

STARTERS

Soup of the Day

chef's daily celebration of seasonal bounty

Tomato Gazpacho

chilled tomato soup, scallions, onion, carrot
cucumber, bell pepper
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

Chef's Daily Tartine

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

ENTRÉES

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

Beef Bulgolgi Lettuce Wraps

GF
thinly sliced & seared marinated tenderloin
forbidden black rice, stir-fried vegetables
earthy kimchi, bibb lettuce
GF 461 . 50 . 41 . 11 . 8 . 434
Soy . Onion . Garlic . Sesame . 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

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

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

Trail Boss Burger*

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

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

Chicken Bone Broth

golden broth steeped wth aromatic vegetables
GF 28 . 1 . 2 . 1 . tr . 211
Onion

Nectarine, Avocado & Corn Salad

sweet nectarines, grilled corn, sun-ripened avocado
and radish served on a bed of arugula with a
sherry-maple dressing and hazelnut & seed granola
GF . V 206 . 24 . 5 . 12 . 6 . 203
Tree Nuts . Seeds . Onion

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

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

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

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

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

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

Market Catch 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

Arrabbiata Pasta

gemelli pasta, chicken meatballs, basil
Parmigiano Reggiano
597 . 75 . 32 . 16 . 4 . 915
Wheat . Milk . Egg . Garlic . Onion

LUNCH
SUMMER

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



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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

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.

