

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](http://seafoodwatch.org)



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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.



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house-made bone broth  
GF 28 . 1 . 2 . 1 . tr . 211  
Onion

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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

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

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

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

Rustic Sliced Winter Salad  
torn croutons, radicchio, butter lettuce, fennel, radish  
V 199 . 19 . 7 . 11 . 4 . 298  
Wheat . Garlic

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 beurre blanc, roasted garlic broccolini  
scalloped 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

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

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- 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  
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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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WINTER

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- 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.

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.

