

FIRED UP SELECTIONS

Southwest Breakfast Bowl* 🌶️
one local farm fresh egg any style, house-made chicken chorizo, quinoa, kale, sweet potato hash jalapeno avocado dressing, pickled onions, pepitas
GF 482 . 45 . 32 . 20 . 10 . 607
Egg . Onion . Garlic . Seeds

Avocado & Whipped Ricotta Toast
Barrio super seed bread, scrambled eggs thinly sliced scallions, snap peas, radish hemp seeds, crispy garbanzos
482 . 43 . 33 . 19 . 10 . 544
Milk . Egg . Wheat . Sesame . Garlic . Onion . Seeds

Huevos Rancheros* 🌶️
two eggs any style, house-made ranchero salsa avocado, slow-simmered rattlesnake beans crispy corn tortillas, pico de gallo, signature chicken apple sausage patty
GF 490 . 42 . 29 . 20 . 8 . 601
Milk . Egg . Garlic . Onion

Green Shakshuka*
roasted tomatillo, spinach, & cilantro sauce garbanzo beans, baked eggs, super seeds toasted lavash, chicken sausage
455 . 41 . 31 . 19 . 10 . 644
Wheat . Egg . Onion . Garlic . Seeds

Miso Oatmeal with 6 Minute Egg*
sautéed kale, 6 minute poached egg roasted wild mushrooms, chili crisp
GF 499 . 45 . 34 . 20 . 14 . 698
Soy . Sesame . Egg . Onion . Garlic . Seeds

Build Your Own Omelet
choice of: whole egg or egg white, spinach bell pepper, mushroom, tomato, red onion turkey bacon, andouille sausage, cheddar or pepper jack cheese

APPETIZING ADDITIONS

Yogurt Parfait
Greek yogurt, granola, blackberry, raspberry blueberry, honey
124 . 18 . 8 . 3 . 3 . 41
Tree Nuts . Milk . Coconut

Peanut Butter & Jelly Parfait
mixed berry chia seed preserves, peanut butter protein Greek Yogurt, granola, raspberries
356 . 50 . 19 . 10 . 10 . 194
Peanuts . Tree Nuts . Wheat . Milk . Seeds

Organic Steel-Cut Oatmeal Bowl
super seed and pecan dukkah, seasonal fruit, spice-infused maple syrup
GF . V 161 . 22 . 5 . 7 . 5 . 9
Tree Nuts . Seeds

Fresh Fruit and Berries
GF . V 77 . 18 . 1 . tr . 4 . 11

All American Breakfast*
two eggs any style, roasted breakfast potatoes signature chicken apple sausage patty or smoked turkey bacon, mixed berries, choice of toast
486 . 46 . 35 . 17 . 9 . 747
Egg . Wheat . Sesame . Garlic . Onion . Seeds

The VLT
toasted Barrio whole grain bread house-made tofu bacon, lettuce tomato, sunflower seed mayonnaise
V 495 . 57 . 30 . 19 . 10 . 748
Soy . Wheat . Sesame . Garlic . Seeds

Blueberry & Brie Stuffed French Toast*
Barrio sourdough baguette, cinnamon-egg batter house-made blueberry preserves, creamy brie one egg any style, chicken sausage, mixed berries
433 . 42 . 31 . 15 . 7 . 744
Milk . Egg . Wheat . Garlic . Onion

The Vaquero Breakfast Sandwich
gluten-free English muffin, chipotle cheddar cheese, chicken sausage, egg whites, wilted arugula, caramelized onions, paprika aioli served with a side of sweet potato hash
GF 491 . 46 . 34 . 20 . 9 . 683
Egg, Milk . Garlic . Onion

Powerhouse French Toast*
Barrio cranberry-walnut bread, vanilla protein batter, maple Greek yogurt drizzle two eggs any style
500 . 51 . 30 . 19 . 7 . 487
Tree Nuts . Wheat . Soy . Milk . Egg . Onion . Garlic

Lemon Ricotta Waffle
mixed berry chia seed preserves
176 . 27 . 5 . 6 . 4 . 201
Wheat . Milk . Seeds

Mesquite Flour Silver Dollar Pancakes
Vermont maple syrup, choice of blackberry preserves or cinnamon-dusted caramelized apples
GF 116 . 23 . 3 . 1 . 1 . 176
Milk . Tree Nuts

Sweet Potato Hash
peppers, onions, chickpeas, garlic, smoked paprika
GF . V 162 . 22 . 5 . 7 . 5 . 103
Garlic . Onion

Scrambled Tofu
seasoned and scrambled, may be substituted for choice of egg
GF . V 144 . 6 . 16 . 8 . 4 . 49
Soy . Garlic . Onion

BREAKFAST
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



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

KEFIR

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems
GF 75 . 4 . 5 . 4 . tr . 62

JUICES

orange | pomegranate | grapefruit | cranberry | tomato | tart cherry | apple | white grape

JUICE BLENDS

Beet-Ade

beet, blueberry, pomegranate, coconut water, Bartlett pear, mint, ginger
GF . V 90 . 21 . 2 . tr . 4 . 68

Liquid Sunshine

carrot, orange, cantaloupe, turmeric, ginger
GF . V 95 . 22 . 2 . tr . 3 . 78

Green Nectar

celery, cucumber, kale, honeydew, lemon, green apple, coconut water
GF . V 61 . 14 . 1 . tr . 2 . 35

LOCAL AND SEASONAL

Peppers

The Southwest is home to a wide variety of peppers, from sweet bells to fiery chilies. We love incorporating all types of peppers in our dishes for their varied, complex flavors, which provide a delicious taste of place. They're rich in vitamins C and A and antioxidants, providing an easy boost to support your immune system.

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.

You can make dinner reservations for Vaquero at the host stand in the Clubhouse, as well as by using the Canyon Ranch Mobile App.



BEVERAGES