 . 3 . 2 . 2 . 138

Onion . Garlic

### Sautéed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140

Garlic

### Parsnip Celeriac Mash

GF . V 126 . 16 . 2 . 7 . 3 . 272

Onion . Garlic . Coconut

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Allergens Will Vary

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Fish

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GF 222 . 1 . 33 . 9 . tr . 200

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### Grilled Chicken Breast (with salt & pepper)

GF 138 . 1 . 26 . 3 . tr . 180

None

## VAQUERO ACTION STATION

### Sushi & Sashimi + Chef's Spotlight - Beef or Vegetable Yakisoba

Visit the Vaquero Action Station for fresh rolls and sashimi.

## NUTRIENT ANALYSIS

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

## PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

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FRIDAY + SATURDAY  
WINTER

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**SPECIALTY TEA DRINKS**

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

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

**UNESCO**

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**LOCAL & SEASONAL****MUSHROOMS**

Mushrooms are low in energy and macronutrients but high in non-caloric plant compounds that are associated with antioxidant, anti-cancer, and anti-inflammatory benefits. Mushrooms contain glutamate, an amino acid that provides rich, savory flavor to dishes. We love using mushrooms to infuse that savory umami flavor, especially in plant-based dishes that may not contain other appetizing flavors that naturally come from meat, poultry, and seafood.

**PEPPERS**

The Southwest is home to a wide variety of peppers, from sweet bells to fiery chilies. We love incorporating all types of peppers in our dishes for their varied, complex flavors that provide a delicious taste of place. Their rich vitamin C and antioxidant content boosts the nutrition of any dish they are part of.

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