BREAKFAST

FALL MENU
7:00 — 10:00 AM

silverleaf
CANYON RANCH LENOX

BALANCED BEGINNINGS

Fall Blueberry, Acai & Granola
tofu, banana, strawberries, blueberry and chia (GF • V)

Seasonal Melons & Greek Yogurt Parfait
fresh berries, house-made granola, honey, petite mint
vegan coconut yogurt available (GF)

Duck Trap Smoked Salmon Bagel
toasted whole grain bagel, coconut yogurt tzatziki, capers
sliced heirloom tomato, marinated red onions

FALL TARTINES

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Avocado Toast & Poached Egg*
grilled house made artisan whole wheat bread
shaved radishes, pea tendrils, pickled red onions

Caramelized Salted Banana & Cashew Butter Toast
honey, toasted cashews, organic strawberries, petite basil (V)

FARM FRESH EGGS

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Omelet*
served with grilled Yukon potatoes
choice of: whole egg, egg white, or JUST EGG
choice of: spinach, tomato, bell pepper, roasted chile, onions
or cremini mushrooms
choice of: cheddar, Swiss, or feta

All-American Classic Breakfast* (2 Egg or 3 Egg)
grilled Yukon potatoes, uncured bacon or chicken sausage

CHEF'S SPECIALTY DISHES

Huevos Rancheros*
2 eggs, black bean puree, corn tostada, avocado, queso fresco
roasted tomato salsa (GF)

Fall Vegetable Shakshuka*
one egg poached in a lightly spiced tomato sauce
peppers, squash, cumin, paprika and garlic
topped with feta cheese and super seeds (GF)

Truffled Eggs Florentine*
two eggs over easy, Swiss cheese, sautéed spinach and leeks
black truffle essence (GF)

Caramelized Pineapple Protein Pancakes
lavender vanilla hibiscus maple syrup | *also available as plain

BREAKFAST SIDES

Chicken Sausage or Turkey Bacon (GF)
Applewood Smoked Bacon (GF)
Smoked Salmon (GF)
Vegan Sausage Link (GF • V)
Sliced Avocado (GF • V)
Melons & Berries (GF • V)

***Vegan JUST EGG, cheeses, and sausage are available and can be substituted for any egg dish. Some ingredients can be omitted for a completely vegan experience.*

Caramelized Grapefruit
brûléed brown sugar glaze, essence of cinnamon and spiced rum
chopped pecans (GF • V)

Traditional Steel-Cut Oatmeal
a hearty bowl of organic steel-cut oats with toasted walnuts
fresh blueberries, cinnamon and honey (GF • V)

HOUSE BAKED ARTISAN BREADS

whole-wheat • whole-wheat challah • gluten-free
everything bagel • whole wheat bagel
pumpkin bread

SPREADS

low-fat cream cheese • cinnamon-cashew butter • almond butter • peanut butter delight • fruit preserves

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

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.

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 fished or farmed seafood in ways that minimize their environmental impact. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org.

See over 500 recipes on our Nourish blog.

BEVERAGES

KEFIR

6 oz. serving

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems (GF)

JUICES

6 oz. serving

Fresh-Squeezed Orange Juice
(GF • V)

Pomegranate Juice
(GF • V)

Prune Juice
(GF • V)

Tart Cherry Juice
(GF • V)

Fresh Vegetable Juice
Carrot, kale, ginger (single or blended) (GF • V)

Virgin Bloody Mary
(GF • V)

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, IL, with Italian heritage.

Bizzarri medium-dark roast drip coffee
Gusto Crema medium roast espresso
Mezzanotte decaf drip coffee
Cold brew coffee

Milks: whole • skim • half & half • unsweetened almond • oat

RISHI TEA

Organic & Direct Trade

ICED TEA

black • citrus green • peach black

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free
chamomile medley • peppermint • turmeric ginger

Green Tea Sachets
jasmine

Oolong Tea Sachets
ruby oolong

Black Tea Sachets
earl grey • English breakfast • masala chai

silverleaf
CANYON RANCH LENOX

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BREAKFAST

SUMMER MENU
7:00 — 10:00 AM

silverleaf
CANYON RANCH LENOX

BALANCED BEGINNINGS

Summer Blueberry, Acai & Granola
tofu, banana, strawberries, blueberry and chia
(GF . V . 481 . 58 . 30 . 20 . 16 . 38) *Soy . Tree Nuts . Coconut . Seeds*

Seasonal Melons & Greek Yogurt Parfait
fresh berries, house-made granola, honey, petite mint
vegan coconut yogurt available
(GF . 143 . 25 . 7 . 2 . 3 . 43) *Milk . Tree Nuts . Coconut*

Duck Trap Smoked Salmon Bagel
toasted whole grain bagel, coconut yogurt tzatziki, capers
sliced heirloom tomato, marinated red onions
(312 . 32 . 29 . 8 . 3 . 746) *Wheat . Fish . Onion . Garlic . Coconut*

SUMMER TARTINES

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Avocado Toast & Poached Egg*
grilled house made artisan whole wheat bread
shaved radishes, pea tendrils, pickled red onions
(270 . 36 . 14 . 8 . 7 . 490) *Egg . Onion . Seeds . Wheat*

Caramelized Salted Banana & Cashew Butter Toast
honey, toasted cashews, organic strawberries, petite basil
(V . 196 . 26 . 6 . 9 . 3 . 110) *Wheat . Tree Nuts . Coconut*

FARM FRESH EGGS

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Omelet or Scramble*
served with grilled Yukon potatoes
choice of: whole egg, egg white, tofu, or JUST EGG
choice of: spinach, tomato, bell pepper, roasted chile, onions or cremini mushrooms
choice of: cheddar, Swiss, or feta

All-American Classic Breakfast* (2 Egg or 3 Egg)
grilled Yukon potatoes, uncured bacon or chicken sausage
(477 . 46 . 33 . 19 . 7 . 700) *Egg . Wheat*

CHEF'S SPECIALTY DISHES

Huevos Rancheros*
2 eggs, black bean puree, corn tostada, avocado, queso fresco roasted tomato salsa
(GF . 476 . 52 . 30 . 17 . 16 . 450) *Milk . Egg . Onion . Garlic*

Summer Vegetable Shakshuka*
one egg poached in a lightly spiced tomato sauce, peppers, squash cumin, paprika and garlic, topped with feta cheese and super seeds
(GF . 183 . 18 . 12 . 9 . 5 . 495) *Milk . Egg . Sesame . Garlic . Onion . Seeds*

Truffled Eggs Florentine*
two eggs over easy, Swiss cheese, sautéed spinach and leeks
black truffle essence
(GF . 364 . 10 . 32 . 20 . 2 . 460) *Milk . Egg . Onion*

Caramelized Pineapple Protein Pancakes
lavender vanilla hibiscus maple syrup | *also available as plain
(497 . 52 . 30 . 20 . 10 . 400) *Milk . Wheat . Egg . Seeds*

BREAKFAST SIDES

Chicken Sausage
(GF . 53 . 1 . 7 . 3 . tr . 180)
None

Turkey Bacon
(GF . 28 . tr . 5 . 1 . tr . 140)
None

Cured Salmon
(GF . 144. 3 . 20 . 5 . tr . 405)
Fish

Vegan Sausage Link
(GF . V . 140 . 6 . 9 . 9 . 3 . 140)
Soy . Coconut . Garlic . Onion

Sliced Avocado
(GF . V . 160 . 9 . 2 . 15 . 7 . 7)
None

Melons & Berries
(GF . V . 58 . 14 . 1 . 1 . 4 . 14)
None

***Vegan JUST EGG, cheeses, and sausage are available and can be substituted for any egg dish. Some ingredients can be omitted for a completely vegan experience.*

Caramelized Grapefruit
brûléed brown sugar glaze, essence of cinnamon and spiced rum
chopped pecans
(GF . V . 113 . 25 . 1 . 2 . 2 . 4) Tree Nuts

Traditional Steel-Cut Oatmeal
a hearty bowl of organic steel-cut oats with toasted walnuts
fresh blueberries, cinnamon and honey
(GF . V . 176 . 36 . 5 . 3 . 8 . 10) Tree Nuts

HOUSE BAKED ARTISAN BREADS

whole-wheat • whole-wheat challah
gluten-free everything bagel • whole wheat bagel
zucchini bread • banana bread

SPREADS

low-fat cream cheese • cinnamon-cashew butter • almond butter • peanut butter delight • fruit preserves

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

NUTRIENT ANALYSIS
calories . carb grams . protein grams . fat grams . fiber grams . *sodium mg* tr = trace (less than 1 gram)

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BEVERAGES

KEFIR

6 oz. serving

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(GF . 120 . 20 . 9 . 2 . 3 . 95)

JUICES

6 oz. serving

Fresh-Squeezed Orange Juice
(GF . V . 83 . 21 . 2 . tr . 5 . tr)

Pomegranate Juice
(GF . V . 98 . 27 . tr . tr . tr . tr)

Tart Cherry Juice
(GF . V . 83 . 20 . tr . tr . tr . tr)

Fresh Vegetable Juice
Carrot, kale, ginger (single or blended) (GF . V)

CAFFÉ UMBRIA COFFEE

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black • citrus green • peach black

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free
chamomile medley • peppermint • turmeric ginger

Green Tea Sachets
jasmine

Oolong Tea Sachets
ruby oolong

Black Tea Sachets
earl grey • English breakfast • masala chai

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