

HOT OATS

Traditional Steel-Cut Oatmeal \$14

GF 148 . 20 . 5 . 5 . 3 . 12  
Milk . Tree Nuts

hearty oats served with sweet blueberries, toasted walnuts, a sprinkle of cinnamon, and a swirl of honey

WHOLESOME BOWLS

Melon, Greek Yogurt, and Granola Bowl \$16

GF 460 . 60 . 30 . 12 . 7 . 155  
Milk . Tree Nuts . Coconut


creamy Greek yogurt topped with house-made granola, sugar cube melon, fresh berries, and honey

Cottage Cheese Berry Bowl \$16

GF 413 . 58 . 22 . 11 . 6 . 515  
Milk . Tree Nuts . Coconut . Seeds

cottage cheese flavored with maple syrup and cinnamon, topped with mixed berries, house-made granola, and chia seeds

FRESH EGGS

All American Classic Breakfast\* 

500 . 49 . 30 . 20 . 5 . 726  
Egg . Wheat . Garlic . Onion

2 eggs \$19 | 3 eggs \$21

eggs cooked your way, served with grilled red skin potatoes, uncured bacon or chicken sausage, toast and jam

Avocado Toast \$21 

440 . 40 . 30 . 20 . 11 . 646  
Egg . Wheat . Onion . Seeds

grilled ciabatta topped with mashed avocado, organic hard-boiled eggs, pickled red onion, micro arugula, and chia seeds

Omelet or Scramble \$21 served with grilled red skin potatoes, toast and jam

Whole Egg	500 . 56 . 30 . 17 . 5 . 473 Milk . Egg . Wheat . Garlic . Onion	<b>Customize with:</b> spinach   tomato   bell pepper   roasted chilies onion   cremini mushroom   cheddar   Swiss mozzarella   feta cheese
Egg White	445 . 56 . 30 . 10 . 5 . 540 Milk . Egg . Wheat . Garlic . Onion	
Tofu V	V 452 . 57 . 30 . 13 . 9 . 512 Soy . Wheat . Garlic . Onion	
Just Egg V (+\$2)	V 493 . 59 . 24 . 17 . 5 . 724 Soy . Wheat . Garlic . Onion	

**Additional Proteins (+\$2)**  
chicken sausage | bacon | chicken chorizo

CANYON RANCH FAVORITES

Huevos Rancheros\* \$20

GF 500 . 56 . 30 . 19 . 16 . 385  
Milk . Egg . Garlic . Onion

crisp corn tostada layered with smashed black beans, avocado, and queso fresco, topped with two eggs your way and finished with house fire-roasted salsa, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Bagel and Lox\* \$22

352 . 40 . 30 . 8 . 5 . 706  
Milk . Wheat . Fish . Sesame . Onion . Seeds

toasted bagel with Atlantic cold-smoked salmon, pink peppercorn cream cheese, red onion, capers, and sliced tomato served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Hearty Breakfast Bowl\* \$20

GF 492 . 43 . 37 . 19 . 8 . 476  
Milk . Egg . Garlic . Onion

a wholesome bowl of smashed black beans, savory chicken sausage, red skin potatoes, sautéed kale and spinach, sweet peppers, red onion, two eggs your way, topped with queso fresco and pico de gallo

PLT Eggs Benedict\* \$21

466 . 27 . 22 . 31 . 4 . 468  
Egg . Soy . Wheat . Onion . Coconut

poached eggs paired with savory prosciutto, crisp lettuce, ripe tomato, and an avocado crema, all nestled on a toasted whole-wheat English muffin, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Croque Madame Flatbread\* \$21

484 . 37 . 31 . 23 . 3 . 882  
Milk . Egg . Wheat . Onion

crispy flatbread topped with melted gruyere cheese, black forest ham and two eggs your way, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Crème Brûlée French Toast\* \$20

545 . 64 . 25 . 21 . 6 . 620  
Milk . Egg . Wheat . Tree Nuts

French toast topped with a brûléed vanilla pastry cream, served with a medley of fresh berries, candied almonds and two eggs your way

Canyon Ranch Cakes\* \$20

515 . 66 . 36 . 14 . 8 . 612  
Milk . Egg . Wheat . Tree Nuts . Seeds

warm fluffy pancakes topped with bananas, walnuts, cacao nibs & Vermont maple syrup, served with two eggs your way

BREADS

Toasted Breads \$6

ciabatta | whole-wheat | sourdough | gluten-free bread | **bagels:** everything, gluten-free plain

Toasted Whole-Grain English Muffin \$4

Breakfast Breads \$6

daily muffins | Canyon Ranch signature banana bread | coffee cake

BREAKFAST



PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

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.

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).

 Everyone deserves a meal at the table. Order a participating menu item to support Three Square’s mission to help provide wholesome food to hungry people, while passionately pursuing a hunger-free community.



STARTERS

Prosciutto, Brie, & Fig \$18

313 . 41 . 13 . 11 . 1 . 705

Milk . Wheat

warm pita paired with creamy Brie, savory prosciutto, and sweet fig jam, topped with peppery arugula

Edamame Hummus & Grilled Pita Bread \$15

V 260 . 33 . 10 . 11 . 6 . 192

Soy . Wheat . Sesame . Garlic . Seeds

creamy edamame and chickpea hummus drizzled with avocado turmeric oil, topped with petite cilantro and crispy chickpeas, served with grilled pita bread

LIGHT BITES

Manchego Salad \$16

GF 300 . 32 . 13 . 15 . 10 . 295

Milk . Soy . Garlic . Onion

a vibrant chopped salad of crisp cucumber, petite heirloom tomatoes, sweet peppers, red onions, red gem lettuce, Manchego, and capers all tossed in a house-made Dijon vinaigrette

Roasted Corn Wedge Salad \$16

GF 401 . 46 . 21 . 18 . 10 . 702

Milk . Egg . Soy . Garlic . Onion

crisp baby iceberg wedges topped with grilled corn, cotija, crispy bacon, hard-boiled egg, and cherry tomatoes, finished with a zesty jalapeño ranch drizzle

Asian Pear & Blueberry Salad \$16

310 . 48 . 9 . 11 . 11 . 260

Milk . Soy . Wheat . Tree Nuts . Sesame . Seeds

a refreshing blend of red gem lettuce and napa cabbage with juicy blueberries and strawberries, Asian pear, pomegranate seeds, feta, candied almonds, crisp wonton strips, and honey-ginger pomegranate dressing

PROTEIN ADDITIONS

boost muscle recovery and support stable energy with one of these add-ons

Organic Tofu \$10

Grilled Red Bird Farms Chicken Breast \$12

Prime Flat Iron Steak\* \$15

Seared Salmon\* \$15

Seared Tuna\* \$15

Seared Shrimp \$15

GF . V 110 . 2 . 12 . 7 . 1 . 33

Soy

GF 120 . tr . 26 . 3 . tr . 63

None

GF 200 . tr . 32 . 9 . tr . 70

None

GF 177 . tr . 25 . 8 . tr . 151

Fish

GF 105 . tr . 22 . 2 . tr . 104

Fish

GF 131 . tr . 28 . 2 . tr . 269

Shellfish

LUNCH ENTREES

Vegetable & Black Rice Stir-Fry \$18

GF . V 303 . 53 . 9 . 7 . 7 . 526

Soy . Garlic . Onion

brimming with color and crunch, this black rice stir-fry features cauliflower, broccoli, peppers, mushrooms red onion and Brussels sprout leaves in a ginger-pomegranate ponzu

Warm Pesto Orzo with Seared Salmon\* \$25

543 . 17 . 47 . 32 . 1 . 495

Milk . Wheat . Tree Nuts . Fish . Garlic

seared salmon atop tender pesto orzo, finished with a bright lemon crema, parmesan cheese, and micro basil

Turkey, Bacon Brie Sandwich \$20

492 . 51 . 35 . 17 . 7 . 743

Milk . Egg . Wheat

deli turkey and crispy bacon stacked with creamy brie, fresh bibb lettuce, tomato and mayonnaise on toasted sourdough, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Grilled Bison Burger\* \$22

500 . 53 . 32 . 19 . 7 . 568

Milk . Egg . Soy . Wheat . Garlic . Onion . Coconut . Seeds

a juicy grilled bison patty topped with sharp white cheddar, fresh lettuce, tomato, and onion, with our house-made special sauce, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Tacos, Tacos, Tacos

served on corn tortillas with chipotle aioli, cilantro cabbage slaw, and pico de gallo, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Baja Tofu Tacos \$16

3 Chili Braised Chicken Tacos \$18

Cajun Shrimp Tacos \$22

Yellowfin Tuna Tacos\* \$22

Chimichurri Carne Asada Tacos\* \$22

GF 473 . 52 . 30 . 20 . 12 . 299

Milk . Egg . Soy . Garlic . Onion

GF 486 . 58 . 35 . 16 . 12 . 731

Milk . Egg . Onion

GF 404 . 57 . 30 . 10 . 11 . 749

Milk . Egg . Shellfish . Garlic . Onion

GF 429 . 52 . 36 . 10 . 10 . 335

Milk . Egg . Fish . Garlic . Onion

GF 496 . 52 . 40 . 16 . 10 . 350

Milk . Egg . Garlic . Onion

WELLNESS ADDITIONS

To support the individual journey of eating towards better health, add any of the following wellness additions to best help you improve your health:

chia seeds | turmeric oil | flax seeds | ashwagandha | moringa

avocado oil | pomegranate seeds | goji berries | açai powder

+ \$0.75 each

