

HOT OATS**Traditional Steel-Cut Oatmeal \$14**

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

GF 148 . 20 . 5 . 5 . 3 . 12

Milk . Tree Nuts

WHOLESMOME BOWLS**Melon, Greek Yogurt, and Granola Bowl \$16**

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

GF 460 . 60 . 30 . 12 . 7 . 155

Milk . Tree Nuts . Coconut

Cottage Cheese Berry Bowl \$16

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

GF 413 . 58 . 22 . 11 . 6 . 515

Milk . Tree Nuts . Coconut . 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

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

Egg . Wheat . Onion . 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

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

Customize with:

spinach | tomato | bell pepper | roasted chilies

onion | cremini mushroom | cheddar | Swiss

mozzarella | feta cheese

Additional Proteins (+\$2)

chicken sausage | bacon | chicken chorizo

CANYON RANCH FAVORITES**Huevos Rancheros* \$20**

GF 500 . 56 . 30 . 19 . 16 . 385

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 friseé, arugula, and radicchio salad with an orange vinaigrette

Milk . Egg . Garlic . Onion

Bagel and Lox* \$22

352 . 40 . 30 . 8 . 5 . 706

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

Milk . Wheat . Fish . Sesame . Onion . Seeds

Hearty Breakfast Bowl* \$20

GF 492 . 43 . 37 . 19 . 8 . 476

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

Milk . Egg . Garlic . Onion

PLT Eggs Benedict* \$21

466 . 27 . 22 . 31 . 4 . 468

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 friseé, arugula, and radicchio salad with an orange vinaigrette

Egg . Soy . Wheat . Onion . Coconut

Croque Madame Flatbread* \$21

484 . 37 . 31 . 23 . 3 . 882

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

Milk . Egg . Wheat . Onion

Crème Brûlée French Toast* \$20

545 . 64 . 25 . 21 . 6 . 620

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

Milk . Egg . Wheat . Tree Nuts

Canyon Ranch Cakes* \$20

515 . 66 . 36 . 14 . 8 . 612

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

Milk . Egg . Wheat . Tree Nuts . Seeds

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

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.

 **three square**TM
together, we can feed everyone

B R E A K F A S T



 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

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

Soy

Grilled Red Bird Farms Chicken Breast \$12

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

None

Prime Flat Iron Steak* \$15

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

None

Seared Salmon* \$15

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

Fish

Seared Tuna* \$15

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

Fish

Seared Shrimp \$15

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 ponzo

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

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

Milk . Egg . Soy . Garlic . Onion

3 Chili Braised Chicken Tacos \$18

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

Milk . Egg . Onion

Cajun Shrimp Tacos \$22

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

Milk . Egg . Shellfish . Garlic . Onion

Yellowfin Tuna Tacos* \$22

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

Milk . Egg . Fish . Garlic . Onion

Chimichurri Carne Asada Tacos* \$22

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

+ \$0.75 each

avocado oil | pomegranate seeds | goji berries | açai powder



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