

MINDFUL INDULGENCES

Soup of the Day

Chicken Bone Broth

GF 28 . 1 . 2 . 1 . tr . 211
Onion

Vegetarian Bean Chili

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

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

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

Hot Honey Cornmeal Pancakes

hot honey, cornflake granola
GF 243 . 46 . 3 . 6 . 3 . 152
Tree Nuts . Milk . Egg

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

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

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

Lobster Benedict*

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

Market Catch Zarandeado Tacos*

avocado, tomatillo salsa, red onions
cabbage, lime, rattlesnake beans
GF 422 . 42 . 30 . 15 . 10 . 257
Fish . Garlic . Onion

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

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

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

Wagyu Toast*

toasted Barrio Baguette, wagyu tartare, caviar
wild mushroom duxelles, herbed creme fraiche
163 . 15 . 9 . 7 . 3 . 128
Fish . Wheat . Milk . 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

Sweet Potato Toast

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

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

Smoked Trout Toast

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

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

VAQUERO ACTION STATION

Visit the Vaquero Action Station 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) = Spicy Dish

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.

BRUNCH
WINTER - SATURDAY & SUNDAY

JENWEY TEA

WINTER

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

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 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
- FIORE 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.

