



BALANCED BEGINNINGS

Breakfast Tacos*	GF 456 . 44 . 31 . 15 . 10 . 510
chicken chorizo, scrambled egg, black beans, pico de gallo Monterey Jack cheese, chili crema, local corn tortillas Milk . Egg . Garlic . Onion	
Salmon Benedict*	GF 486 . 41 . 35 . 20 . 7 . 666
sautéed asparagus, poached egg, gluten-free bread, hollandaise avocado, radish, scallions, arugula, super seeds Egg . Soy . Fish . Garlic . Onion . Seeds	
Tofu Scramble Wrap	V 414 . 40 . 32 . 18 . 11 . 676
bell peppers, mushroom, red onion, black beans, grilled corn arugula, kala namak, whole wheat tortilla Soy . Wheat . Garlic . Onion	
Chef's Omelet*	441 . 40 . 30 . 17 . 6 . 576
Red Butte cheese, choice of toast, chef's choice of veggies breakfast potatoes Milk . Egg . Wheat . Sesame . Seeds	
Carnitas Breakfast Burrito	524 . 38 . 44 . 21 . 8 . 590
scrambled egg, slow-braised pork, roasted potatoes, Monterey Jack cheese black beans, spinach, chili crema, whole-wheat tortilla Milk . Egg . Wheat . Garlic . Onion	
Sonoran Hash Skillet*	GF 388 . 35 . 29 . 12 . 8 . 700
chicken chorizo, sweet peppers, red onion, potatoes black beans, cilantro, cotija cheese, eggs Milk . Egg . Garlic . Onion	
Double U Breakfast Plate*	466 . 40 . 30 . 20 . 7 . 506
two eggs any style, chicken chorizo, breakfast potatoes avocado, choice of toast Egg . Wheat . Sesame . Garlic . Onion . Seeds	
Canyon Rancheros Plate*	GF 464 . 41 . 33 . 15 . 12 . 728
corn tostada, chicken chorizo, black beans, cotija cheese avocado cilantro crema, one egg any style Milk . Egg . Garlic . Onion	

APPETIZING ADDITIONS

Chicken Chorizo	GF 93 . 2 . 12 . 4 . tr . 161
Garlic . Onion	
Seared Salmon Patty	GF 176 . 2 . 25 . 7 . tr . 280
Soy . Fish . Garlic . Onion	
Blueberry Pancakes	201 . 45 . 5 . 1 . 3 . 294
Milk . Egg . Wheat	
Breakfast Potatoes	GF . V 85 . 14 . 2 . 3 . 2 . 21
None	
Just Egg	GF . V 70 . 1 . 5 . 5 . tr . 170
plant-based egg alternative Soy . Onion	
Organic Steel-Cut Oatmeal	GF . V 197 . 33 . 7 . 5 . 5 . 7
Tree Nuts	
Acai Bowl	V 154 . 30 . 8 . 3 . 5 . 15
Wheat . Coconut	
Golden Muesli	GF 254 . 39 . 11 . 7 . 5 . 35
Tree Nuts . Milk . Seeds . Coconut	
Blueberry Pistachio Overnight Oats	GF 196 . 24 . 11 . 7 . 4 . 37
Milk . Tree Nuts . Seeds	

NUTRIENT ANALYSIS

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

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

*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.

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.

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



See over 500 recipes on our Nourish blog.

BREAKFAST

