# PLATES

#### Granola & Yogurt

house-made granola with oats, nuts, hemp seeds, and cinnamon, served with creamy yogurt and fresh fruit GF . Veg . Nuts 456 . 46 . 31 . 19 . 7 . 200

#### Cobb Salad

crisp mix greens with avocado, tomato, bleu cheese, cucumber, hard-boiled egg, and bacon **choice of protein**: tofu, fish, chicken, or beef GF 440.49.37.10.9.330

#### Berry Protein Pancakes\*

fluffy pancakes topped with Greek yogurt, compote, maple syrup, and pumpkin crunch, served with two eggs your way GF. Veg 474.58.31.15.8.305

#### Huevos Rancheros\*

eggs served over black beans atop a crispy corn tortilla with salsa roja, avocado, and shredded chicken GF 418.44.32.14.10.416

Shrimp & Grits creamy white corn grits with caramelized veggies, gulf shrimp, and sautéed kale GF 390.41.33.10.7.469

## TARTINE

Tartine of Avocado Toast avocado puree, cotija cheese, and cherry tomatoes on tosasted bread Veg 116.15.3.6.3.242

## SIDES

Seasonal Fruit GF . V 59 . 15 . 1 . 1 . 3 . 5

Butter, Jam, and Toast Veg 227.41.6.5.4.310

Daily Sweet Muffin GF . Veg

NUTRIENT ANALYSIS

Spiced Overnight Oats\*

creamy oat milk oats with chia seeds, cinnamon, yogurt, walnuts, and apples, served with two eggs your way GF . Veg . Nuts 460 . 54 . 31 . 14 . 10 . 340

#### Protein Smoothie Bowl

a blend of almond butter, berries, and banana, topped with granola and coconut; served with two eggs your way GF. Veg. Nuts 438.45.37.15.7.542

#### Breakfast Plate\*

a hearty breakfast with maitake mushrooms, kale, country potatoes, bacon or sausage, and an English muffin, served with two eggs your way DF 449.46.32.17.7.696

#### Woodside Grain Bowl

farro topped with avocado, black beans, chickpeas, edamame, sautéed kale, and miso dressing; served with two eggs your way DF. Veg 450.58.30.14.17.509

#### CR Burger\*

a juicy ground beef patty topped with cheddar, tomato, lettuce, and onion, served with a side slaw 500 . 42 . 38 . 20 . 7 . 748

### Shrimp Tartine

poached shrimp, creamy aioli, hard-boiled egg capers, and parsley sauce on toasted bread DF 178.19.13.6.4.213

Breakfast Sausage GF 144 . 3 . 17 . 7 . 1 . 168

Bacon GF 70.tr.6.5.tr.310

Country-Roasted Potatoes GF.V 67.15.2.1.2.5 Choice of Eggs\* GF . Veg vegan eggs are also available

Cinnamon Oatmeal mixed berries GF . V 133 . 19 . 8 . 3 . 5 . 5



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PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES GF = Gluten-Free (no wheat, rye, or barley) DF = Dairy-Free

GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.)

V = Vegan (contains no animal product. May contain honey.) Veg = Vegetarian
\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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

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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