

SOUPS

Soup of the Day	Chicken Bone Broth	Tomato & Roasted Garlic Soup
	GF 28 . 1 . 2 . 1 . tr . 211	GF . V 63 . 11 . 2 . 2 . 2 . 344

SALADS & BOWLS

Tuna Poke Bowl* delicate tuna tossed in a ginger-soy marinade served with crisp cucumber, sweet tomato carrots, radish, and toasted sesame seeds GF 470 . 54 . 37 . 13 . 11 . 740	Kale Caesar Salad tender baby kale and crunchy endive tossed in a rich and creamy Caesar dressing topped with shaved parmesan and crispy chickpeas GF 204 . 18 . 11 . 11 . 5 . 262
Spring Harvest Salad organic mesclun greens tossed with vibrant pickled vegetables, creamy fava beans, asparagus & sugar snap peas, toasted pumpkin seeds, and zesty peppercorn parmesan dressing GF 372 . 33 . 19 . 19 . 12 . 445	Quinoa Bowl a hearty quinoa medley paired with chickpeas, crispy edamame, tempeh, shiitake mushrooms, and tender baby kale, finished with local kraut, a tangy miso vinaigrette, and house-made guacamole GF . V 500 . 58 . 31 . 17 . 17 . 746

Enhance Your Bowl or Salad with an Additional Protein
choice of: grilled chicken, salmon, or tofu (V)

ENTRÉES

Hearty Lentil “Meatloaf” made with walnuts, mushrooms, carrots, celery, and English peas served with romaine lettuce, and a smooth white bean and edamame purée GF . V 478 . 50 . 33 . 20 . 20 . 674	Chicken Sandwich a crispy buttermilk chicken breast topped with refreshing cucumber, fresh baby kale, and melted Swiss cheese drizzled with Thousand Island dressing, all on a whole-wheat potato roll served with a side of zucchini and yellow squash salad 497 . 50 . 41 . 15 . 7 . 556
Market Catch* sustainably caught fish of the day, served over a smooth and velvety maple sweet potato puree with a side of roasted cherry tomatoes, zucchini and red onion, and topped with a vibrant arugula-pecan pesto and crunchy super seeds GF 425 . 41 . 30 . 16 . 8 . 650	Turkey Reuben tender sliced turkey breast on toasted artisan whole wheat bread, layered with melted Swiss cheese local curry kraut, and rich Thousand Island dressing served with crunchy jicama apple slaw 462 . 56 . 39 . 9 . 7 . 749
Tartine of the Day Chef’s selection of seasonal ingredients on house-made artisan whole-wheat toast	Shrimp Tacos perfectly seasoned shrimp, served in warm corn tortillas with hearty red quinoa, tangy curry kraut and crisp baby kale, complemented by guacamole and fresh pico de gallo GF 409 . 51 . 33 . 10 . 11 . 706
Burger of the Day*	Mojo Chicken Tacos juicy chicken thighs, marinated in our vibrant mojo sauce served in warm corn tortillas with hearty red quinoa, local curry kraut, and fresh baby kale, complemented by guacamole and fresh pico de gallo GF 447 . 49 . 31 . 15 . 9 . 659
Falafel Burger a chickpea burger patty topped with fresh tomato creamy avocado, and drizzled with a tomato & jalapeno marmalade, served on a whole-wheat potato roll with a side of zucchini and yellow squash salad V 470 . 62 . 30 . 12 . 15 . 413	Chef’s Feature experience Chef Julien’s unique take on Canyon Ranch’s commitment to healthy eating, blending creativity with our wellness philosophy
Grilled Beef Burger* a juicy grass-fed burger patty stacked with crisp romaine lettuce, tangy pickles, and creamy Thousand Island dressing served on a whole-wheat potato roll with a refreshing jicama and apple slaw 497 . 45 . 41 . 17 . 9 . 709	

SELF SERVE SALAD BAR

HOMEMADE

Virgin Bloody Mary

tomato juice, horseradish, Worcestershire sauce, celery seed

GF . V 45 . 8 . 2 . tr . 2 . 268

SPRITZERS

Honey Lemon

sparkling water with fresh lemon & a hint of honey

GF . V 34 . 9 . tr . tr . tr . 4

Pomegranate

GF . V . 46 . 12 . 0 . 0 . 0 . 8

Tart Cherry

GF . V . 39 . 10 . 0 . 0 . 0 . 30

Cranberry

GF . V . 49 . 12 . 0 . tr . 0 . 3

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, Illinois, 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

J'ENWEY TEA

Organic & Direct Trade

ICED TEA

black | lychee green | hibiscus berry peach

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

calming chamomile | cherry berry | lemon lover immunity blend

Green Tea Sachets

jasmine silver needle | vanilla peach

Black Tea Sachets

lady blue earl grey | English breakfast | Moroccan mint

LOCALLY SOURCED VENDORS

High Lawn Farm

Lee, MA | Milk, Cheese

Hilltop Orchards

Richmond, MA | Apples, Apple Cider

Delftree Mushroom Company

Adams, MA

Mill Brook Sugarhouse

Lenox, MA | Maple Syrup

Gaetano's Organic Farm

Becket, MA

BEVERAGES

