



BALANCED BEGINNINGS

Breakfast Tacos* chicken chorizo, scrambled egg, black beans, pico de gallo Monterey Jack cheese, avocado citrus salsa, local corn tortillas Milk . Egg . Garlic . Onion	GF 439 . 43 . 33 . 16 . 10 . 405
Salmon Benedict* sautéed asparagus, poached egg, gluten-free bread, hollandaise avocado, radish, scallions, arugula, super seeds Egg . Soy . Fish . Garlic . Onion . Seeds	GF 486 . 41 . 35 . 20 . 7 . 666
Tofu Ranch Scramble bell peppers, mushroom, red onion, black beans, grilled corn arugula, kala namak, whole wheat tortilla Soy . Wheat . Garlic . Onion	V 450 . 43 . 30 . 20 . 9 . 718
Chef's Omelet* Red Butte cheese, choice of toast, chef's choice of veggies breakfast potatoes Milk . Egg . Wheat . Sesame . Seeds	441 . 40 . 30 . 17 . 6 . 576
Barrio Breakfast Sandwich* chicken chorizo, scrambled egg whites, feta cheese, garbanzo beans, sautéed onions and peppers Milk . Egg . Wheat . Garlic . Onion	443 . 40 . 35 . 15 . 8 . 723
Pulled Pork Benedict* poached egg, green chili cornbread, grilled asparagus, pickled onions avocado citrus salsa Milk . Egg . Wheat . Garlic . Onion	473 . 46 . 33 . 18 . 5 . 739
Double U Breakfast Plate* two eggs any style, chicken chorizo, breakfast potatoes avocado, choice of toast Egg . Wheat . Sesame . Garlic . Onion . Seeds	466 . 40 . 30 . 20 . 7 . 506

APPETIZING ADDITIONS

Chicken Chorizo Garlic . Onion	GF 93 . 2 . 12 . 4 . tr . 161
Seared Salmon Patty Soy . Fish . Garlic . Onion	GF 176 . 2 . 25 . 7 . tr . 280
Banana Pancakes Milk . Egg . Wheat	184 . 40 . 5 . 1 . 2 . 282
Breakfast Potatoes None	GF . V 85 . 14 . 2 . 3 . 2 . 21
Just Egg plant-based egg alternative Soy . Onion	GF . V 70 . 1 . 5 . 5 . tr . 170
Organic Steel-Cut Oatmeal Tree Nuts	GF . V 197 . 33 . 7 . 5 . 5 . 7
Acai Bowl Wheat . Coconut	V 154 . 30 . 8 . 3 . 5 . 15
Cranberry Pecan Muesli Milk . Wheat . Seeds	GF 195 . 30 . 6 . 7 . 5 . 20
Apple Walnut Overnight Oats Milk . Tree Nuts . Seeds	GF 204 . 25 . 10 . 8 . 4 . 53

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

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.

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.

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



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BREAKFAST

