



## FIRE 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.

### 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](http://seafoodwatch.org)



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on our Nourish blog.

WINTER

BREAKFAST

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.

BEVERAGES