CANYONRANCH | café

**Scan the QR code for nutritional information.**
Also available upon request, ask your server.

# BREAKFAST

Served All Day

## HOT OATS

**Traditional Steel-Cut Oatmeal** GF $14
hearty oats served with sweet blueberries, toasted walnuts,sprinkle of cinnamon, and a swirl of honey

## WHOLESOME BOWLS

**Melon, Greek Yogurt, and Granola Bowl** GF $16
creamy Greek yogurt topped with house-made granola, sugar cube melon, fresh berries, and honey

**Cottage Cheese Berry Bowl** GF $16
cottage cheese flavored with maple syrup & cinnamon, topped with mixed berries, house-made granola, and chia seeds

## FRESH EGGS

**All American Classic Breakfast*** 
2 eggs $19 | 3 eggs $21
eggs cooked your way, served with grilled red skin potatoes, uncured bacon or chicken sausage, toast and jam

**Avocado Toast** $21 
grilled ciabatta topped with mashed avocado, organic hard-boiled eggs, pickled red onion, micro arugula, and chia seeds

**Omelet or Scramble** $21 served with grilled red skin potatoes, toast and jam

- Whole Egg
- Egg White
- Tofu V
- Just Egg V (+$2)

**Customize with:**
spinach | tomato | bell pepper | roasted chilies
onion | cremini mushroom | cheddar | Swiss
mozzarella | feta cheese

**Additional Proteins (+$2)**
chicken sausage | bacon | chicken chorizo

## CANYON RANCH FAVORITES

**Huevos Rancheros*** GF $22
crisp corn tostada layered with smashed black beans, avocado, queso fresco, topped with two eggs your way, finished with house fire-roasted salsa, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

**Bagel and Lox*** $28
toasted bagel with Atlantic cold-smoked salmon, pink peppercorn cream cheese, red onion, capers, sliced tomato served with a frisée, arugula, and radicchio salad with an orange vinaigrette

**Hearty Breakfast Bowl*** GF $23
a wholesome bowl of smashed black beans, savory chicken sausage, red skin potatoes, sautéed kale and spinach, sweet peppers, red onion, two eggs your way, topped with queso fresco and pico de gallo

**PLT Eggs Benedict*** $25
poached eggs paired with savory prosciutto, crisp lettuce, ripe tomato, and an avocado crema, all nestled on a toasted whole-wheat English muffin, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

**Croque Madame Flatbread*** $21
crispy flatbread topped with melted gruyere cheese, black forest ham and two cracked eggs baked on top, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

**Crème Brûlée French Toast*** $24
French toast topped with a brûléed vanilla pastry cream, served with a medley of fresh berries, candied almonds and two eggs your way

**Canyon Ranch Cakes*** $24
warm fluffy pancakes topped with bananas, walnuts, cacao nibs & Vermont maple syrup, served with two eggs your way

## BREADS

**Toasted Breads** $6
ciabatta | whole-wheat | sourdough | gluten-free bread | **bagels**: everything, gluten-free plain

**Toasted Whole-Grain English Muffin** $4

**Breakfast Breads** $6
daily muffins | Canyon Ranch signature banana bread | coffee cake

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.)

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

three square™ together, we can feed everyone
MEMBER OF FEEDING AMERICA


Everyone deserves a meal at the table. Order a participating menu item to support Three Square's mission to help provide wholesome food to hungry people, while passionately pursuing a hunger-free community.

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Served 11am - 2pm

# LUNCH

## STARTERS

**Prosciutto, Brie, & Fig** $18
warm pita paired with creamy Brie, savory prosciutto, fig jam, topped with peppery greens

**Edamame Hummus & Grilled Pita Bread** V $15
creamy edamame and chickpea hummus drizzled with avocado turmeric oil, topped with petite cilantro & crispy chickpeas, served with grilled pita bread

## LIGHT BITES

**Manchego Salad** GF $16
a vibrant chopped salad of crisp cucumber, petite heirloom tomatoes, sweet peppers, red onions, red gem lettuce, Manchego, and capers all tossed in a house-made Dijon vinaigrette

**Roasted Corn Wedge Salad** GF $16
crisp baby iceberg wedges topped with grilled corn, cotija, crispy bacon, hard-boiled egg, and cherry tomatoes, finished with a zesty jalapeño ranch drizzle

**Asian Pear & Blueberry Salad** $16
a refreshing blend of red gem lettuce and napa cabbage with juicy blueberries and strawberries, Asian pear, pomegranate seeds, feta, candied almonds, crisp wonton strips, and honey-ginger pomegranate dressing

### PROTEIN ADDITIONS

boost muscle recovery and support stable energy with one of these add-ons

- **Organic Tofu** GF . V $10
- **Grilled Red Bird Farms Chicken Breast** GF $12
- **Prime Flat Iron Steak*** GF $21
- **Seared Salmon*** GF $15
- **Seared Shrimp** GF $15

## ENTREES

**Vegetable & Black Rice Stir-Fry** GF . V $18
brimming with color and crunch, this black rice stir-fry features cauliflower, broccoli, peppers, mushrooms red onion and Brussels sprout leaves in a ginger-pomegranate ponzu

**Warm Pesto Orzo with Seared Salmon*** $27
seared salmon atop tender pesto orzo, finished with lemon crema, parmesan cheese, and micro basil

**Turkey, Bacon Brie Sandwich** $23
sliced turkey, crispy bacon stacked with creamy brie, fresh bibb lettuce, tomato and mayonnaise on toasted sourdough served with a frisée, arugula, and radicchio salad with an orange vinaigrette

**8 oz. Ranch Burger*** $25
a juicy grilled aged certified Angus beef patty topped with sharp white cheddar, fresh lettuce, tomato, and onion, with our house-made special sauce served with a frisée, arugula, and radicchio salad with an orange vinaigrette

**Tacos, Tacos, Tacos** GF
served on corn tortillas with chipotle aioli, cilantro cabbage slaw, pico de gallo, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

- Baja Tofu Tacos $16
- 3 Chili Braised Chicken Tacos $18
- Cajun Shrimp Tacos $22
- Braised Spiced Beef Tacos $22

### WELLNESS ADDITIONS

To support the individual journey of eating towards better health, add any of the following wellness additions to best help you improve your health:

**chia seeds | turmeric oil | flax seeds | ashwagandha | moringa**
**avocado oil | pomegranate seeds | goji berries | açaí powder** + $0.75 each

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