

FIRED UP SELECTIONS

The Conscious Cowboy Bowl
scrambled Burmese style tofu (made with chickpea flour), Cowboy Caviar, quinoa, sautéed spinach, house-made tofu bacon
GF . V 488 . 50 . 32 . 20 . 12 . 745
Soy . Onion . Garlic

Southwest Breakfast Bowl* 🌱
one local farm fresh egg any style, house-made chicken chorizo, quinoa, kale, sweet potato hash jalapeno avocado dressing, pickled onions, pepitas
GF 482 . 45 . 32 . 20 . 10 . 607
Egg . Onion . Garlic . Seeds

Avocado & Whipped Ricotta Toast
Barrio super seed bread, scrambled eggs thinly sliced scallions, snap peas, radish hemp seeds, crispy garbanzos
482 . 43 . 33 . 19 . 10 . 544
Milk . Egg . Wheat . Sesame . Garlic . Onion . Seeds

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

Green Shakshuka*
roasted tomatillo, spinach, & cilantro sauce garbanzo beans, baked eggs, super seeds toasted lavash, chicken sausage
455 . 41 . 31 . 19 . 10 . 644
Wheat . Egg . Onion . Garlic . Seeds

Miso Oatmeal with 6 Minute Egg*
sautéed kale, 6 minute poached egg roasted wild mushrooms, chili crisp
GF 499 . 45 . 34 . 20 . 14 . 698
Soy . Sesame . Egg . Onion . Garlic . Seeds

APPETIZING ADDITIONS

Acai Bowl
mixed berry chia seed preserves kiwi, banana, cacao nibs
GF . V 143 . 22 . 1 . 5 . 6 . 47
Tree Nuts . Seeds . Coconut

PB & J Parfait
mixed berry chia seed preserves, peanut butter protein Greek Yogurt, granola, raspberries
356 . 50 . 19 . 10 . 10 . 194
Peanuts . Tree Nuts . Wheat . Milk . Seeds

Organic Steel-Cut Oatmeal Bowl
super seed and pecan dukkah, seasonal fruit, spice-infused maple syrup
GF 162 . 22 . 5 . 7 . 5 . 13
Milk . Tree Nuts . Seeds

Scrambled Tofu
seasoned and scrambled, may be substituted for choice of egg
GF . V 144 . 6 . 16 . 8 . 4 . 49
Soy . Garlic . Onion

VAQUERO ACTION STATION

Visit the Omelet Bar to customize your made-to-order omelet and enjoy our daily rotating features.

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

The VLT
toasted Barrio whole grain bread house-made tofu bacon, lettuce tomato, sunflower seed mayonnaise
V 495 . 57 . 30 . 19 . 10 . 748
Soy . Wheat . Sesame . Garlic . Seeds

Blueberry & Brie Stuffed French Toast*
Barrio sourdough baguette, cinnamon-egg batter house-made blueberry preserves, creamy brie one egg any style, chicken sausage, mixed berries
433 . 42 . 31 . 15 . 7 . 744
Milk . Egg . Wheat . Garlic . Onion

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

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

Lemon Ricotta Waffle
mixed berry chia seed preserves
176 . 27 . 5 . 6 . 4 . 201
Wheat . Milk . Seeds

Hot Honey Cornmeal Pancakes
cornbread style pancakes with hot honey & cornflake granola
GF 243 . 46 . 3 . 6 . 3 . 152
Tree Nuts . Milk . Egg

Mesquite Flour Silver Dollar Pancakes
Vermont maple syrup, choice of blackberry preserves or cinnamon-dusted caramelized apples
GF 116 . 23 . 3 . 1 . 1 . 176
Milk . Tree Nuts

Sweet Potato Hash
peppers, onions, chickpeas, garlic, smoked paprika
GF . V 162 . 22 . 5 . 7 . 5 . 103
Garlic . Onion

Fresh Fruit and Berries
GF . V 77 . 18 . 1 . tr . 4 . 11

BREAKFAST
WINTER

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.)

*This item may be served undercooked. 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.

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

KEFIR

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems

GF . 75 . 4 . 5 . 4 . tr . 62

JUICES

orange | pomegranate | grapefruit | cranberry | tomato | tart cherry | apple | white grape

JUICE BLENDS

Beet-Ade

beet, blueberry, pomegranate, coconut water, Bartlett pear, mint, ginger

GF . V 90 . 21 . 2 . tr . 4 . 68

Liquid Sunshine

carrot, orange, cantaloupe, turmeric, ginger

GF . V 95 . 22 . 2 . tr . 3 . 78

Green Nectar

celery, cucumber, kale, honeydew, lemon, green apple, coconut water

GF . V 61 . 14 . 1 . tr . 2 . 35

LOCAL AND SEASONAL

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.

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, which provide a delicious taste of place. They're rich in vitamins C and A and antioxidants, providing an easy boost to support your immune system.

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.



WINTER

BEVERAGES