

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

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

Roasted Beet Salad
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

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

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

Beef Tenderloin Steak Main*
chimichurri, roasted baby carrots, black garlic
peewee potatoes, cauliflower mash
GF 530 . 34 . 38 . 27 . 6 . 572
Milk . Garlic . Onion

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

Ahi Poke* 🍷 †
sesame soy marinated ahi tuna, forbidden
black rice, fresh cucumber, carrots, radish
tomatoes, scallions, toasted sesame seeds
GF 483 . 53 . 36 . 15 . 9 . 684
Soy . Fish . Sesame . Garlic . Onion . 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

Southwestern Shrimp
blue cornmeal jalapeno polenta, asparagus
red pepper coulis
GF 282 . 23 . 38 . 6 . 7 . 767
Shellfish . Milk . Onion . Garlic

Seared Faroe Island Salmon or Market Catch*
blackened fish, 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

Beef Lasagna ⏱️
grass fed ground beef, San Marzano tomato
sauce, creamy ricotta
362 . 34 . 21 . 15 . 3 . 606
Wheat . Milk . Egg . Onion . Garlic

DINNER
SUMMER - 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

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 ⏱️ = Quick Serve

*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
SUMMER

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.



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

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

Roasted Beet Salad
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

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

Iberico Pork Shoulder Steak* 🍱
smoked and seared prime pork steak, spicy salsa
macha, peewee potatoes, bourbon peppercorn
reduction
GF 488 . 26 . 23 . 36 . 7 . 475
Tree Nuts . Milk . 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 or Market Catch* GF
sweet potato curry broth, kale, beluga lentils
Asian pear salsa
GF 500 . 42 . 44 . 15 . 14 . 664
Fish . Garlic . Onion . Coconut

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

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

Southwestern Shrimp
blue cornmeal jalapeno polenta, asparagus
red pepper coulis
GF 282 . 23 . 38 . 6 . 7 . 767
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

NY Strip Steak Main*
chimichurri, black garlic peewee potatoes
roasted baby carrots, cauliflower mash
GF 530 . 34 . 38 . 27 . 6 . 471
Milk . Onion . Garlic

Pineapple-Shrimp Fried Rice
brown rice, caramelized pineapple, carrot, onion
bell pepper, tamari, teriyaki shrimp skewer
GF 216 . 35 . 18 . 1 . 4 . 311
Shellfish . Soy . Garlic . Onion

DINNER
SUMMER - 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 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

NUTRIENT ANALYSIS

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

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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
SUMMER

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LOCALLY
SOURCED
VENDORS

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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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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

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

Roasted Beet Salad
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

Roasted Chicken Supreme
lemon-cardamom marinade, roasted sweet
potato, Brussels sprout & butternut squash
mélange with turkey bacon
GF 468 . 40 . 46 . 14 . 8 . 728
Onion

Pistachio Crusted Market Catch or Salmon*
zucchini, rainbow cauliflower, herbed kamut
tomato sauce, mascarpone fonduta
497 . 44 . 36 . 20 . 7 . 605
Tree Nuts . Wheat . Fish . Milk . Soy . Garlic . Onion

Coffee & Cocoa Rubbed Hanger Steak*
roasted baby carrots, black garlic peewee potatoes
dark cherry balsamic reduction
GF 385 . 40 . 33 . 11 . 7 . 471
Garlic

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 Duck Breast*
orange-pomegranate bordelaise, cauliflower mash
Brussels sprouts & butternut squash melange with
turkey bacon
GF 494 . 41 . 36 . 22 . 8 . 707
Milk . Onion

Goan Style Shrimp Curry
vibrant curry featuring warm spices, coconut
milk, Kashmiri chili
GF 291 . 19 . 24 . 14 . 5 . 731
Shellfish . Garlic . Onion . Coconut

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

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

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

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GF 222 . 1 . 33 . 9 . tr . 200
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Earl Grey | English breakfast | jasmine green | golden chamomile | peppermint

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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

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

Roasted Beet Salad
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

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

Beef Yakisoba 🍲
stir-fried noodles with tender strips of beef
carrot, bean sprouts, yakisoba sauce
GF 335 . 33 . 32 . 9 . 4 . 615
Wheat . Shellfish . Soy . Sesame . Garlic . Onion . Seeds

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, Brussels sprout & butternut squash
mélange with turkey bacon
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 Hanger Steak*
roasted baby carrots, black garlic peewee potatoes
dark cherry balsamic reduction
GF 385 . 40 . 33 . 11 . 7 . 471
Garlic

DINNER
SUMMER - 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
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

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 ⏱ = Quick Serve

*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
SUMMER

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.

