

## STARTERS

### Soup of the Day

### Chicken Bone Broth

GF 28 . 1 . 2 . 1 . tr . 211  
Onion

### Vegetarian Bean Chili

GF . V 116 . 20 . 5 . 2 . 5 . 277  
Onion . Garlic

### Canyon Cobb

romaine, beets, hard-boiled egg, toasted pecans  
kefir ranch dressing, shiitake mushroom bacon  
caramelized sweet potato, bleu cheese  
GF 195 . 17 . 9 . 11 . 4 . 262  
Tree Nuts . Soy . Milk . Egg . Garlic . Onion

### Radicchio Apple Salad

tender mixed greens, Granny Smith & Pink  
lady Wilcox apples, mustard croutons  
apple cider vinaigrette  
V 87 . 16 . 2 . 2 . 3 . 170  
Tree Nuts . Wheat . Garlic . Onion

### 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

### Crab Tostada )

crispy local tortillas, lump crab, key lime  
mustard sauce, radish, grilled corn pico  
GF 163 . 20 . 7 . 7 . 3 . 139  
Shellfish . Egg . Garlic . Onion

### Market Salad

tender lettuce, fresh herbs, blueberries, cucumber, corn  
radish, bleu cheese, hemp seeds, avocado, cherry tomatoes  
GF 166 . 20 . 6 . 9 . 6 . 169  
Milk . Seeds

## ENTRÉES

### Hearty Lentil Bolognese

slow-simmered lentil and vegetable Bolognese  
luscious burrata cheese, green peas, basil oil  
crispy polenta cake  
GF 443 . 54 . 32 . 17 . 10 . 570  
Milk . Soy . Garlic . Onion

### Edamame Croquettes

quinoa, pea shoots, brown rice & lentil  
tabbouleh, tahini lemon drizzle  
GF . V 499 . 59 . 27 . 20 . 16 . 560  
Soy . Sesame . Seeds . Onion . Garlic

### Bountiful Beef Bulgogi Lettuce Wraps\*

thinly sliced & seared marinated tenderloin  
forbidden black rice, stir-fried vegetables  
earthy kimchi, bibb lettuce  
GF 472 . 50 . 41 . 12 . 8 . 705  
Soy . Sesame . Garlic . Onion . Seeds

### Grilled Salmon Charred Broccolini Caesar\*

Faroe Island salmon, dinosaur kale, gem lettuce  
red onion, three wise grains, crispy garbanzos  
GF 496 . 41 . 37 . 20 . 11 . 450  
Milk . Soy . Fish . Garlic . Onion

### Korean Chicken Salad

Korean spice marinated chicken breast  
pickled daikon radish, cabbage, green peas  
crispy edamame, carrot ginger dressing  
GF 370 . 40 . 32 . 10 . 8 . 736  
Soy . Sesame . Garlic . Onion . Seeds

### Shrimp & Blue Corn Grits )

Cajun-spiced shrimp, creamy grits, edamame  
succotash, grilled diced asparagus  
GF 475 . 40 . 41 . 20 . 11 . 686  
Shellfish . Milk . Soy . Garlic . Onion

### Carne Asada Tacos\*

grilled grass-fed skirt steak, fresh pico de gallo  
house pickled red onion, local corn tortillas  
hearty rattlesnake beans, cotija cheese  
GF 453 . 50 . 35 . 14 . 9 . 698  
Milk . Onion

### Blackened Fish Sandwich\*

local toasted Barrio baguette, blackened market catch  
1000 canyon dressing, romaine lettuce, creamy apple slaw  
498 . 60 . 30 . 15 . 11 . 510  
Wheat . Fish . Milk . Garlic . Onion . Seeds

### Kimchi Veggie Burger

house-made burger patty, cucumber ribbons  
Korean fermented cabbage, tomato, sriracha mayo  
V 464 . 55 . 30 . 15 . 7 . 742  
Wheat . Soy . Sesame . Garlic . Onion . Seeds

### Market Catch Zarandeado Tacos\*

avocado, tomatillo salsa, red onions, cabbage  
lime, rattlesnake beans  
GF 422 . 42 . 30 . 15 . 10 . 257  
Fish . Garlic . Onion

### Yard Bird Green Chile Burger\*

seared Red Bird chicken patty, roasted green chilies  
Red Butte Hatch chile cheddar, jicama slaw  
497 . 44 . 45 . 20 . 8 . 699  
Milk . Wheat . Sesame . Garlic . Onion . Seeds

### Trail Boss Burger\*

100% grass-fed ground beef burger, jicama slaw, wheat bun

**Build it Your Way:** lettuce, tomato, pickles, pickled onion, green chilies, roasted wild mushrooms, avocado slow-simmered house-made chili, swiss, cheddar, robust bleu cheese, smoked turkey bacon

462 . 40 . 37 . 17 . 9 . 456  
Soy . Sesame . Onion . Seeds

## CULINARY ACTION THEATRE

Visit the Culinary Action Theatre to enjoy our daily rotating features and create your own experience.

### 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) V = Vegan (contains no animal product. May contain honey.)

† = Served Raw ) = Spicy Dish

\*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)



See over 500 recipes  
on our Nourish blog.

LUNCH  
WINTER

## JENWEY TEA

WINTER

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

## 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 are 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

**FIORE DI CAPRA** | Pomerene, AZ | Goat Cheese

**DESERT PEARL MUSHROOMS** | Tucson, AZ

**HAYDEN FLOUR MILLS** | Queen Creek, AZ | Flour, Purple Barley

**ROOTS RANCH** | Winkelman, AZ | Eggs

**PLANT 2 PLATE MICRO FARM** | Catalina, AZ | Micro Greens

## LOCAL & SEASONAL

### Radish

Radishes belong to the brassica, or cruciferous veggie family, and come in many shapes, sizes, and colors. All radishes are sharp in flavor, indicative of their richness in the cancer-fighting compounds glucosinolates. Maximize the health benefits of glucosinolates by choosing radishes in more raw preparations, such as salads or slaws.

### Salmon

We love featuring salmon on our menus as it is uniquely high in omega-3 fats and protein. The omega-3 fats in salmon support brain health, cardiovascular function and have anti-inflammatory benefits. Salmon is rich in high-quality protein essential for building and maintaining strong muscle. It also helps better manage blood glucose while keeping us satiated. Learn more about why this is important for managing hunger and cravings in our Optimize Brain Health with Nutrition presentation by a Canyon Ranch Nutritionist every Wednesday at 10 am.

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.

You can make dinner reservations for Vaquero at the host stand in the Clubhouse, as well as by using the Canyon Ranch Mobile App.

