



SPRING 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, parmesan
(GF . 200 . 19 . 13 . 8 . 2 . 213)
Milk . Garlic . Onion, Gluten

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

SPRING 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.

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.

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

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.



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.



SPRING MENU
DAY 2

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

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

SPRING 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)

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 fished or farmed seafood in ways that minimize their environmental impact. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org.

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

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.

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.



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.



SPRING 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

sunflower seed romesco, Castelvetrano olives, olive oil
(GF . 188 . 5 . 9 . 16 . 2 . 234)
Shellfish . Garlic . Seeds

Tuna Tartare*

cucumber, avocado, ponzu, scallion
sweety drop peppers
(GF . 224 . 14 . 24 . 9 . 6 . 247)
Fish . Soy . Onion

Spring Pea Guacamole

jalapeno, scallion, cilantro, lime, tortillas
(GF . V . 253 . 19 . 6 . 19 . 10 . 523)
Onion . Seeds

BBQ Baby Carrots

sumac cumin yogurt, smoked paprika
(GF . 110 . 20 . 7 . 1 . 6 . 115)
Milk

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

Pan-Seared Idaho Trout

fingerling potatoes, green beans
slivered almonds, honey sage butter
(GF . 620 . 36 . 53 . 30 . 8 . 191)
Tree Nuts . Fish . Milk

Statler Chicken Breast

pan roasted, steamed brown rice
sautéed spinach, mushroom marsala pan jus
(GF . 616 . 39 . 51 . 26 . 5 . 745)
Milk . Onion . Garlic

Roasted Cauliflower

vegan roasted pepper aioli, golden raisins
toasted sunflower seeds, micro herbs
(GF . V . 586 . 89 . 23 . 22 . 17 . 700)
Soy . Seeds

Broiled Jumbo Shrimp

leek soubise, marinated artichokes
baby arugula
(GF . 480 . 36 . 38 . 23 . 11 . 892)
Shellfish . Milk . Onion

Grilled New York Steak*

whipped potatoes, grilled asparagus
horseradish gremolata
(355 . 24 . 36 . 14 . 5 . 649)
Milk . 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

SPRING 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

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.

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.

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

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.



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.