



SPRING MENU
DAY 1

DINNER

5:00 — 8:30 PM

APPETIZERS

Soup of the Day

Mediterranean Charred Octopus

Castelvetro olives, lemon olive oil, basil, pistachios
(GF . 179 . 3 . 16 . 12 . 1 . 221)
Shellfish . Tree Nuts

Asparagus Tartine

house-made sourdough, za'atar
vegan pistachio labneh, nutritional yeast
(V . 357 . 57 . 17 . 10 . 11 . 617)
Tree Nuts . Wheat . Sesame . Seeds . Onion . Garlic

Tuna Tartare*

avocado, cucumber, scallion, ponzu
(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

Steamed Edamame

choice of plain, salted, or spicy garlic
with ponzu dipping sauce
(GF . V . 165 . 14 . 14 . 7 . 5 . 103)
Soy

CHEF'S COMPOSED DISHES

Roasted Cauliflower

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

Baked Merluza*

ube puree, watercress, frisee
togarashi sake vinaigrette, peach chutney
(GF . 834 . 52 . 43 . 52 . 6 . 2450)
Fish . Garlic

Grilled Filet Mignon*

whipped potatoes, wilted kale
black pepper port demi-glace
(GF . 585 . 30 . 46 . 32 . 6 . 1456)
Milk . 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)

Herb-Crusted Salmon*

Mediterranean spice mix, fennel citrus slaw
steamed brown rice
(GF . 471 . 39 . 35 . 19 . 6 . 1219)
Fish . Garlic

Crispy Chicken Breast

panko-crusted FreeBird Farms chicken
whipped potatoes, grilled asparagus
mustard sauce
(624 . 72 . 44 . 17 . 5 . 630)
Wheat . Milk . Egg

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

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

RISHI TEA

Organic & Direct Trade

ICED TEA

black • citrus green • peach black

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

chamomile medley • peppermint • turmeric ginger

Green Tea Sachets

jasmine

Oolong Tea Sachets

ruby oolong

Black Tea Sachets

earl grey • English breakfast • masala chai

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)

It’s About Thyme

pear juice, lemon juice, thyme and junipoer simple syrup,
sparkling water, mint (GF . V . 29 . 8 . tr . tr . 1 . 6)

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

Labneh

Traditionally made by straining yogurt until thick and creamy; modern plant-based versions achieve a similar tangy richness using cultured nuts such as pistachios or cashews.

Togarashi

A Japanese chili spice blend traditionally made with red pepper, citrus peel, sesame seeds, seaweed, and aromatic spices for a savory heat.

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

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YOU CAN MAKE DINNER RESERVATIONS FOR THE GRILL AT THE HOST STAND, AS WELL AS BY USING THE CANYON RANCH MOBILE APP.



SPRING MENU
DAY 2

DINNER

5:00 — 8:30 PM

APPETIZERS

Soup of the Day

Smoked Edamame Dip

sourdough crackers, crudite
(V . 138 . 18 . 9 . 4 . 4 . 714)

Wheat . Soy . Sesame . Garlic . Onion . Coconut . Seeds

Roasted Artichokes

herb marinated artichoke hearts, baby arugula
roasted red pepper aioli

(315 . 46 . 10 . 11 . 10 . 713)

Wheat . Soy . Egg

Lettuce Wraps

cumin roasted sweet potato, avocado, radish
toasted pepitas, lime crema

(GF . V . 223 . 21 . 7 . 14 . 5 . 340)

Seeds . Coconut

Spring Pea Guacamole

jalapeno, scallion, cilantro, lime, tortillas

(GF . V . 253 . 19 . 6 . 19 . 10 . 523)

Onion . Seeds

Beet Tartare

black garlic gastrique, pea shoots
preserved lemon, sourdough crackers

(V . 175 . 19 . 4 . 10 . 4 . 1624)

Wheat . Soy . Sesame . Onion . Garlic . Seeds

CHEF'S COMPOSED DISHES

Roasted Celeriac

black vinegar lentils, broiled asparagus
tofu cream sauce

(GF . V . 398 . 52 . 25 . 12 . 20 . 742)

Milk . Onion

Broiled Monkfish

roasted new potato, fennel, tomato
onion, celery, saffron

(GF . 559 . 61 . 33 . 20 . 11 . 834)

Fish . Onion . Garlic

Pan-Roasted Duck Breast*

chilled soba noodle salad
sesame tamari dressing, plum compote

(449 . 31 . 33 . 22 . 3 . 1019)

Wheat . Soy . Sesame . Onion . Garlic . Seeds

Eggplant "Scallops"

seared eggplant medallions, quinoa tabbouleh
roasted broccoli, black garlic gastrique, sorrel

(V . 437 . 67 . 12 . 20 . 14 . 3883)

Wheat . Soy . Garlic . Onion

Steamed Mussels

white wine, garlic, shallot, parsley
butter, grilled sourdough

(1289 . 80 . 67 . 57 . 4 . 1929)

Shellfish . Milk . Onion . Garlic

Braised Short Rib

whipped potato, green beans
braising jus, sweet drop peppers

(GF . 487 . 40 . 28 . 23 . 7 . 1103)

Milk . 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 & Grape 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.)

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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

RISHI TEA

Organic & Direct Trade

ICED TEA

black • citrus green • peach black

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

chamomile medley • peppermint • turmeric ginger

Green Tea Sachets

jasmine

Oolong Tea Sachets

ruby oolong

Black Tea Sachets

earl grey • English breakfast • masala chai

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)

It’s About Thyme

pear juice, lemon juice, thyme and junipoer simple syrup,
sparkling water, mint (GF . V . 29 . 8 . tr . tr . 1 . 6)

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

Gastrique

A refined French sauce with a flavor that unfolds in layers rather than hitting with just sweetness or acidity.

Preserved Lemon

A whole lemon that has been cured in salt and its own juices until the peel becomes soft, intensely fragrant, and deeply savory-citrusy.

Soba Noodles

Long, thin Japanese noodles with a soft but slightly firm texture and a mild nutty flavor from buckwheat. Their texture is smoother and less chewy than ramen or udon.

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.

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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
sauteed 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

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NUTRIENT ANALYSIS

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Gusto Crema medium roast espresso

Mezzanotte decaf drip coffee

Cold brew coffee

Milks: whole • skim • half & half • unsweetened almond • oat

RISHI TEA

Organic & Direct Trade

ICED TEA

black • citrus green • peach black

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

chamomile medley • peppermint • turmeric ginger

Green Tea Sachets

jasmine

Oolong Tea Sachets

ruby oolong

Black Tea Sachets

earl grey • English breakfast • masala chai

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)

It’s About Thyme

pear juice, lemon juice, thyme and junipoer simple syrup,
sparkling water, mint (GF . V . 29 . 8 . tr . tr . 1 . 6)

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.

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SPRING MENU
DAY 4

DINNER

5:00 — 8:30 PM

APPETIZERS

Soup of the Day

Lettuce Wraps
cumin roasted sweet potato, avocado, radish
toasted pepitas, lime crema
(GF . V . 200 . 20 . 7 . 12 . 5 . 329)
Seeds . Coconut

Spring Pea Guacamole

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

Pistachio Labneh

za'atar, veggie chips, sourdough crackers
(V . 384 . 29 . 7 . 28 . 7 . 301)
Tree Nuts . Wheat . Sesame . Onion . Garlic . Seeds

Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, parmesan
(GF . 200 . 19 . 13 . 8 . 2 . 213)
Milk . Garlic . Onion, Gluten

Urfa Biber Green Beans

lemon herb yogurt
(GF . 405 . 27 . 11 . 5 . 4 . 1976)
Milk

CHEF'S COMPOSED DISHES

Spring Pea Fettuccine

basil almond pesto, pea medley
toasted almonds, grated parmesan
(685 . 36 . 32 . 52 . 20 . 153)
Tree Nuts . Wheat . Milk . Garlic

Steamed Mussels

fennel, tomato, onion, celery
saffron, garlic challah toast
(447 . 61 . 60 . 38 . 7 . 1855)
Shellfish . Wheat . Milk . Egg . Onion . Garlic

Pan Roasted Duck Breast*

herb-roasted fingerling potatoes
grilled zucchini, apricot demi glace
(GF . 847 . 44 . 32 . 62 . 4 . 6868)
Onion

Eggplant "Scallops"

seared eggplant medallions, quinoa tabbouleh
roasted broccoli, black garlic gastrique, sorrel
(V . 437 . 67 . 12 . 20 . 14 . 3883)
Wheat . Soy . Garlic . Onion

Grilled Yellowfin Tuna*

heirloom tomato, avocado
corn broth, pea shoots
(GF . 330 . 15 . 39 . 10 . 8 . 2988)
Fish . Onion

Lamb Loin Chops*

T bone lamb chops, leek soubise
broiled asparagus, basil mint pistou
(GF . 566 . 18 . 38 . 39 . 4 . 5954)
Milk . Onion

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

Zucchini Caesar Salad

romaine, marinated tomato, diced zucchini
vegan parmesan, vegan Caesar, zucchini bread croutons
(494 . 62 . 12 . 25 . 15 . 874)
Wheat . Soy . Egg . Onion . Garlic . Coconut

Arugula & Berries Salad

baby arugula, fresh berries, candied pecans
strawberry verjus vinaigrette
(GF . 746 . 82 . 19 . 45 . 28 . 208)
Tree Nuts . Egg . Onion

Kale & Frisee Salad

baby kale, chopped frisee, roasted carrots, asparagus tips
pickled red onion, sherry vinaigrette
(GF . V . 545 . 52 . 17 . 34 . 18 . 853)
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

RISHI TEA

Organic & Direct Trade

ICED TEA

black • citrus green • peach black

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

chamomile medley • peppermint • turmeric ginger

Green Tea Sachets

jasmine

Oolong Tea Sachets

ruby oolong

Black Tea Sachets

earl grey • English breakfast • masala chai

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)

It’s About Thyme

pear juice, lemon juice, thyme and junipoer simple syrup,
sparkling water, mint (GF . V . 29 . 8 . tr . tr . 1 . 6)

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

Urfa Biber

A dark Turkish chili pepper with a rich, smoky-sweet flavor and moderate heat. The peppers are harvested ripe, then dried during the day and wrapped at night, which gives them their characteristic deep color, soft texture, and complex taste.

Pistachio Labneh

A thick, cultured spread with the texture of whipped soft cheese and the rich flavor of toasted nuts.

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

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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.