

## STARTERS

### Soup of the Day

### Chicken Bone Broth

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

### Tomato Gazpacho

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

### Canyon Cobb

romaine, beets, hard-boiled egg, toasted pecans  
kefir ranch dressing, shiitake mushroom bacon  
caramelized sweet potato, bleu cheese  
GF 195 . 17 . 9 . 11 . 4 . 262  
Tree Nuts . Soy . Milk . Egg . Garlic . Onion

### Cherry, Avocado & Corn Salad

juicy cherries, grilled corn, sun-ripened avocado  
and radish served on a bed of arugula with a  
sherry-maple dressing and hazelnut & seed granola  
GF . V 217 . 27 . 5 . 12 . 6 . 143  
Tree Nuts . Seeds . Onion

### The Rachel Green Salad

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

### Market Salad

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

### Chef's Daily Tartine

seasonally inspired creation—ask  
your server for today's offering

## ENTRÉES

### Mung Bean & Garbanzo Tagine Bowl

slow-simmered legumes in an aromatic sauce with  
dried apricots, sauteed kale, and herbed kamut  
466 . 63 . 24 . 15 . 16 . 552  
Tree Nuts . Wheat . Soy . Sesame  
Garlic . Onion . Seeds

### Edamame Croquettes

quinoa, pea shoots, brown rice & lentil  
tabbouleh, tahini lemon drizzle  
GF . V 499 . 59 . 27 . 20 . 16 . 560  
Soy . Sesame . Seeds . Onion . Garlic

### Southwest Lobster Lettuce Wraps

sweet chili-glazed lobster, layered with black  
beans and roasted corn, finished with a creamy  
lime tahini drizzle, served in butter lettuce cups  
GF 462 . 43 . 30 . 22 . 9 . 675  
Shellfish . Milk . Sesame . Onion . Garlic . Seeds

### Pistachio & Hemp Crusted Salmon Salad\*

Faroe Island salmon, shaved fennel, garbanzo beans  
cucumber, strawberry-basil salsa, spinach, arugula  
creamy lemon tahini dressing  
GF 498 . 43 . 42 . 19 . 13 . 667  
Tree Nuts . Fish . Soy . Sesame . Garlic . Onion . Seeds

### Korean Chicken Salad

Korean spice marinated chicken breast  
pickled daikon radish, cabbage, green peas  
crispy edamame, carrot ginger dressing  
GF 370 . 40 . 32 . 10 . 8 . 736  
Soy . Sesame . Garlic . Onion . Seeds

### Shrimp & Blue Corn Grits )

Cajun-spiced shrimp, creamy grits, edamame  
succotash, grilled diced asparagus  
GF 475 . 40 . 41 . 20 . 11 . 686  
Shellfish . Milk . Soy . Garlic . Onion

### Grass-Fed Beef Barbacoa Tacos

braised shredded beef, pico de gallo, pickled  
red onion, cotija cheese, rattlesnake beans  
choice of corn or whole-wheat tortillas  
GF 429 . 59 . 30 . 11 . 10 . 400  
Milk . Garlic . Onion

### Miso-Soy Steak Sandwich\*

soy marinated flank steak, baby arugula, jicama slaw  
pickled red onion, umami bomb miso and wasabi sauce  
442 . 54 . 33 . 10 . 10 . 698  
Wheat . Milk . Soy . Sesame . Garlic . Onion . Seeds

### Kimchi Veggie Burger

house-made burger patty, cucumber ribbons  
Korean fermented cabbage, tomato, sriracha mayo  
V 464 . 55 . 30 . 15 . 7 . 742  
Wheat . Soy . Sesame . Garlic . Onion . Seeds

### Market Catch Zarandeado Tacos\*

avocado, tomatillo salsa, red onions  
cabbage, lime, rattlesnake beans  
choice of corn or whole-wheat tortillas  
GF 422 . 42 . 30 . 15 . 10 . 257  
Fish . Garlic . Onion

### Trail Boss Burger\*

100% grass-fed ground beef burger, jicama slaw, wheat bun

### Calabrian Pesto Grilled Chicken Sandwich

served on a toasted baguette with fresh melted mozzarella  
fig-balsamic glaze, roma tomato, and baby arugula  
501 . 47 . 31 . 15 . 8 . 708  
Wheat . Milk . Garlic . Onion

**Build it Your Way:** lettuce, tomato, pickles, pickled onion, green chilies, roasted wild mushrooms, avocado slow-simmered house-made chili, swiss, cheddar, robust bleu cheese, smoked turkey bacon

462 . 40 . 37 . 17 . 9 . 456  
Soy . Sesame . Onion . Seeds

## CULINARY ACTION THEATRE

Visit the Culinary Action Theatre to enjoy our daily rotating features and create your own experience.

### 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](http://seafoodwatch.org)



See over 500 recipes  
on our Nourish blog.

LUNCH  
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

BEVERAGES

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 are 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
- DESERT PEARL MUSHROOMS | Tucson, AZ
- HAYDEN FLOUR MILLS | Queen Creek, AZ | Flour, Purple Barley
- ROOTS RANCH | Winkelman, AZ | Eggs
- PLANT 2 PLATE MICRO FARM | Catalina, AZ | Micro Greens

LOCAL & SEASONAL

**Asparagus**  
Tender, earthy, and sweet, asparagus is an exceptional source of folate. Folate, also known as vitamin B9, is essential for DNA synthesis and repair, as well as brain development and function.

**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.

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.

