



VAQUERO

CANYON RANCH

BEGINNINGS

Soup of the Day

chef's daily celebration of seasonal bounty

Tomato Gazpacho

GF . V 61 . 13 . 2 . tr . 2 . 303
Onion . Garlic

Chicken Bone Broth

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

Steamed Edamame)

yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Seeds . Garlic

Brussels Sprouts Bravas

sunflower seed romesco, whipped tofu, panko gremolata
GF . V 224 . 18 . 6 . 16 . 6 . 228
Soy . Seeds . Garlic

Smoked Olives

mixed olives, Meyer lemon, oregano, Calabrian chilies
GF . V 49 . tr . 2 . 5 . 2 . 330
None

Scallop Crudo*

jumbo scallops, carrot vinaigrette, avocado crema
Calabrian pepper gel, marcona almond crumble
GF 230 . 9 . 15 . 16 . 2 . 334
Shellfish . Tree Nuts . Milk . Garlic . Onion

FIELD & DRESSING

Heirloom Tomato & Peach Caprese

burrata, spinach, fig balsamic reduction
crispy capers
GF 179 . 20 . 6 . 8 . 4 . 264
Milk

Harvest Beets & Bleu Cheese

roasted beets, Belgian endive, toasted hazelnuts
whipped goat & bleu cheese, juicy pear
GF 179 . 20 . 6 . 8 . 4 . 264
Tree Nuts . Milk

Market Salad

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

Canyon Caesar

tender romaine, anchovy bacon, crispy garbanzos
house-made Caesar dressing, parmesan cheese
GF 159 . 7 . 3 . 14 . 2 . 179
Milk . Soy . Fish . Garlic . Onion

The Rachel Green Salad

quinoa, chickpeas, cucumber, sweet peppers, red onion
fresh herbs, lemon juice, vegan feta, pistachios
GF . V 199 . 19 . 7 . 11 . 4 . 298
Tree Nuts . Onion . Coconut

CHEF'S DAILY SELECTIONS

Tofu Katsu

crispy tofu, miso-glazed eggplant, sautéed
broccolini, roasted red pepper curry
GF . V 429 . 45 . 30 . 20 . 22 . 739
Soy . Coconut . Sesame . Onion . Garlic . Seeds

Mesquite Smoked Seitan

black bean and pepita mole, calabacitas
prickly pear gastrique
V 521 . 54 . 39 . 17 . 11 . 655
Wheat . Soy . Sesame . Onion . Garlic . Seeds

Roasted Chicken Supreme

blood orange glaze, ginger salsa, snap peas
cilantro black rice
GF 484 . 54 . 41 . 13 . 8 . 687
Onion . Garlic

Lobster & Kale Stuffed Shells

truffle and wild mushroom cream sauce
broccolini with lemon zest
497 . 60 . 30 . 16 . 9 . 676
Shellfish . Wheat . Milk . Egg . Garlic

Seared Jumbo Scallops*

turmeric vegetable rice, charred snap peas
harissa beurre blanc
GF 465 . 40 . 35 . 20 . 8 . 553
Shellfish . Milk . Onion . Garlic

Seared Faroe Island Salmon*

blackened salmon, pineapple-cilantro mojo salsa, tomato
confit, turmeric vegetable rice, calabacitas
GF 496 . 46 . 34 . 21 . 6 . 671
Fish . Onion . Garlic

Grilled Lamb T-Bone Florentine*

rosemary and garlic marinated lamb, herbed kamut
creamed spinach, blistered cherry tomatoes
GF 461 . 53 . 33 . 15 . 7 . 352
Tree Nuts . Milk . Wheat . Onion . Garlic

Rustler Steak Dinner*

butcher block feature, chimichurri, roasted baby carrots
black garlic peewee potatoes
GF 530 . 34 . 38 . 27 . 6 . 471
Milk . Onion . Garlic

DINNER
SPRING - MONDAY & THURSDAY

SIMPLY PREPARED

Roasted Sweet Potato

GF . V 140 . 32 . 3 . tr . 5 . 56
None

Roasted Baby Carrots

GF . V 69 . 9 . 1 . 3 . 3 . 126
None

Turmeric Cauliflower Mash GF

GF 64 . 5 . 2 . 5 . 2 . 108
Milk

Brown Rice

GF . V 140 . 29 . 3 . 1 . 2 . 5
None

Spinach with Garlic

GF . V 45 . 4 . 3 . 2 . 2 . 138
Onion . Garlic

Sauteed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140
Garlic

Roasted Black Garlic Peewee Potatoes

GF . V 106 . 17 . 2 . 4 . 2 . 35
Garlic

Chefs Daily Steamer Basket

GF . V
Allergens Will Vary

Grilled Tofu (with salt & pepper)

GF . V 115 . 2 . 13 . 8 . 1 . 142
Soy

Grilled Market Catch* (with salt & pepper)

GF 96 . tr . 21 . 1 . tr . 229
Fish

Grilled Butcher Selection* (with salt & pepper)

GF 222 . 1 . 33 . 9 . tr . 200
None

Grilled Chicken Breast (with salt & pepper)

GF 138 . 1 . 26 . 3 . tr . 180
None

VAQUERO ACTION STATION

Pasta + Chef's Spotlight - Vegetarian Lasagna & Beef Bolognese Lasagna

Visit the Vaquero Action Station to enjoy pasta, tossed to order with your choice of seasonal sauces and mix-ins.

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.

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

BEVERAGES

SPRING

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, is 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

LA MESA | Tucson, AZ | Tortillas

HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef

HICKMAN'S FAMILY FARMS | Buckeye, AZ | Eggs

RAMONA FARMS | Sacaton, AZ | Tepary Beans

LOCAL & SEASONAL

PEAS

After a cold winter, fresh peas are one of the first spring vegetables to signal the start of warmer weather to come. Peas provide high-quality carbohydrates to power both the brain and the body. They also contribute to essential protein intake, providing 4g protein per ½ cup, and are rich in prebiotic fiber, which fuels and nourishes a healthy gut microbiome.

SALMON

We love featuring salmon on our menus as it is uniquely high in both 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, which is essential for building and maintaining strong muscle and also helps better manage blood glucose while keeping us satiated.

Canyon Ranch maintains among the most rigorous nutrition standards in the industry, and nutrition information 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.



VAQUERO

CANYON RANCH

BEGINNINGS

Soup of the Day
chef's daily celebration of seasonal bounty

Tomato Gazpacho
GF . V 61 . 13 . 2 . tr . 2 . 303
Onion . Garlic

Chicken Bone Broth
GF 28 . 1 . 2 . 1 . tr . 211
Onion

Steamed Edamame)
yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Seeds . Garlic

Goji Berry Shrimp Cocktail
poached jumbo shrimp, shaved fennel, radish
lime, goji berry cocktail sauce
GF 201 . 26 . 27 . 1 . 6 . 407
Shellfish

Prickly Pear Glazed Albondigas
grass-fed beef & chicken chorizo meatballs
roasted peppers & nopales, cotija cheese
GF 181 . 20 . 14 . 6 . 3 . 246
Milk . Egg . Onion . Garlic

Bone Marrow Elote
roasted beef bone marrow, salsa verde
cotija cheese, roasted corn esquites
GF 289 . 42 . 16 . 9 . 5 . 235
Milk . Onion . Garlic

FIELD & DRESSING

Asian Pear-Shiso Salad
quinoa, cucumber, black tahini yogurt
white balsamic ginger dressing
GF 122 . 19 . 5 . 3 . 4 . 66
Milk . Sesame . Onion . Seeds

Harvest Beets & Bleu Cheese
roasted beets, Belgian endive, toasted hazelnuts
whipped goat & bleu cheese, juicy pear
GF 179 . 20 . 6 . 8 . 4 . 264
Tree Nuts . Milk

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

Heirloom Tomato & Peach Caprese
burrata, spinach, fig balsamic reduction
crispy capers
GF 179 . 20 . 6 . 8 . 4 . 264
Milk

The Rachel Green Salad
quinoa, chickpeas, cucumber, sweet peppers, red onion
fresh herbs, lemon juice, vegan feta, pistachios
GF . V 199 . 19 . 7 . 11 . 4 . 298
Tree Nuts . Onion . Coconut

CHEF'S DAILY SELECTIONS

Tofu Katsu
crispy tofu, miso-glazed eggplant, sautéed
broccolini, roasted red pepper curry
GF . V 429 . 45 . 30 . 20 . 22 . 739
Soy . Coconut . Sesame . Onion . Garlic . Seeds

Mesquite Smoked Seitan
black bean and pepita mole, calabacitas
prickly pear gastrique
V 521 . 54 . 39 . 17 . 11 . 655
Wheat . Soy . Sesame . Onion . Garlic . Seeds

Seared Duck Breast*
orange-pomegranate bordelaise, cipollini onion
Brussels sprouts & butternut vegetable mélange
cauliflower mash
GF 465 . 40 . 35 . 20 . 8 . 553
Milk . Onion

Turmeric Peppercorn Salmon* GF
sweet potato curry broth, kale, beluga lentils
Asian pear salsa
GF 500 . 42 . 44 . 15 . 14 . 664
Fish . Garlic . Onion . Coconut

Seared Jumbo Scallops*
turmeric vegetable rice, charred snap peas
harissa beurre blanc
GF 465 . 40 . 35 . 20 . 8 . 553
Shellfish . Milk . Onion . Garlic

Grilled Lamb T-Bone Florentine*
rosemary and garlic marinated lamb, herbed kamut
creamed spinach, blistered cherry tomatoes
GF 461 . 53 . 33 . 15 . 7 . 352
Tree Nuts . Milk . Wheat . Onion . Garlic

Rustler Steak Dinner*
butcher block feature, chimichurri, roasted baby carrots
black garlic pee wee potatoes
GF 530 . 34 . 38 . 27 . 6 . 471
Milk . Onion . Garlic

Iberico Hanger Steak*)
smoked and seared Iberian Peninsula pork
hanger steak, spicy salsa macha pee wee potatoes
bourbon peppercorn reduction
GF 488 . 26 . 23 . 36 . 7 . 475
Tree Nuts . Milk . Soy . Sesame . Onion . Garlic . Seeds

DINNER
SPRING - WEDNESDAY & SATURDAY

SIMPLY PREPARED

Roasted Sweet Potato
GF . V 140 . 32 . 3 . tr . 5 . 56
None

Roasted Baby Carrots
GF . V 69 . 9 . 1 . 3 . 3 . 126
None

Turmeric Cauliflower Mash GF
GF 64 . 5 . 2 . 5 . 2 . 108
Milk

Brown Rice
GF . V 140 . 29 . 3 . 1 . 2 . 5
None

Spinach with Garlic
GF . V 45 . 4 . 3 . 2 . 2 . 138
Onion . Garlic

Sauteed Broccoli with Garlic
GF . V 55 . 7 . 3 . 2 . 3 . 140
Garlic

Roasted Black Garlic Pee wee Potatoes
GF . V 106 . 17 . 2 . 4 . 2 . 35
Garlic

Chefs Daily Steamer Basket
GF . V
Allergens Will Vary

Grilled Tofu (with salt & pepper)
GF . V 115 . 2 . 13 . 8 . 1 . 142
Soy

Grilled Market Catch* (with salt & pepper)
GF 96 . tr . 21 . 1 . tr . 229
Fish

Grilled Butcher Selection* (with salt & pepper)
GF 222 . 1 . 33 . 9 . tr . 200
None

Grilled Chicken Breast (with salt & pepper)
GF 138 . 1 . 26 . 3 . tr . 180
None

VAQUERO ACTION STATION

Pho + Chef's Spotlight - Pineapple Shrimp Fried Rice

Build your own bowl of fragrant and flavorful pho with your choice of proteins, vegetables, and garnishes.

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

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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

BEVERAGES

SPRING

UNESCO

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FIORE DI CAPRA | Pomerene, AZ | Goat Cheese

LA MESA | Tucson, AZ | Tortillas

HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef

HICKMAN'S FAMILY FARMS | Buckeye, AZ | Eggs

RAMONA FARMS | Sacaton, AZ | Tepary Beans

LOCAL & SEASONAL

PEAS

After a cold winter, fresh peas are one of the first spring vegetables to signal the start of warmer weather to come. Peas provide high-quality carbohydrates to power both the brain and the body. They also contribute to essential protein intake, providing 4g protein per ½ cup, and are rich in prebiotic fiber, which fuels and nourishes a healthy gut microbiome.

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VAQUERO

CANYON RANCH

BEGINNINGS

Soup of the Day

chef's daily celebration of seasonal bounty

Tomato Gazpacho

GF . V 61 . 13 . 2 . tr . 2 . 303
Onion . Garlic

Chicken Bone Broth

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

Steamed Edamame

yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Seeds . Garlic

FIELD & DRESSING

Charred Leeks & Salsa Macha

whipped feta, cilantro leaves, arugula
GF 195 . 16 . 6 . 12 . 3 . 334
Tree Nuts . Milk . Sesame . Onion . Garlic . Seeds

Heirloom Tomato & Peach Caprese

burrata, spinach, fig balsamic reduction
crispy capers
GF 179 . 20 . 6 . 8 . 4 . 264
Milk

Harvest Beets & Bleu Cheese

roasted beets, Belgian endive, toasted hazelnuts
whipped goat & bleu cheese, juicy pear
GF 179 . 20 . 6 . 8 . 4 . 264
Tree Nuts . Milk

CHEF'S DAILY SELECTIONS

Tofu Chile Relleno

tofu cotija, ranchero sauce, calabacitas
turmeric vegetable rice
GF . V 421 . 49 . 21 . 18 . 8 . 436
Soy . Onion . Garlic

Mesquite Smoked Seitan

black bean and pepita mole, calabacitas
prickly pear gastrique
V 521 . 54 . 39 . 17 . 11 . 655
Wheat . Soy . Sesame . Onion . Garlic . Seeds

Roasted Chicken Supreme

lemon-cardamom marinade, roasted sweet potato
root vegetable mélange
GF 468 . 40 . 46 . 14 . 8 . 728
Onion

Pistachio Crusted Black Cod

zucchini, rainbow cauliflower, herbed kamut
tomato sauce, mascarpone fonduta
497 . 44 . 36 . 20 . 7 . 605
Tree Nuts . Wheat . Fish . Milk . Soy . Garlic . Onion

Smoked Olives

mixed olives, Meyer lemon, oregano, Calabrian chilies
GF . V 49 . tr . 2 . 5 . 2 . 330
None

Goji Berry Shrimp Cocktail

poached jumbo shrimp, shaved fennel, radish
lime, goji berry cocktail sauce
GF 201 . 26 . 27 . 1 . 6 . 407
Shellfish

Duck Confit Tostada

avocado crema, corn pico, cilantro
red chili sauce, corn tortilla
GF 176 . 20 . 10 . 7 . 4 . 116
Tree Nuts . Milk . Sesame . Onion . Garlic . Seeds

Market Salad

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

The Rachel Green Salad

quinoa, chickpeas, cucumber, sweet peppers, red onion
fresh herbs, lemon juice, vegan feta, pistachios
GF . V 199 . 19 . 7 . 11 . 4 . 298
Tree Nuts . Onion . Coconut

Poached Lobster Tail

vanilla saffron beurre monte, roasted fennel
bergamot scented black barley, swiss chard
437 . 60 . 30 . 9 . 16 . 729
Shellfish . Wheat . Milk . Onion

Seared Jumbo Scallops*

turmeric vegetable rice, charred snap peas
harissa beurre blanc
GF 465 . 40 . 35 . 20 . 8 . 553
Shellfish . Milk . Onion . Garlic

Grilled Lamb T-Bone Florentine*

rosemary and garlic marinated lamb, herbed kamut
creamed spinach, blistered cherry tomatoes
GF 461 . 53 . 33 . 15 . 7 . 352
Tree Nuts . Milk . Wheat . Onion . Garlic

Coffee & Cocoa Rubbed Wagyu*

roasted baby carrots, black garlic peewee potatoes
dark cherry balsamic reduction
GF 385 . 40 . 33 . 11 . 7 . 471
Garlic

DINNER
SPRING - TUESDAY & FRIDAY

SIMPLY PREPARED

Roasted Sweet Potato

GF . V 140 . 32 . 3 . tr . 5 . 56
None

Roasted Baby Carrots

GF . V 69 . 9 . 1 . 3 . 3 . 126
None

Turmeric Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108
Milk

Brown Rice

GF . V 140 . 29 . 3 . 1 . 2 . 5
None

Spinach with Garlic

GF . V 45 . 4 . 3 . 2 . 2 . 138
Onion . Garlic

Sauteed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140
Garlic

Roasted Black Garlic Peewee Potatoes

GF . V 106 . 17 . 2 . 4 . 2 . 35
Garlic

Chefs Daily Steamer Basket

GF . V
Allergens Will Vary

Grilled Tofu (with salt & pepper)

GF . V 115 . 2 . 13 . 8 . 1 . 142
Soy

Grilled Market Catch* (with salt & pepper)

GF 96 . tr . 21 . 1 . tr . 229
Fish

Grilled Butcher Selection* (with salt & pepper)

GF 222 . 1 . 33 . 9 . tr . 200
None

Grilled Chicken Breast (with salt & pepper)

GF 138 . 1 . 26 . 3 . tr . 180
None

VAQUERO ACTION STATION

Curry + Chef's Spotlight - Goan Fish Curry with Chef's Choice Market Catch

Visit the Vaquero Action Station to savor aromatic curries crafted with vibrant spices, seasonal vegetables, and your choice of protein.

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

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

SPECIALTY TEA DRINKS

chai tea latte | matcha latte

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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

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LA MESA | Tucson, AZ | Tortillas

HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef

HICKMAN'S FAMILY FARMS | Buckeye, AZ | Eggs

RAMONA FARMS | Sacaton, AZ | Tepary Beans

LOCAL & SEASONAL

BROCCOLI

Did you know that 1 cup of broccoli has more vitamin C than an orange? Broccoli is also rich in cancer-fighting compounds called glucosinolates and is a great source of prebiotic fiber. Fiber that is prebiotic acts as food for beneficial gut microbes, or the microbiota. Getting enough prebiotic fiber through foods like broccoli is important for a healthy, robust, and diverse gut microbial community.

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.

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Onion

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yuzu-togarashi dipping sauce

GF . V 166 . 14 . 15 . 7 . 5 . 287

Soy . Sesame . Seeds . Garlic

FIELD & DRESSING

Charred Leeks & Salsa Macha

whipped feta, cilantro leaves, arugula

GF 195 . 16 . 6 . 12 . 3 . 334

Tree Nuts . Milk . Sesame . Onion . Garlic . Seeds

Heirloom Tomato & Peach Caprese

burrata, spinach, fig balsamic reduction

crispy capers

GF 179 . 20 . 6 . 8 . 4 . 264

Milk

Harvest Beets & Bleu Cheese

roasted beets, Belgian endive, toasted hazelnuts

whipped goat & bleu cheese, juicy pear

GF 179 . 20 . 6 . 8 . 4 . 264

Tree Nuts . Milk

CHEF'S DAILY SELECTIONS

Tofu Chile Relleno

tofu cotija, ranchero sauce, calabacitas

turmeric vegetable rice

GF . V 421 . 49 . 21 . 18 . 8 . 436

Soy . Onion . Garlic

Mesquite Smoked Seitan

black bean and pepita mole, calabacitas

prickly pear gastrique

V 521 . 54 . 39 . 17 . 11 . 655

Wheat . Soy . Sesame . Onion . Garlic . Seeds

Seared Duck Breast*

orange-pomegranate bordelaise, cipollini onion

Brussels sprouts & butternut vegetable mélange

cauliflower mash

GF 465 . 40 . 35 . 20 . 8 . 553

Milk . Onion

Pistachio Crusted Black Cod

zucchini, rainbow cauliflower, herbed kamut

tomato sauce, mascarpone fonduta

497 . 44 . 36 . 20 . 7 . 605

Tree Nuts . Wheat . Fish . Milk . Soy . Garlic . Onion

Smoked Olives

mixed olives, Meyer lemon, oregano, Calabrian chilies

GF . V 49 . tr . 2 . 5 . 2 . 330

None

Goji Berry Shrimp Cocktail

poached jumbo shrimp, shaved fennel, radish

lime, goji berry cocktail sauce

GF 201 . 26 . 27 . 1 . 6 . 407

Shellfish

Duck Confit Tostada

avocado crema, corn pico, cilantro

red chili sauce, corn tortilla

GF 176 . 20 . 10 . 7 . 4 . 116

Tree Nuts . Milk . Sesame . Onion . Garlic . Seeds

Market Salad

tender lettuce, fresh herbs, blueberries, cucumber

corn, radish, bleu cheese, hemp seeds, avocado

GF 166 . 20 . 6 . 9 . 6 . 169

Milk . Seeds

The Rachel Green Salad

quinoa, chickpeas, cucumber, sweet peppers, red onion

fresh herbs, lemon juice, vegan feta, pistachios

GF . V 199 . 19 . 7 . 11 . 4 . 298

Tree Nuts . Onion . Coconut

Seared Scallops*

sweet potato & pecan coulis, wild mushroom risotto

cippolini onion, Brussels sprout, & butternut squash mélange

GF 475 . 49 . 33 . 13 . 7 . 745

Shellfish . Tree Nuts . Milk . Onion . Garlic

Grilled Lamb T-Bone Florentine*

rosemary and garlic marinated lamb, herbed kamut

creamed spinach, blistered cherry tomatoes

GF 461 . 53 . 33 . 15 . 7 . 352

Tree Nuts . Milk . Wheat . Onion . Garlic

Coffee & Cocoa Rubbed Wagyu*

roasted baby carrots, black garlic peewee potatoes

dark cherry balsamic reduction

GF 385 . 40 . 33 . 11 . 7 . 471

Garlic

Iberico Hanger Steak*)

smoked and seared Iberian Peninsula pork

hanger steak, spicy salsa macha peewee potatoes

bourbon peppercorn reduction

GF 488 . 26 . 23 . 36 . 7 . 475

Tree Nuts . Milk . Soy . Sesame . Onion . Garlic . Seeds

DINNER
SPRING - SUNDAY

SIMPLY PREPARED

Roasted Sweet Potato

GF . V 140 . 32 . 3 . tr . 5 . 56

None

Roasted Baby Carrots

GF . V 69 . 9 . 1 . 3 . 3 . 126

None

Turmeric Cauliflower Mash

GF 64 . 5 . 2 . 5 . 2 . 108

Milk

Brown Rice

GF . V 140 . 29 . 3 . 1 . 2 . 5

None

Spinach with Garlic

GF . V 45 . 4 . 3 . 2 . 2 . 138

Onion . Garlic

Sauteed Broccoli with Garlic

GF . V 55 . 7 . 3 . 2 . 3 . 140

Garlic

Roasted Black Garlic Peewee Potatoes

GF . V 106 . 17 . 2 . 4 . 2 . 35

Garlic

Chefs Daily Steamer Basket

GF . V

Allergens Will Vary

Grilled Tofu (with salt & pepper)

GF . V 115 . 2 . 13 . 8 . 1 . 142

Soy

Grilled Market Catch* (with salt & pepper)

GF 96 . tr . 21 . 1 . tr . 229

Fish

Grilled Butcher Selection* (with salt & pepper)

GF 222 . 1 . 33 . 9 . tr . 200

None

Grilled Chicken Breast (with salt & pepper)

GF 138 . 1 . 26 . 3 . tr . 180

None

VAQUERO ACTION STATION

Chirashi Sushi & Sashimi Bowls + Chef's Spotlight - Beef or Vegetable Yakisoba

Visit the Vaquero Action Station for fresh Chirashi Bowls or sashimi.

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.

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

BEVERAGES

SPRING

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, is 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

LA MESA | Tucson, AZ | Tortillas

HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef

HICKMAN'S FAMILY FARMS | Buckeye, AZ | Eggs

RAMONA FARMS | Sacaton, AZ | Tepary Beans

LOCAL & SEASONAL

BROCCOLI

Did you know that 1 cup of broccoli has more vitamin C than an orange? Broccoli is also rich in cancer-fighting compounds called glucosinolates and is a great source of prebiotic fiber. Fiber that is prebiotic acts as food for beneficial gut microbes, or the microbiota. Getting enough prebiotic fiber through foods like broccoli is important for a healthy, robust, and diverse gut microbial community.

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 nutrition information 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.