



VAQUERO

CANYON RANCH

FIRED UP SELECTIONS

The Conscious Cowboy Bowl

scrambled Burmese style tofu (made with chickpea flour), Cowboy Caviar, quinoa, sautéed spinach, house-made tofu bacon
GF . V 488 . 50 . 32 . 20 . 12 . 745
Soy . Onion . Garlic

Southwest Breakfast Bowl*)

one local farm fresh egg any style, house-made chicken chorizo, quinoa, kale, sweet potato hash jalapeno avocado dressing, pickled onions, pepitas
GF 482 . 45 . 32 . 20 . 10 . 607
Egg . Onion . Garlic . Seeds

Avocado & Whipped Ricotta Toast

Barrio super seed bread, scrambled eggs thinly sliced scallions, snap peas, radish hemp seeds, crispy garbanzos
482 . 43 . 33 . 19 . 10 . 544
Milk . Egg . Wheat . Sesame . Garlic . Onion . Seeds

Huevos Rancheros*)

two eggs any style, house-made ranchero salsa avocado, slow-simmered rattlesnake beans crispy corn tortillas, pico de gallo, signature chicken apple sausage patty
GF 490 . 42 . 29 . 20 . 8 . 601
Milk . Egg . Garlic . Onion

Green Shakshuka*

roasted tomatillo, spinach, & cilantro sauce garbanzo beans, baked eggs, super seeds toasted lavash, chicken sausage
455 . 41 . 31 . 19 . 10 . 644
Wheat . Egg . Onion . Garlic . Seeds

Miso Oatmeal with 6 Minute Egg*

sautéed kale, 6 minute poached egg roasted wild mushrooms, chili crisp
GF 499 . 45 . 34 . 20 . 14 . 698
Soy . Sesame . Egg . Onion . Garlic . Seeds

APPETIZING ADDITIONS

Acai Bowl

mixed berry chia seed preserves kiwi, banana, cacao nibs
GF . V 143 . 22 . 1 . 5 . 6 . 47
Tree Nuts . Seeds . Coconut

PB & J Parfait

mixed berry chia seed preserves, peanut butter protein Greek Yogurt, granola, raspberries
356 . 50 . 19 . 10 . 10 . 194
Peanuts . Tree Nuts . Wheat . Milk . Seeds

Organic Steel-Cut Oatmeal Bowl

super seed and pecan dukkah, seasonal fruit, spice-infused maple syrup
GF . V 161 . 22 . 5 . 7 . 5 . 9
Tree Nuts . Seeds

Scrambled Tofu

seasoned and scrambled, may be substituted for choice of egg
GF . V 144 . 6 . 16 . 8 . 4 . 49
Soy . Garlic . Onion

All American Breakfast*

two eggs any style, roasted breakfast potatoes signature chicken apple sausage patty or smoked turkey bacon, mixed berries, choice of toast
486 . 46 . 35 . 17 . 9 . 747
Egg . Wheat . Sesame . Garlic . Onion . Seeds

The VLT

toasted Barrio whole grain bread house-made tofu bacon, lettuce tomato, sunflower seed mayonnaise
V 495 . 57 . 30 . 19 . 10 . 748
Soy . Wheat . Sesame . Garlic . Seeds

Blueberry & Brie Stuffed French Toast*

Barrio sourdough baguette, cinnamon-egg batter house-made blueberry preserves, creamy brie one egg any style, chicken sausage, mixed berries
433 . 42 . 31 . 15 . 7 . 744
Milk . Egg . Wheat . Garlic . Onion

The Vaquero Breakfast Sandwich

gluten-free English muffin, chipotle cheddar cheese, chicken sausage, egg whites, wilted arugula, caramelized onions, paprika aioli, served with a side of sweet potato hash
491 . 46 . 34 . 20 . 9 . 683
Egg, Milk . Garlic . Onion

Powerhouse French Toast*

Barrio cranberry-walnut bread, vanilla protein batter, maple Greek yogurt drizzle two eggs any style
500 . 51 . 30 . 19 . 7 . 487
Tree Nuts . Wheat . Soy . Milk . Egg . Onion . Garlic

Lemon Ricotta Waffle

mixed berry chia seed preserves
176 . 27 . 5 . 6 . 4 . 201
Wheat . Milk . Seeds

Hot Honey Cornmeal Pancakes

cornbread style pancakes with hot honey & cornflake granola
GF 243 . 46 . 3 . 6 . 3 . 152
Tree Nuts . Milk . Egg

Mesquite Flour Silver Dollar Pancakes

Vermont maple syrup, choice of blackberry preserves or cinnamon-dusted caramelized apples
GF 116 . 23 . 3 . 1 . 1 . 176
Milk . Tree Nuts

Sweet Potato Hash

peppers, onions, chickpeas, garlic, smoked paprika
GF . V 162 . 22 . 5 . 7 . 5 . 103
Garlic . Onion

Fresh Fruit and Berries

GF . V 77 . 18 . 1 . tr . 4 . 11

VAQUERO ACTION STATION

Visit the Omelet Bar to customize your made-to-order omelet and enjoy our daily rotating features.

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



See over 500 recipes on our Nourish blog.

BREAKFAST
SPRING

RISHI TEA

Organic & Direct Trade

ICED

green tea citrus | golden triangle black | hibiscus elderberry

HOT

Loose-Leaf Tea

Earl Grey | English breakfast | jasmine green | golden chamomile | peppermint

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

KEFIR

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems

GF . 75 . 4 . 5 . 4 . tr . 62

JUICES

orange | pomegranate | grapefruit | cranberry | tomato | tart cherry | apple | white grape

JUICE BLENDS

Beet-Ade

beet, blueberry, pomegranate, coconut water, Bartlett pear, mint, ginger

GF . V 90 . 21 . 2 . tr . 4 . 68

Liquid Sunshine

carrot, orange, cantaloupe, turmeric, ginger

GF . V 95 . 22 . 2 . tr . 3 . 78

Green Nectar

celery, cucumber, kale, honeydew, lemon, green apple, coconut water

GF . V 61 . 14 . 1 . tr . 2 . 35

LOCAL AND SEASONAL

Peppers

The Southwest is home to a wide variety of peppers, from sweet bells to fiery chilies. We love incorporating all types of peppers in our dishes for their varied, complex flavors, which provide a delicious taste of place. They're rich in vitamins C and A and antioxidants, providing an easy boost to support your immune system.

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 they are rich in the cancer-fighting compounds glucosinolates. Maximize the benefits of glucosinolates for health by choosing radishes in more raw preparations, such as in salads or slaws.

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.