

# Double U Café

## BALANCED BEGINNINGS

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

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## APPETIZING ADDITIONS

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

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



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