



WINTER MENU  
DAY 1

# DINNER

5:00 — 8:30 PM

## APPETIZERS

### Soup of the Day

#### Hearts of Palm Cashew Dip

wilted spinach, capers, miso cashew cream  
warm pita bread  
( V . 145 . 10 . 5 . 10 . 2 . 312 )  
Tree Nuts . Wheat . Soy . Onion

#### Steamed Edamame

choice of plain, salted, or spicy garlic  
with ponzu dipping sauce  
( GF . V . 165 . 14 . 14 . 7 . 5 . 103 )  
Soy

#### Mediterranean Charred Octopus

Castelvetrano olives, lemon olive oil, basil, pistachios  
( GF . 179 . 3 . 16 . 12 . 1 . 221 )  
Shellfish . Tree Nuts

#### Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, machego  
( 181 . 10 . 19 . 8 . 2 . 145 )  
Wheat . Milk . Egg . Garlic . Onion

#### Okinawan Sweet Potato Cappuccino

purple sweet potato puree  
lavender foam, dusted with ube powder  
( GF . 115 . 12 . 2 . 7 . 2 . 59 )  
Milk . Garlic

#### Burrata & Roasted Baby Beets

arugula, basil, garbanzo beans  
pistachio pesto, fresh squeezed lemon  
( GF . 187 . 14 . 9 . 12 . 4 . 167 )  
Milk . Tree Nuts . Garlic . Onion

## CHEF'S COMPOSED DISHES

#### Chickpea and Quinoa Served Meatloaf Style

roasted rainbow carrots, parsnip & salsify  
maple miso mushroom gravy  
( GF . V . 341 . 60 . 14 . 10 . 11 . 732 )  
Soy . Garlic . Onion

#### Marinated Stir-Fry\*

bok choy, snap peas, petite sweet peppers  
red onions, Brussels sprout leaves, shiitake  
mushrooms, forbidden rice, Japanese ponzu;  
add a protein of your choice, tofu available  
( GF . V )

#### Roasted Icelandic Cod\*

red currant, pistachio & parsley pesto  
oven-roasted tomatoes, broccolini  
poached fingerling potatoes  
( GF . 498 . 41 . 43 . 19 . 7 . 362 )  
Fish . Tree Nuts . Garlic . Onion

#### Herb & Spice Atlantic Salmon\*

lemon, dill, oregano, coriander, allspice, black  
lentils, Castelvetrano olives, chickpeas, tomato  
( GF . 483 . 40 . 45 . 16 . 18 . 742 )  
Fish . Garlic . Onion

#### Grilled Whole African Tiger Prawns

honey, nutmeg, & sumac marinade  
Tuscan kale, English pea puree  
steamed brown rice  
( GF . 486 . 41 . 38 . 18 . 7 . 557 )  
Shellfish . Garlic . Onion

#### Grilled Angus Beef Tenderloin\*

aligot potatoes, lemon broccolini  
cranberry red wine reduction  
( GF . 490 . 28 . 49 . 20 . 6 . 481 )  
Milk . Garlic . Onion

#### Pan-Roasted Free Bird Chicken

golden beet puree, forbidden black rice  
caramelized Brussels sprouts, fermented carrots  
pomegranate chicken jus reduction  
( GF . 396 . 38 . 40 . 11 . 9 . 487 )  
Onion . Coconut

## SIMPLY PREPARED

#### Steamed Brown or White Rice

( GF . V . 180 . 38 . 4 . 1 . 2 . 8 )  
None

#### Steamed Spinach

( GF . V . 26 . 4 . 3 . tr . 3 . 90 )  
None

#### Steamed Vegetables

( GF . V . 82 . 17 . 5 . 1 . 5 . 68 )  
Onion

#### Grilled Salmon\*

( GF . 176 . tr . 25 . 8 . tr . 151 )  
Fish

#### Grilled Chicken

( GF . 147 . tr . 26 . 4 . tr . 150 )  
None

#### Grilled New York Steak\*

( GF . 286 . tr . 41 . 12 . tr . 187 )  
None

## WINTER SALADS

#### The Silverleaf Salad

mixed local lettuce, shaved cucumber, radish  
petite tomatoes, roasted carrots, kalamata olives  
mansion-made basil vinaigrette  
( GF . V . 113 . 14 . 4 . 6 . 5 . 182 )  
Egg . Garlic . Onion

#### Blood Orange & Spinach Salad

shaved fennel, Swiss chard, shredded carrots  
toasted sunflower seeds, sesame verjus vinaigrette  
( GF . V . 206 . 24 . 7 . 11 . 8 . 248 )  
Sesame . Seeds

#### Baby Kale & Romaine Caesar Salad

endive, Caesar dressing, vegan parmesan, capers  
( V . 163 . 16 . 6 . 9 . 6 . 252 )  
Wheat . Tree Nuts . Soy . Sesame . Onion . Garlic  
Coconut . Seeds

## ADDITIONS FOR YOUR MEAL

#### Roasted Garlic Cloves & Olive Oil

thyme and black pepper  
( GF . V . 112 . 7 . 1 . 9 . 1 . 4 )  
Garlic

#### Saffron Tomato Confit

slow cooked roma tomatoes, shallots  
and parsley, avocado oil  
( GF . V . 83 . 2 . tr . 9 . tr . 3 )  
Garlic . Onion

#### Romesco

smoky Spanish-style roasted red pepper and  
sunflower seed sauce with garlic and olive oil  
( GF . V . 93 . 9 . 2 . 6 . 2 . 21 )  
Garlic . Seeds

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

#### NUTRIENT ANALYSIS

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

GF = Gluten-Free (no wheat, rye, or barley) | V = Vegan (contains no animal product. May contain honey.)

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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# BEVERAGES

## CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, IL, with Italian heritage.

**Bizzarri medium-dark roast drip coffee**

**Gusto Crema medium roast espresso**

**Mezzanotte decaf drip coffee**

**Cold brew coffee**

**Milks:** whole • skim • half & half • unsweetened almond • oat

## J'ENWEY TEA

Organic & Direct Trade

### ICED TEA

black • lychee green • hibiscus berry peach

### HOT TEA

**Herbal Tea Sachets, Naturally Caffeine-Free**

calming chamomile • cherry berry • lemon lover • immunity blend

**Green Tea Sachets**

jasmine silver needle • vanilla peach • citrus mint

**Oolong Tea Sachets**

turmeric ginger

**Black Tea Sachets**

lady blue earl grey • English breakfast

## JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

**Jukes 1 (white)**

apple cider vinegar, peach, cucumber, plum, apple, pineapple (GF . V . 45 . 11 . 2 . 0 . 0 . 0 )

**Jukes 6 (red)**

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums (GF . V . 54 . 11 . 2 . 0 . 0 . 0 )

## HOMEMADE MOCKTAILS

**Strawberry Pamplemousse “Rosé”**

strawberry puree, lime and grapefruit juices  
sparkling water, mint (GF . V . 23 . 6 . tr . tr . 1 . 3 )

**Virgin Bloody Mary**

tomato juice, horseradish Worcestershire sauce,  
celery seed (GF . V . 45 . 8 . 2 . tr . 2 . 268 )

## SPRITZERS

**Tart Cherry**

(GF . V . 39 . 10 . 0 . 0 . 0 . 30 )

**Pomegranate**

(GF . V . 46 . 12 . 0 . 0 . 0 . 8 )

**Cranberry**

(GF . V . 49 . 12 . 0 . tr . 0 . 3 )



## LOCALLY SOURCED VENDORS

**High Lawn Farm**

Lee, MA | Milk, Cheese

**Delftree Mushroom Company**

Adams, MA

**Gaetano's Organic Farm**

Becket, MA

**Hilltop Orchards**

Richmond, MA | Apples, Apple Cider

**Mill Brook Sugarhouse**

Lenox, MA | Maple Syrup

## GLOSSARY OF CULINARY TERMS

**Burrata**

A rich, creamy Italian cheese with a delicate mozzarella shell filled with soft, shredded curd and fresh cream.

**Ponzu**

A Japanese citrus-infused soy sauce. Known as vibrant and complex condiment, creates a flavorful balance of salty, tangy, umami, and slightly sweet notes.

**Ube**

A purple yam from the Philippines known for its vibrant color and sweet, nutty flavor. It's commonly used in Filipino desserts like cakes, ice cream, and pastries.

## LOCAL & SEASONAL FARE

**Cucumber**

A refreshing vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

**New Potatoes**

Including Yukon Golds and Fingerlings, New Potatoes are a nutrient-dense high-quality carb that provides steady energy, fiber, and potassium for heart health. Like other high-quality carbs, their natural fiber promotes fullness and balanced blood sugars, two key factors for weight loss goals. To learn more, join the Nutrition Team's presentation, "Weight Loss: Nutrition for Breaking Barriers" on Tuesdays at 4pm.

## MONTEREY BAY AQUARIUM SEAFOOD WATCH

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YOU CAN MAKE DINNER RESERVATIONS FOR THE GRILL AT THE HOST STAND, AS WELL AS BY USING THE CANYON RANCH MOBILE APP.

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.

## APPETIZERS

### Soup of the Day

### Steamed Edamame

choice of plain, salted, or spicy garlic  
with ponzu dipping sauce  
(GF . V . 165 . 14 . 14 . 7 . 5 . 103)  
Soy

### Mediterranean Charred Octopus

Castelvetrano olives, lemon olive oil, basil, pistachios  
(GF . 179 . 3 . 16 . 12 . 1 . 221)  
Shellfish . Tree Nuts

### Whipped Eggplant Dip

pickled apricot, toasted pine nuts  
homemade sourdough crackers  
(V . 136 . 20 . 4 . 8 . 5 . 322)

Tree Nuts . Wheat . Sesame . Garlic . Onion . Coconut . Seeds

### Baked Polenta Cake

fresh mozzarella cheese, crispy speck  
saffron pomodoro, petite basil  
(GF . 200 . 19 . 13 . 8 . 2 . 213)  
Milk . Garlic . Onion

### Burrata & Roasted Baby Beets

arugula, basil, garbanzo beans  
pistachio pesto, fresh squeezed lemon  
(GF . 187 . 14 . 9 . 12 . 4 . 167)  
Milk . Tree Nuts . Garlic . Onion

## CHEF'S COMPOSED DISHES

### Braised Celery Root

herbed black lentils, roasted broccolini  
ginger beet coulis, celeriac gravy  
(GF . V . 398 . 52 . 25 . 12 . 20 . 742)  
Milk . Onion

### Roasted Monkfish

vegetable korma, brown rice  
curry roasted chickpeas  
(GF . 495 . 56 . 36 . 15 . 12 . 607)  
Tree Nuts . Fish . Onion . Garlic . Coconut

### Seared Bella Farms Duck Breast\*

orange and charred scallion relish  
butternut squash puree  
browned butter turnips  
(GF . 438 . 40 . 32 . 18 . 7 . 704)  
Milk . Onion . Coconut

### Marinated Stir-Fry\*

bok choy, snap peas, petite sweet peppers  
red onions, Brussels sprout leaves  
shiitake mushrooms, forbidden rice  
Japanese ponzu; add a protein of your  
choice, tofu available  
(GF . V)

### Grilled Prawns

celeriac puree, swiss chard  
green apple cucumber salsa  
(GF . 291 . 20 . 27 . 10 . 6 . 744)  
Shellfish . Onion . Garlic . Coconut

### Slow-Cooked Short Rib

red wine, roasted fingerling potatoes  
broiled braised carrots  
hazelnut gremolata  
(GF . 494 . 48 . 27 . 20 . 7 . 717)  
Tree Nuts . Onion . Garlic

## SIMPLY PREPARED

### Steamed Brown or White Rice

(GF . V . 180 . 38 . 4 . 1 . 2 . 8)  
None

### Steamed Vegetables

(GF . V . 82 . 17 . 5 . 1 . 5 . 68)  
Onion

### Grilled Chicken

(GF . 147 . tr . 26 . 4 . tr . 150)  
None

### Steamed Spinach

(GF . V . 26 . 4 . 3 . tr . 3 . 90)  
None

### Grilled Salmon\*

(GF . 176 . tr . 25 . 8 . tr . 151)  
Fish

### Grilled New York Steak\*

(GF . 286 . tr . 41 . 12 . tr . 187)  
None

## WINTER SALADS

### The Silverleaf Salad

mixed local lettuce, shaved cucumber, radish  
petite tomatoes, roasted carrots, kalamata olives  
mansion-made basil vinaigrette  
(GF . V . 113 . 14 . 4 . 6 . 5 . 182)  
Egg . Garlic . Onion

### Kale & Grapes Salad

baby kale, roasted grapes, pickled red onion  
toasted pepitas, pomegranate vinaigrette  
(GF . V . 200 . 20 . 4 . 12 . 3 . 255)  
Onion . Seeds

### Spinach & Squash Salad

baby spinach, butternut squash  
purple sweet potato, toasted hazelnuts  
lemon ginger vinaigrette  
(GF . V . 193 . 18 . 3 . 13 . 4 . 275)  
Tree Nuts . Onion

## ADDITIONS FOR YOUR MEAL

### Roasted Garlic Cloves & Olive Oil

thyme and black pepper  
(GF . V . 112 . 7 . 1 . 9 . 1 . 4)  
Garlic

### Saffron Tomato Confit

slow cooked roma tomatoes, shallots  
and parsley, avocado oil  
(GF . V . 83 . 2 . tr . 9 . tr . 3)  
Garlic . Onion

### Romesco

smoky Spanish-style roasted red pepper and  
sunflower seed sauce with garlic and olive oil  
(GF . V . 93 . 9 . 2 . 6 . 2 . 21)  
Garlic . Seeds

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

#### NUTRIENT ANALYSIS

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

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# BEVERAGES

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**Gusto Crema medium roast espresso**

**Mezzanotte decaf drip coffee**

**Cold brew coffee**

**Milks:** whole • skim • half & half • unsweetened almond • oat

## J'ENWEY TEA

Organic & Direct Trade

### ICED TEA

black • lychee green • hibiscus berry peach

### HOT TEA

**Herbal Tea Sachets, Naturally Caffeine-Free**

calming chamomile • cherry berry • lemon lover • immunity blend

**Green Tea Sachets**

jasmine silver needle • vanilla peach • citrus mint

**Oolong Tea Sachets**

turmeric ginger

**Black Tea Sachets**

lady blue earl grey • English breakfast

## JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

**Jukes 1 (white)**

apple cider vinegar, peach, cucumber, plum, apple, pineapple (GF . V . 45 . 11 . 2 . 0 . 0 . 0 )

**Jukes 6 (red)**

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums (GF . V . 54 . 11 . 2 . 0 . 0 . 0 )

## HOMEMADE MOCKTAILS

**Strawberry Pamplemousse “Rosé”**

strawberry puree, lime and grapefruit juices  
sparkling water, mint (GF . V . 23 . 6 . tr . tr . 1 . 3)

**Virgin Bloody Mary**

tomato juice, horseradish Worcestershire sauce,  
celery seed (GF . V . 45 . 8 . 2 . tr . 2 . 268)

## SPRITZERS

**Tart Cherry**

(GF . V . 39 . 10 . 0 . 0 . 0 . 30)

**Pomegranate**

(GF . V . 46 . 12 . 0 . 0 . 0 . 8)

**Cranberry**

(GF . V . 49 . 12 . 0 . tr . 0 . 3)



## LOCALLY SOURCED VENDORS

**High Lawn Farm**

Lee, MA | Milk, Cheese

**Delftree Mushroom Company**

Adams, MA

**Gaetano's Organic Farm**

Becket, MA

**Hilltop Orchards**

Richmond, MA | Apples, Apple Cider

**Mill Brook Sugarhouse**

Lenox, MA | Maple Syrup

## GLOSSARY OF CULINARY TERMS

**Celery Root (Celeriac)**

A knobby root vegetable with a mild celery flavor and subtle nuttiness. Its crisp flesh becomes tender and creamy when cooked, making it versatile for purées, soups, and roasts.

**Gremolata**

A fresh Italian condiment of finely chopped parsley, garlic, and citrus zest, used to add brightness and herbal lift to meats, vegetables, and seafood.

**Korma**

A mild, creamy Indian curry made with yogurt, cream, or ground nuts, gently spiced and simmered to create a rich, aromatic sauce.

## LOCAL & SEASONAL FARE

**Cucumber**

A refreshing vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

**New Potatoes**

Including Yukon Golds and Fingerlings, New Potatoes are a nutrient-dense high-quality carb that provides steady energy, fiber, and potassium for heart health. Like other high-quality carbs, their natural fiber promotes fullness and balanced blood sugars, two key factors for weight loss goals. To learn more, join the Nutrition Team's presentation, "Weight Loss: Nutrition for Breaking Barriers" on Tuesdays at 4pm.

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WINTER MENU  
DAY 3

# DINNER

5:00 — 8:30 PM

## APPETIZERS

### Soup of the Day

### Steamed Edamame

choice of plain, salted, or spicy garlic  
with ponzu dipping sauce  
(GF . V . 165 . 14 . 14 . 7 . 5 . 103)  
Soy

### Mediterranean Charred Octopus

Castelvetro olives, lemon olive oil, basil, pistachios  
(GF . 179 . 3 . 16 . 12 . 1 . 221)  
Shellfish . Tree Nuts

### Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, macheo  
(181 . 10 . 19 . 8 . 2 . 145)  
Wheat . Milk . Egg . Garlic . Onion

### Okinawan Sweet Potato Cappuccino

purple sweet potato puree  
lavender foam, dusted with ube powder  
(GF . 115 . 12 . 2 . 7 . 2 . 59)  
Milk . Garlic

### Burrata & Roasted Baby Beets

arugula, basil, garbanzo beans  
pistachio pesto, fresh squeezed lemon  
(GF . 187 . 14 . 9 . 12 . 4 . 167)  
Milk . Tree Nuts . Garlic . Onion

### Hearts of Palm Cashew Dip

wilted spinach, capers, miso cashew cream  
warm pita bread  
(V . 205 . 33 . 8 . 7 . 6 . 340)  
Tree Nuts . Wheat . Soy . Onion

## CHEF'S COMPOSED DISHES

### Masaman Tofu Curry

eggplant, green beans, fermented carrots  
steamed brown rice  
(GF . V . 455 . 35 . 30 . 22 . 9 . 213)  
Soy . Garlic . Onion . Coconut

### Italian Salsa Verde Baked Haddock

blender herbs, capers, white anchovies,  
pine nuts, red wine vinegar, olive oil  
truffled salsify puree, red sorrel, endive  
Brussels sprouts  
(GF . 410 . 23 . 35 . 22 . 6 . 659)  
Tree Nuts . Fish . Milk . Garlic

### Roasted Chai-Spiced Pheasant\*

fermented honeynut squash  
cherry sage einkorn pilaf, port wine reduction  
toasted pistachios  
(490 . 30 . 43 . 21 . 5 . 251)  
Tree Nuts . Wheat . Onion . Garlic

### Marinated Stir-Fry\*

bok choy, snap peas, petite sweet peppers  
red onions, Brussels sprout leaves  
shiitake mushrooms, forbidden rice  
Japanese ponzu; add a protein of your  
choice, tofu available  
(GF . V)

### Spanish Saffron Fennel Tiger Prawns

smoked paprika broth, fresh fennel, tarragon  
vinaigrette, creamy polenta  
(GF . 336 . 24 . 26 . 11 . 4 . 383)  
Shellfish . Milk . Soy . Garlic . Onion

### Grilled New York Steak\*

mushroom, shallot, & edamame reduction  
aligot potatoes  
(429 . 21 . 38 . 21 . 4 . 733)  
Wheat . Milk . Soy . Garlic . Onion

## SIMPLY PREPARED

### Steamed Brown or White Rice

(GF . V . 180 . 38 . 4 . 1 . 2 . 8)  
None

### Steamed Vegetables

(GF . V . 82 . 17 . 5 . 1 . 5 . 68)  
Onion

### Grilled Chicken

(GF . 147 . tr . 26 . 4 . tr . 150)  
None

### Steamed Spinach

(GF . V . 26 . 4 . 3 . tr . 3 . 90)  
None

### Grilled Salmon\*

(GF . 176 . tr . 25 . 8 . tr . 151)  
Fish

### Grilled New York Steak\*

(GF . 286 . tr . 41 . 12 . tr . 187)  
None

## WINTER SALADS

### Cider-Poached Pear & Arugula Salad

radicchio, High Lawn bleu cheese  
cranberries, chai-spiced walnuts  
maple cider vinaigrette  
(GF . 226 . 22 . 7 . 13 . 5 . 180)  
Tree Nuts . Milk

### Tuscan Kale & Cherry Chopped Salad

chopped broccoli, red onion, dried cherries  
toasted sunflower seeds, dijon vinaigrette  
(GF . V . 208 . 22 . 5 . 13 . 5 . 110)  
Onion . Seeds

### Crisp Apple & Greens Salad

romaine, frisee, Granny Smith apples  
sherry vinaigrette  
(GF . V . 141 . 10 . 1 . 11 . 3 . 85)  
Onion

## ADDITIONS FOR YOUR MEAL

### Roasted Garlic Cloves & Olive Oil

thyme and black pepper  
(GF . V . 112 . 7 . 1 . 9 . 1 . 4)  
Garlic

### Saffron Tomato Confit

slow cooked roma tomatoes, shallots  
and parsley, avocado oil  
(GF . V . 83 . 2 . tr . 9 . tr . 3)  
Garlic . Onion

### Romesco

smoky Spanish-style roasted red pepper and  
sunflower seed sauce with garlic and olive oil  
(GF . V . 93 . 9 . 2 . 6 . 2 . 21)  
Garlic . Seeds

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**Gusto Crema medium roast espresso**

**Mezzanotte decaf drip coffee**

**Cold brew coffee**

**Milks:** whole • skim • half & half • unsweetened almond • oat

## J'ENWEY TEA

Organic & Direct Trade

### ICED TEA

black • lychee green • hibiscus berry peach

### HOT TEA

**Herbal Tea Sachets, Naturally Caffeine-Free**

calming chamomile • cherry berry • lemon lover • immunity blend

**Green Tea Sachets**

jasmine silver needle • vanilla peach • citrus mint

**Oolong Tea Sachets**

turmeric ginger

**Black Tea Sachets**

lady blue earl grey • English breakfast

## JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

**Jukes 1 (white)**

apple cider vinegar, peach, cucumber, plum, apple, pineapple (GF . V . 45 . 11 . 2 . 0 . 0 . 0 )

**Jukes 6 (red)**

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums (GF . V . 54 . 11 . 2 . 0 . 0 . 0 )

## HOMEMADE MOCKTAILS

**Strawberry Pamplemousse “Rosé”**

strawberry puree, lime and grapefruit juices  
sparkling water, mint (GF . V . 23 . 6 . tr . tr . 1 . 3 )

**Virgin Bloody Mary**

tomato juice, horseradish Worcestershire sauce,  
celery seed (GF . V . 45 . 8 . 2 . tr . 2 . 268 )

## SPRITZERS

**Tart Cherry**

(GF . V . 39 . 10 . 0 . 0 . 0 . 30 )

**Pomegranate**

(GF . V . 46 . 12 . 0 . 0 . 0 . 8 )

**Cranberry**

(GF . V . 49 . 12 . 0 . tr . 0 . 3 )



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**Hilltop Orchards**

Richmond, MA | Apples, Apple Cider

**Mill Brook Sugarhouse**

Lenox, MA | Maple Syrup

## GLOSSARY OF CULINARY TERMS

**Aligot**

Aligot is a French dish of mashed potatoes blended with melted cheese (traditionally Tomme), creating a smooth, stretchy, and richly savory mixture.

**Einkorn**

An ancient wheat variety with a rich, nutty flavor and a higher nutrient profile, known as one of the earliest cultivated grains.

**Honeynut Squash**

A small, sweet, richly flavored winter squash with deep orange flesh, bred as a more flavorful, mini version of butternut.

## LOCAL & SEASONAL FARE

**Cucumber**

A refreshing vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

**New Potatoes**

Including Yukon Golds and Fingerlings, New Potatoes are a nutrient-dense high-quality carb that provides steady energy, fiber, and potassium for heart health. Like other high-quality carbs, their natural fiber promotes fullness and balanced blood sugars, two key factors for weight loss goals. To learn more, join the Nutrition Team's presentation, "Weight Loss: Nutrition for Breaking Barriers" on Tuesdays at 4pm.

## MONTEREY BAY AQUARIUM SEAFOOD WATCH

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 fished or farmed seafood in ways that minimize their environmental impact. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out [seafoodwatch.org](http://seafoodwatch.org).



See over 500 recipes on our Nourish blog.

YOU CAN MAKE DINNER RESERVATIONS FOR THE GRILL AT THE HOST STAND, AS WELL AS BY USING THE CANYON RANCH MOBILE APP.

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.