

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 croutons, 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, roasted 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

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

Twice Roasted Sweet Potato GF
ricotta cheese, walnuts, dried cranberries, honey, herbs
GF 140 . 20 . 5 . 4 . 3 . 73
Tree Nuts . Milk

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

Asian Pear-Shiso Salad
quinoa, cucumber, black tahini yogurt
white balsamic ginger dressing
GF 122 . 19 . 5 . 3 . 4 . 66
Milk . Sesame . Onion . 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

Tofu Katsu
crispy tofu, miso-glazed eggplant, sautéed
broccolini, roasted red pepper curry
GF . V 429 . 45 . 30 . 20 . 22 . 739
Soy . Coconut . Sesame . Onion . Garlic . Seeds

Seared Faroe Island Salmon*
blackened salmon, nopales escabeche
tomato confit, turmeric vegetable rice
GF 452 . 52 . 33 . 13 . 9 . 464
Fish . 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

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



DINNER
TUESDAY + THURSDAY + SUNDAY
WINTER

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
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

Sauteed 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.)

*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

BEVERAGES
WINTER

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
- FIORE 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.

POMEGRANTE
You'll find these unique red fruits growing around the resort grounds and adding delicious sweet flavor to some of our winter 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.



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

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 bierre blanc, roasted garlic broccolini
scaloped potatoes
GF 430 . 35 . 32 . 19 . 10 . 638
Fish . Milk . Onion . Garlic



DINNER
MONDAY + WEDNESDAY
WINTER

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
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

Sauteed 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

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

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.)

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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
WINTER

UNESCO

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LOCALLY
SOURCED
VENDORS

- BARRIO BREAD | Tucson, AZ | 2022 James Beard Award Winner
- BONITA BEAN CO | Wilcox, AZ | Pinto Beans
- FIORE 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 winter-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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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

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

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

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
cippolini 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



DINNER
FRIDAY + SATURDAY
WINTER

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
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

Sauteed 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

Chirashi Sushi & Sashimi Bowls + Chef's Spotlight - Beef or Vegetable Yakisoba
Visit the Vaquero Action Station for fresh Chirashi Bowls or sashimi.

NUTRIENT ANALYSIS

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

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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

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SPECIALTY ITALIAN ESPRESSO americano | cappuccino | cortado | latte | traditional macchiato

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- HICKMAN'S FAMILY FARMS | Buckeye, AZ | Eggs
- RAMONA FARMS | Sacaton, AZ | Tepary Beans

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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