



SOUP AND SALAD

Soup of the Day

Market Salad

romaine lettuce, apple, sweet peppers
red onion, cherry tomatoes, bleu cheese
cucumber melon vinaigrette
GF 129 . 16 . 5 . 6 . 3 . 252
Milk . Onion . Garlic

Spring Herb Salad

roasted corn, cherry tomatoes, cucumber,
fresh parsley & dill, tender mixed greens,
Becky's Best Dressing, candied pepitas &
sunflower seeds
GF . V 146 . 18 . 5 . 7 . 5 . 194
Soy . Garlic . Seeds

HANDCRAFTED PIZZAS

Margherita

San Marzano tomato sauce, mozzarella,
parmesan cheese, heirloom tomatoes, basil,
olive oil
399 . 48 . 20 . 15 . 8 . 750
Milk . Wheat . Garlic . Onion

Italian

San Marzano tomato sauce, mozzarella
roasted fennel, roasted red peppers
chicken sausage
359 . 46 . 22 . 10 . 7 . 740
Milk . Wheat . Garlic . Onion

Chicken Alfredo

oat milk alfredo sauce, artichoke hearts
tomato, spinach, caramelized onions
mozzarella
453 . 57 . 37 . 10 . 11 . 695
Milk . Wheat . Garlic . Onion

ENTREES

Tuna Salad Wrap

whole-wheat tortilla, spinach
marinated tomatoes, Yukon
gold potatoes, mustard sauce
447 . 40 . 41 . 13 . 8 . 747
Milk . Egg . Wheat . Fish . Onion . Garlic

Turkey Reuben Sandwich

Barrio rye bread, turkey pastrami
sauerkraut, baby kale, Swiss
cheese, 1,000 island dressing
449 . 45 . 31 . 16 . 7 . 618
Milk . Egg . Wheat . Garlic . Onion . Seeds

BBQ Pulled Pork Sandwich

wheat bun, potato salad, pepper jack cheese
497 . 54 . 38 . 14 . 7 . 498
Milk . Soy . Wheat . Egg . Sesame . Garlic . Onion . Seeds

Greek Lamb Pita

Mediterranean braised lamb, tomato,
red leaf lettuce, hummus, tzatziki,
feta cheese, jicama
491 . 47 . 37 . 18 . 7 . 671
Milk . Wheat . Sesame . Garlic . Onion . Seeds

Bright Vitality Bowl

black bean spaghetti, avocado, roasted carrot, arugula, roasted red peppers
citrus vinaigrette, everything bagel seasoning, roasted pumpkin & sunflower seeds
GF . V 481 . 44 . 40 . 18 . 20 . 398
Sesame . Garlic . Onion . Seeds

Kale Caesar Salad

organic baby kale, endive, parmesan
cheese, crispy garbanzos
GF 140 . 13 . 8 . 7 . 4 . 295
Milk . Egg . Fish . Garlic . Onion

ADD A PROTEIN

- honey ginger tofu
- garlic herb roasted salmon
- classic tuna salad
- maple mustard glazed chicken breast

Longevity Garden

San Marzano tomato sauce, artichokes
tofu ricotta, olives, caramelized onion
peppers, arugula, prickly pear balsamic
V 382 . 57 . 21 . 11 . 12 . 750
Wheat . Soy . Garlic . Onion

Mushroom Pesto

caramelized onions, toasted pine nuts,
mozzarella
459 . 53 . 22 . 19 . 9 . 571
Milk . Wheat . Tree Nuts . Garlic . Onion

Arizona BBQ

fruit-sweetened bbq sauce, grilled Red
Bird chicken, roasted green chilies,
Monterey Jack cheese
420 . 48 . 33 . 11 . 6 . 727
Milk . Wheat . Soy . Garlic . Onion

Chicken Curry Wrap

whole-wheat tortilla, garbanzo beans,
red onion, roasted red pepper, dried
cranberries, curry mayonnaise
481 . 56 . 31 . 16 . 7 . 482
Milk . Egg . Wheat . Onion

Southwest Veggie Burger

house-made vegetable burger patty,
wheat bun, lettuce, tomato, pickled
red onions, avocado, jalapeno aioli
V 467 . 60 . 32 . 12 . 9 . 488
Soy . Wheat . Sesame . Garlic . Onion . Seeds

Salmon Burger*

wheat bun, red leaf lettuce, tomato, pickled
red onions, scallion mayo, potato salad
455 . 48 . 35 . 13 . 7 . 497
Milk . Egg . Soy . Wheat . Fish . Sesame . Garlic . Onion . Seeds

Tomato Jam Burger*

100% ground beef patty, wheat bun,
arugula, dill pickles, parmesan cheese,
potato salad, garlic aioli
486 . 49 . 34 . 17 . 7 . 373
Milk . Egg . Wheat . Sesame . Garlic . Onion . Seeds

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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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