

DINNER

SPRING | DAY 1

BEGINNINGS

Soup of the Day

Miso Soup

a classic Japanese soup made of tofu, chickpea miso, vegan dashi, nori sheets
GF . V 51 . 4 . 2 . 2 .tr . 139

Spring Harvest Muhammara

vibrant roasted red pepper and walnut dip, served with crisp daikon radish, baby carrots, cucumber, and house-made sourdough crackers
V 151 . 19 . 4 . 7 . 4 . 277

Allium Burrata Salad

creamy burrata paired with hand-picked ramps, crisp sugar snap peas, and aged prosciutto, finished with a medley of fresh spring herbs and a rich balsamic reduction
GF 196 . 8 . 15 . 15 . 3 . 347

Cauliflower & Potato “Cappuccino”

creamy cauliflower puree topped with a vibrant green olive & potato foam
GF 114 . 10 . 2 . 8 . 2 . 326

Buckwheat Tabbouleh

nutty buckwheat tossed with crisp kohlrabi, young cucumber, and local radish, brightened with our house miso vinaigrette
GF . V 122 . 20 . 3 . 4 . 4 . 207

Kale Caesar Salad

crisp endive and hearty kale tossed with crunchy garbanzos and parmesan
GF 204 . 18 . 11 . 11 . 5 . 262

Roasted Baby Beets Salad

slow roasted beets served with a mustard pumpkin seed yogurt dipping sauce
GF 127 . 17 . 6 . 5 . 5 . 223



See over 500 recipes on our Nourish blog.

CRAFT YOUR OWN PLATE

Enjoy a plentiful variety of flavors by creating your own dinner, tailored to your culinary preferences and your body’s nutritional needs.

PLANT FORWARD

Grilled Portobello Mushroom

marinated with aged balsamic and drizzled with cashew “sour cream”
GF . V 104 . 11 . 5 . 6 . 3 . 70

Vegetable Stir-Fry

seasoned with a vibrant lychee peanut relish
GF . V 104 . 15 . 4 . 4 . 5 . 118

Roasted Citrus Broccoli

seasoned with our zesty chili-lemon dressing
GF 91 . 11 . 4 . 5 . 4 . 136

Rustic Aligot GF

creamy garlic and aged Manchego cheese mashed potatoes
GF 170 . 14 . 7 . 10 . 1 . 145

Basmati Brown Rice Pilaf

slowly cooked and perfumed with tender fennel, celery, onion
GF 193 . 37 . 4 . 3 . 3 . 195

Hearty Lentil “Meatloaf”

made of a subtle blend of tempeh mushrooms, walnuts, local maple, allium & oats, with a tomato soy glaze
GF . V 190 . 19 . 15 . 8 . 8 . 285

Sea Scallops*

pan-seared sea scallops in a fragrant nori and orange brown butter sauce
GF 200 . 5 . 18 . 12 . tr . 182

Mustard Chicken

chicken breast coated in a blend of Greek yogurt, Dijon mustard, and bread crumbs served with a tangy mustard sauce
199 . 24 . 28 . 4 . 1 . 268

Beef Bolognese

High Lawn Farm ground beef simmered with carrots and fennel in a rich tomato sauce, topped with parmesan
GF 160 . 13 . 16 . 5 . 3 . 128

Roasted Asparagus

flavored with fresh lemon juice spring onion & aged parmesan
GF 98 . 9 . 6 . 6 . 3 . 201

Sautéed Spinach with Garlic

GF . V 37 . 4 . 3 . 1 . 3 . 190

Roasted Fennel & Peppers

GF . V 73 . 12 . 2 . 3 . 5 . 141

Whole Wheat Linguine

V 127 . 26 . 5 . 2 . 3 . 3

Sweet Potato Puree

infused with Mill Brook maple syrup
GF . V 79 . 13 . 1 . 3 . 2 . 174

Crispy Miso Potatoes GF

red bliss potatoes infused with South River garlic red pepper miso, kombu, spring allium
GF 123 . 17 . 2 . 5 . 1 . 206

PROTEINS

Sumac-Crusted Cauliflower “Steak”

slow roasted until tender, served with an almond tempeh cream, honey sriracha sauce & roasted almonds
GF 201 . 23 . 16 . 7 . 9 . 293

Pan-Seared Salmon*

served with a house-made tahini & hand picked ramp pesto
GF 193 . 1 . 25 . 9 . tr . 192

Grilled Tuna*

encrusted with our super seed mix, finish with a silky honey & soy glaze
GF 159 . 6 . 29 . 2 . 1 . 273

Coq Au Vin

slowly braised chicken thighs in an aromatic red wine broth
GF 196 . 6 . 24 . 6 . 1 . 142

Beef Tenderloin*

grilled perfectly and served with a velvety shallot & red wine sauce
GF 204 . 2 . 26 . 9 . tr . 280

Cauliflower & Bean Puree

infused with fresh lime juice & garlic
GF . V 112 . 15 . 5 . 4 . 4 . 204

Seasonal Steamer Basket GF . V

selected daily

Zaatar Carrots

young carrots slowly roasted with our house-made Middle Eastern spice blend
GF . V 103 . 14 . 2 . 5 . 5 . 205

Roasted Sweet Potato

coated with a fragrant fennel rub and slowly roasted in the oven until perfectly tender
GF . V 191 . 34 . 4 . 5 . 7 . 144

Wild Rice

perfumed with fresh ginger root, chicken broth & young spring onion
GF 134 . 27 . 5 . 1 . 3 . 109

Black Bean & Corn Enchilada

whole-wheat tortilla rich tomato-based enchilada sauce cashew “sour cream”
V 204 . 26 . 14 . 7 . 7 . 303

Steamed Mussels

infused with fragrant herbs, young garlic, sake, lime, and butter served with warm basil focaccia
197 . 16 . 13 . 7 . 1 . 306

Roasted Airline Chicken Breast

served with a creamy blend of white wine, tangy mustard, and tomatoes creating a rich, velvety sauce
GF 192 . tr . 32 . 5 . tr . 177

Sesame Flank Steak Stir-Fry*

quickly seared steak with red wine caramelized onions & crunchy sesame seeds
GF 226 . 4 . 25 . 11 . 1 . 238

CHEF’S

COMPOSED DISHES

Black Bean & Corn Enchiladas

whole-wheat tortillas filled with a savory mix of black beans, corn, and vegan chorizo, drizzled with a bold tomato-based enchilada sauce and topped with a creamy cashew “sour cream”
V 437 . 53 . 30 . 15 . 15 . 726

Coq Au Vin

chicken thighs slowly braised in a rich red wine broth, paired with fennel-roasted sweet potatoes and bright, zesty young broccoli florets
GF 478 . 51 . 32 . 16 . 12 . 450

Grilled Tuna*

super seed crusted tuna, finished with a honey-soy glaze, and served with citrus-kissed asparagus and a creamy cauliflower-white bean purée
GF 442 . 40 . 43 . 14 . 10 . 749

Chef’s Feature

experience Chef Julien's unique take on Canyon Ranch's commitment to healthy eating blending creativity with our wellness philosophy

DRIZZLE & DASH

Spice up your meal at our Spice Bar. With a variety of spices, oils, and vinegars— tailor your dish to your unique taste!

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

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.

CANYONRANCH | grill™

5:00 – 8:30 PM

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

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

Black Tea Sachets

lady blue earl grey | ginseng oolong | cinnamon vanilla noir
Moroccan mint

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple

GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums

GF . V 54 . 11 . 2 . 0 . 0 . 0

HOMEMADE MOCKTAILS

Winter Sunset

beet, lime & morning blend juice

pomegranate molasses, sparkling water

GF . V 39 . 9 . 1 . tr . 1 . 19

Virgin Bloody Mary

tomato juice, horseradish

Worcestershire sauce, celery seed

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

SPRITZERS

Tart Cherry

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

Pomegranate

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

Cranberry

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

BEVERAGES

CANYONRANCH | grill™

LOCALLY SOURCED VENDORS

HIGH LAWN FARM

Lee, MA | Milk, Cheese

DELFTREE MUSHROOM COMPANY

Adams, MA

GAETANO’S ORGANIC FARM

Becket, MA

HILLTOP ORCHARDS

Richmond, MA | Apples, Apple Cider

MILL BROOK SUGARHOUSE

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Burrata

A rich, creamy Italian cheese with a delicate mozzarella shell filled with soft, shredded curd and fresh cream.

Muhammara

A Middle Eastern dip made from roasted red peppers, walnuts, olive oil, and spices, with a sweet, smoky, and mildly spicy flavor.

Tabbouleh

A Mediterranean salad traditionally made with bulgur wheat, finely chopped parsley, tomatoes, onions, and fresh herbs, dressed with olive oil and lemon juice.

LOCAL & SEASONAL FARE

Asparagus

Tender, earthy, and sweet, asparagus is an exceptional source of folate. Folate, also known as vitamin B9, is essential for DNA synthesis and repair, as well as brain development and function.

Broccoli

Did you know 1 cup of broccoli has more vitamin C than an orange? Broccoli is also rich in cancerfighting compounds called glucosinolates and is a great source of prebiotic fiber. Prebiotic fiber acts as food for beneficial gut microbes or the microbiota. Getting enough prebiotic fiber through foods like broccoli is important for a healthy, robust, and diverse gut microbial community.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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.

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

DINNER

SPRING | DAY 2

BEGINNINGS

Soup of the Day

Miso Soup

a classic Japanese soup made of tofu, chickpea miso, vegan dashi, nori sheets

GF . V 51 . 4 . 2 . 2 .tr . 139

Hummus & Spring Vegetables

hummus served with crisp daikon radish, baby carrots, cucumber, and house-made sourdough crackers for dipping

V 168 . 20 . 6 . 9 . 4 . 187

Allium Burrata Salad

creamy burrata paired with hand-picked ramps, crisp sugar snap peas, and aged prosciutto, finished with a medley of fresh spring herbs and a rich balsamic reduction

GF 196 . 8 . 15 . 15 . 3 . 347

Cauliflower & Potato “Cappuccino”

creamy cauliflower puree topped with a vibrant green olive & potato foam

GF 114 . 10 . 2 . 8 . 2 . 326

Buckwheat Tabbouleh

nutty buckwheat tossed with crisp kohlrabi, young cucumber, and local radish, brightened with our house miso vinaigrette

GF . V 122 . 20 . 3 . 4 . 4 . 207

Kale Caesar Salad

crisp endive and hearty kale tossed with crunchy garbanzos and parmesan

GF 204 . 18 . 11 . 11 . 5 . 262

Roasted Baby Beets Salad

slow roasted beets served with a mustard pumpkin seed yogurt dipping sauce

GF 127 . 17 . 6 . 5 . 5 . 223



See over 500 recipes on our Nourish blog.

CRAFT YOUR OWN PLATE

Enjoy a plentiful variety of flavors by creating your own dinner, tailored to your culinary preferences and your body’s nutritional needs.

PLANT FORWARD

Grilled Portobello Mushroom

marinated with aged balsamic and drizzled with cashew “sour cream”

GF . V 104 . 11 . 5 . 6 . 3 . 70

Vegetable Stir-Fry

seasoned with a vibrant lychee peanut relish

GF . V 104 . 15 . 4 . 4 . 5 . 118

Roasted Citrus Broccoli

seasoned with our zesty chili-lemon dressing

GF 91 . 11 . 4 . 5 . 4 . 136

Rustic Aligot GF

creamy garlic and aged Manchego cheese mashed potatoes

GF 170 . 14 . 7 . 10 . 1 . 145

Basmati Brown Rice Pilaf

slowly cooked and perfumed with tender fennel, celery, onion

GF 193 . 37 . 4 . 3 . 3 . 195

Hearty Lentil “Meatloaf”

made of a subtle blend of tempeh mushrooms, walnuts, local maple, allium & oats, with a tomato soy glaze

GF . V 190 . 19 . 15 . 8 . 8 . 285

Sea Scallops*

pan-seared sea scallops in a fragrant nori and orange brown butter sauce

GF 200 . 5 . 18 . 12 . tr . 182

Chicken Piccata

a tender chicken cutlet dusted in oat flour and simmered in a rich caper, lime and garlic bone broth

GF 198 . 7 . 27 . 6 . 1 . 298

Beef Bolognese

High Lawn Farm ground beef simmered with carrots and fennel in a rich tomato sauce, topped with parmesan

GF 160 . 13 . 16 . 5 . 3 . 128

Roasted Asparagus

flavored with fresh lemon juice spring onion & aged parmesan

GF 98 . 9 . 6 . 6 . 3 . 201

Sautéed Spinach with Garlic

GF . V 37 . 4 . 3 . 1 . 3 . 190

Roasted Fennel & Peppers

GF . V 73 . 12 . 2 . 3 . 5 . 141

Whole Wheat Linguine

V 127 . 26 . 5 . 2 . 3 . 3

Sweet Potato Puree

infused with Mill Brook maple syrup

GF . V 79 . 13 . 1 . 3 . 2 . 174

Crispy Miso Potatoes GF

red bliss potatoes infused with South River garlic red pepper miso, kombu, spring allium

GF 123 . 17 . 2 . 5 . 1 . 206

PROTEINS

Sumac-Crusted Cauliflower “Steak”

slow roasted until tender, served with an almond tempeh cream, honey sriracha sauce & roasted almonds

GF 201 . 23 . 16 . 7 . 9 . 293

Pan-Seared Salmon*

served with a house-made tahini & hand picked ramp pesto

GF 193 . 1 . 25 . 9 . tr . 192

Grilled Tuna*

encrusted with our super seed mix, finish with a silky honey & soy glaze

GF 159 . 6 . 29 . 2 . 1 . 273

Coq Au Vin

slowly braised chicken thighs in an aromatic red wine broth

GF 196 . 6 . 24 . 6 . 1 . 142

Beef Tenderloin*

grilled perfectly and served with a velvety shallot & red wine sauce

GF 204 . 2 . 26 . 9 . tr . 280

Cauliflower & Bean Puree

infused with fresh lime juice & garlic

GF . V 112 . 15 . 5 . 4 . 4 . 204

Seasonal Steamer Basket GF . V selected daily

Zaatar Carrots

young carrots slowly roasted with our house-made Middle Eastern spice blend

GF . V 103 . 14 . 2 . 5 . 5 . 205

Roasted Sweet Potato

coated with a fragrant fennel rub and slowly roasted in the oven until perfectly tender

GF . V 191 . 34 . 4 . 5 . 7 . 144

Wild Rice

perfumed with fresh ginger root, chicken broth & young spring onion

GF 134 . 27 . 5 . 1 . 3 . 109

Black Bean & Corn Enchilada

whole-wheat tortilla rich tomato-based enchilada sauce cashew “sour cream”

V 204 . 26 . 14 . 7 . 7 . 303

Steamed Mussels

infused with fragrant herbs, young garlic, sake, lime, and butter served with warm basil focaccia

197 . 16 . 13 . 7 . 1 . 306

Roasted Airline Chicken Breast

served with a creamy blend of white wine, tangy mustard, and tomatoes creating a rich, velvety sauce

GF 192 . tr . 32 . 5 . tr . 177

Sesame Flank Steak Stir-Fry*

quickly seared steak with red wine caramelized onions & crunchy sesame seeds

GF 226 . 4 . 25 . 11 . 1 . 238

CHEF’S

COMPOSED DISHES

Sesame Flank Steak Stir-Fry

seared steak with red wine caramelized onions, paired with slow roasted zaatar carrots and roasted sweet potato with a fragrant fennel rub

GF 457 . 43 . 30 . 18 . 7 . 558

Pan-Seared Salmon

with Ramp Tahini Pesto*

served with roasted citrus broccoli and crispy red bliss potatoes infused with local garlic red-pepper miso, kombu, and spring alliums

GF 467 . 41 . 35 . 20 . 9 . 627

Sumac-Crusted Cauliflower “Steak”

served alongside sautéed spinach with garlic, wild rice perfumed with fresh ginger, almond-tempeh cream, honey sriracha sauce, and roasted almonds

GF 500 . 60 . 30 . 20 . 17 . 696

Chef’s Feature

experience Chef Julien's unique take on Canyon Ranch's commitment to healthy eating, blending creativity with our wellness philosophy

DRIZZLE & DASH

Spice up your meal at our Spice Bar. With a variety of spices, oils, and vinegars—tailor your dish to your unique taste!

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

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.

CANYONRANCH | grill™

5:00 – 8:30 PM

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

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

Black Tea Sachets

lady blue earl grey | ginseng oolong | cinnamon vanilla noir
Moroccan mint

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple
GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums
GF . V 54 . 11 . 2 . 0 . 0 . 0

HOMEMADE MOCKTAILS

It's About Thyme

pear & lemon juice, thyme-juniper syrup
sparkling water
GF . V 29 . 8 . tr . tr . tr . 6

Virgin Bloody Mary

tomato juice, horseradish
Worcestershire sauce, celery seed
GF . V 45 . 8 . 2 . tr . 2 . 268

SPRITZERS

Tart Cherry

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

Pomegranate

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

Cranberry

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

BEVERAGES

CANYON RANCH | grill™

LOCALLY SOURCED VENDORS

HIGH LAWN FARM

Lee, MA | Milk, Cheese

DELFTREE MUSHROOM COMPANY

Adams, MA

GAETANO'S ORGANIC FARM

Becket, MA

HILLTOP ORCHARDS

Richmond, MA | Apples, Apple Cider

MILL BROOK SUGARHOUSE

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Allium

A genus of flowering plants that includes onions, garlic, leeks, shallots, chives, and scallions.

Ramp

A wild spring onion with a garlicky aroma and mild, sweet onion flavor, prized for its tender leaves and bulbs. It has a short harvesting season in early spring and grows in the shaded woodlands of the eastern U.S. and Appalachia.

Sumac

A tangy, lemony spice made from dried and ground berries of the sumac plant, commonly used in Middle Eastern and Mediterranean cuisines.

LOCAL & SEASONAL FARE

Broccoli

Did you know 1 cup of broccoli has more vitamin C than an orange? Broccoli is also rich in cancerfighting compounds called glucosinolates and is a great source of prebiotic fiber. Prebiotic fiber acts as food for beneficial gut microbes or the microbiota. Getting enough prebiotic fiber through foods like broccoli is important for a healthy, robust, and diverse gut microbial community.

Salmon

We love featuring salmon on our menus as it is uniquely high in omega-3 fats and protein. The omega-3 fats in salmon support brain health, cardiovascular function and have anti-inflammatory benefits. Salmon is rich in high-quality protein essential for building and maintaining strong muscle. It also helps better manage blood glucose while keeping us satiated.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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.

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

DINNER

SPRING | DAY 3

BEGINNINGS

Soup of the Day

Miso Soup

a classic Japanese soup made of tofu, chickpea miso, vegan dashi, nori sheets
GF . V 51 . 4 . 2 . 2 .tr . 139

Zaalouk & Spring Vegetables

spiced eggplant zaalouk with crisp daikon radish, baby carrots, cucumber, and house-made sourdough crackers
V 158 . 23 . 5 . 7 . 7 . 233

Allium Burrata Salad

creamy burrata paired with hand-picked ramps, crisp sugar snap peas, and aged prosciutto, finished with a medley of fresh spring herbs and a rich balsamic reduction
GF 196 . 8 . 15 . 15 . 3 . 347

Cauliflower & Potato “Cappuccino”

creamy cauliflower puree topped with a vibrant green olive & potato foam
GF 114 . 10 . 2 . 8 . 2 . 326

Buckwheat Tabbouleh

nutty buckwheat tossed with crisp kohlrabi, young cucumber, and local radish, brightened with our house miso vinaigrette
GF . V 122 . 20 . 3 . 4 . 4 . 207

Kale Caesar Salad

crisp endive and hearty kale tossed with crunchy garbanzos and parmesan
GF 204 . 18 . 11 . 11 . 5 . 262

Roasted Baby Beets Salad

slow roasted beets served with a mustard pumpkin seed yogurt dipping sauce
GF 127 . 17 . 6 . 5 . 5 .223



See over 500 recipes on our Nourish blog.

CRAFT YOUR OWN PLATE

Enjoy a plentiful variety of flavors by creating your own dinner, tailored to your culinary preferences and your body’s nutritional needs.

PLANT FORWARD

Grilled Portobello Mushroom

marinated with aged balsamic and drizzled with cashew “sour cream”
GF . V 104 . 11 . 5 . 6 . 3 . 70

Vegetable Stir-Fry

seasoned with a vibrant lychee peanut relish
GF . V 104 . 15 . 4 . 4 . 5 . 118

Roasted Citrus Broccoli

seasoned with our zesty chili-lemon dressing
GF 91 . 11 . 4 . 5 . 4 . 136

Rustic Aligot GF

creamy garlic and aged Manchego cheese mashed potatoes
GF 170 . 14 . 7 . 10 . 1 . 145

Basmati Brown Rice Pilaf

slowly cooked and perfumed with tender fennel, celery, onion
GF 193 . 37 . 4 . 3 . 3 . 195

Hearty Lentil “Meatloaf”

made of a subtle blend of tempeh mushrooms, walnuts, local maple, allium & oats, with a tomato soy glaze
GF . V 190 . 19 . 15 . 8 . 8 .285

Sea Scallops*

pan-seared sea scallops in a fragrant nori and orange brown butter sauce
GF 200 . 5 . 18 . 12 . tr . 182

Chicken Marsala

a tender chicken cutlet dusted in rice flour and simmered in a rich Marsala wine sauce, with Delftree Farm mushrooms
GF 173 . 3 . 27 . 4 . tr . 257

Beef Bolognese

High Lawn Farm ground beef simmered with carrots and fennel in a rich tomato sauce, topped with parmesan
GF 160 . 13 . 16 . 5 . 3 . 128

Roasted Asparagus

flavored with fresh lemon juice spring onion & aged parmesan
GF 98 . 9 . 6 . 6 . 3 . 201

Sautéed Spinach with Garlic

GF . V 37 . 4 . 3 . 1 . 3 . 190

Roasted Fennel & Peppers

GF . V 73 . 12 . 2 . 3 . 5 . 141

Whole Wheat Linguine

V 127 . 26 . 5 . 2 . 3 . 3

Sweet Potato Puree

infused with Mill Brook maple syrup
GF . V 79 . 13 . 1 . 3 . 2 . 174

Crispy Miso Potatoes GF

red bliss potatoes infused with South River garlic red pepper miso, kombu, spring allium
GF 123 . 17 . 2 . 5 . 1 . 206

PROTEINS

Sumac-Crusted Cauliflower “Steak”

slow roasted until tender, served with an almond tempeh cream, honey sriracha sauce & roasted almonds
GF 201 . 23 . 16 . 7 . 9 . 293

Pan-Seared Salmon*

served with a house-made tahini & hand picked ramp pesto
GF 193 . 1 . 25 . 9 . tr . 192

Grilled Tuna*

encrusted with our super seed mix, finish with a silky honey & soy glaze
GF 159 . 6 . 29 . 2 . 1 . 273

Coq Au Vin

slowly braised chicken thighs in an aromatic red wine broth
GF 196 . 6 . 24 . 6 . 1 . 142

Beef Tenderloin*

grilled perfectly and served with a velvety shallot & red wine sauce
GF 204 . 2 . 26 . 9 . tr . 280

Cauliflower & Bean Puree

infused with fresh lime juice & garlic
GF . V 112 . 15 . 5 . 4 . 4 . 204

Seasonal Steamer Basket GF . V

selected daily

Zaatar Carrots

young carrots slowly roasted with our house-made Middle Eastern spice blend
GF . V 103 . 14 . 2 . 5 . 5 . 205

Roasted Sweet Potato

coated with a fragrant fennel rub and slowly roasted in the oven until perfectly tender
GF . V 191 . 34 . 4 . 5 . 7 . 144

Wild Rice

perfumed with fresh ginger root, chicken broth & young spring onion
GF 134 . 27 . 5 . 1 . 3 . 109

Black Bean & Corn Enchilada

whole-wheat tortilla rich tomato-based enchilada sauce cashew “sour cream”
V 204 . 26 . 14 . 7 . 7 . 303

Steamed Mussels

infused with fragrant herbs, young garlic, sake, lime, and butter served with warm basil focaccia
197 . 16 . 13 . 7 . 1 . 306

Roasted Airline Chicken Breast

served with a creamy blend of white wine, tangy mustard, and tomatoes creating a rich, velvety sauce
GF 192 . tr . 32 . 5 . tr . 177

Sesame Flank Steak Stir-Fry*

quickly seared steak with red wine caramelized onions & crunchy sesame seeds
GF 226 . 4 . 25 . 11 . 1 . 238

CHEF’S

COMPOSED DISHES

Chicken Marsala

a tender chicken cutlet, simmered in a rich Marsala wine sauce, accompanied by a savory roasted mushroom medley, served atop brown rice pilaf and roasted citrus broccoli
GF 457 . 51 . 35 . 12 . 7 . 594

Linguine & Steamed Mussels

paired with roasted fennel & red pepper, infused with fragrant herbs, young garlic, sake, lime, and butter sauce, served with warm basil focaccia
498 . 51 . 30 . 17 . 7 . 742

Sea Scallops

pan-seared sea scallops in a fragrant nori and orange brown butter sauce, served with maple-infused sweet potato purée, zesty roasted asparagus, and parmesan
GF 459 . 41 . 31 . 20 . 8 . 661

Chef’s Feature

experience Chef Julien's unique take on Canyon Ranch's commitment to healthy eating, blending creativity with our wellness philosophy

DRIZZLE & DASH

Spice up your meal at our Spice Bar. With a variety of spices, oils, and vinegars— tailor your dish to your unique taste!

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

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.

CANYONRANCH | grill™

5:00 – 8:30 PM

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

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

Black Tea Sachets

lady blue earl grey | ginseng oolong | cinnamon vanilla noir
Moroccan mint

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple
GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums
GF . V 54 . 11 . 2 . 0 . 0 . 0

HOMEMADE MOCKTAILS

Winter Sunset

beet, lime & morning blend juice
pomegranate molasses, sparkling water
GF . V 39 . 9 . 1 . tr . 1 . 19

Virgin Bloody Mary

tomato juice, horseradish
Worcestershire sauce, celery seed
GF . V 45 . 8 . 2 . tr . 2 . 268

SPRITZERS

Tart Cherry

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

Pomegranate

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

Cranberry

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

BEVERAGES

CANYON RANCH | grill™

LOCALLY SOURCED VENDORS

HIGH LAWN FARM

Lee, MA | Milk, Cheese

DELFTREE MUSHROOM COMPANY

Adams, MA

GAETANO'S ORGANIC FARM

Becket, MA

HILLTOP ORCHARDS

Richmond, MA | Apples, Apple Cider

MILL BROOK SUGARHOUSE

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Dashi

A Japanese stock made from kombu (dried kelp) and traditionally katsuobushi (dried bonito flakes), creating a rich flavor used in various Japanese dishes. Our vegan dashi is made from kombu, mirin wine, tamari, salt, cane sugar and rice vinegar.

Super Seeds

Nutrient-dense seeds that are particularly high in essential nutrients like protein, healthy fats, fiber, vitamins, and minerals.

Zaalouk

A Moroccan salad or dip made from cooked eggplant, tomatoes, garlic, olive oil, and a blend of spices, often including cumin, paprika, and coriander, creating a rich, flavorful dish.

LOCAL & SEASONAL FARE

Asparagus

Tender, earthy, and sweet, asparagus is an exceptional source of folate. Folate, also known as vitamin B9, is essential for DNA synthesis and repair, as well as brain development and function.

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 of their richness in the cancer-fighting compounds glucosinolates. Maximize the health benefits of glucosinolates by choosing radishes in more raw preparations, such as salads or slaws.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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.

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

DINNER

SPRING | DAY 4

BEGINNINGS

Soup of the Day

Miso Soup

a classic Japanese soup made of tofu, chickpea miso, vegan dashi, nori sheets

GF . V 51 . 4 . 2 . 2 .tr . 139

White Bean Dip & Spring Vegetables

a creamy white bean dip served with crisp cauliflower, daikon radish, baby carrots, cucumber, and house-made sourdough crackers

V 165 . 23 . 7 . 6 . 6 . 290

Allium Burrata Salad

creamy burrata paired with hand-picked ramps, crisp sugar snap peas, and aged prosciutto, finished with a medley of fresh spring herbs and a rich balsamic reduction

GF 196 . 8 . 15 . 15 . 3 . 347

Cauliflower & Potato “Cappuccino”

creamy cauliflower puree topped with a vibrant green olive & potato foam

GF 114 . 10 . 2 . 8 . 2 . 326

Buckwheat Tabbouleh

nutty buckwheat tossed with crisp kohlrabi, young cucumber, and local radish, brightened with our house miso vinaigrette

GF . V 122 . 20 . 3 . 4 . 4 . 207

Kale Caesar Salad

crisp endive and hearty kale tossed with crunchy garbanzos and parmesan

GF 204 . 18 . 11 . 11 . 5 . 262

Roasted Baby Beets Salad

slow roasted beets served with a mustard pumpkin seed yogurt dipping sauce

GF 127 . 17 . 6 . 5 . 5 . 223



See over 500 recipes on our Nourish blog.

CRAFT YOUR OWN PLATE

Enjoy a plentiful variety of flavors by creating your own dinner, tailored to your culinary preferences and your body’s nutritional needs.

PLANT FORWARD

Grilled Portobello Mushroom

marinated with aged balsamic and drizzled with cashew “sour cream”

GF . V 104 . 11 . 5 . 6 . 3 . 70

Vegetable Stir-Fry

seasoned with a vibrant lychee peanut relish

GF . V 104 . 15 . 4 . 4 . 5 . 118

Roasted Citrus Broccoli

seasoned with our zesty chili-lemon dressing

GF 91 . 11 . 4 . 5 . 4 . 136

Rustic Aligot GF

creamy garlic and aged Manchego cheese mashed potatoes

GF 170 . 14 . 7 . 10 . 1 . 145

Basmati Brown Rice Pilaf

slowly cooked and perfumed with tender fennel, celery, onion

GF 193 . 37 . 4 . 3 . 3 . 195

Hearty Lentil “Meatloaf”

made of a subtle blend of tempeh mushrooms, walnuts, local maple, allium & oats, with a tomato soy glaze

GF . V 190 . 19 . 15 . 8 . 8 . 285

Sea Scallops*

pan-seared sea scallops in a fragrant nori and orange brown butter sauce

GF 200 . 5 . 18 . 12 . tr . 182

Chicken Parmesan

crispy panko-crusted chicken breast, topped with our rich marinara sauce and melted mozzarella

216 . 8 . 30 . 6 . 1 . 203

Beef Bolognese

High Lawn Farm ground beef simmered with carrots and fennel in a rich tomato sauce, topped with parmesan

GF 160 . 13 . 16 . 5 . 3 . 128

Roasted Asparagus

flavored with fresh lemon juice spring onion & aged parmesan

GF 98 . 9 . 6 . 6 . 3 . 201

Sautéed Spinach with Garlic

GF . V 37 . 4 . 3 . 1 . 3 . 190

Roasted Fennel & Peppers

GF . V 73 . 12 . 2 . 3 . 5 . 141

Whole Wheat Linguine

V 127 . 26 . 5 . 2 . 3 . 3

Sweet Potato Puree

infused with Mill Brook maple syrup

GF . V 79 . 13 . 1 . 3 . 2 . 174

Crispy Miso Potatoes GF

red bliss potatoes infused with South River garlic red pepper miso, kombu, spring allium

GF 123 . 17 . 2 . 5 . 1 . 206

PROTEINS

Sumac-Crusted Cauliflower “Steak”

slow roasted until tender, served with an almond tempeh cream, honey sriracha sauce & roasted almonds

GF 201 . 23 . 16 . 7 . 9 . 293

Pan-Seared Salmon*

served with a house-made tahini & hand picked ramp pesto

GF 193 . 1 . 25 . 9 . tr . 192

Grilled Tuna*

encrusted with our super seed mix, finish with a silky honey & soy glaze

GF 159 . 6 . 29 . 2 . 1 . 273

Coq Au Vin

slowly braised chicken thighs in an aromatic red wine broth

GF 196 . 6 . 24 . 6 . 1 . 142

Beef Tenderloin*

grilled perfectly and served with a velvety shallot & red wine sauce

GF 204 . 2 . 26 . 9 . tr . 280

Cauliflower & Bean Puree

infused with fresh lime juice & garlic

GF . V 112 . 15 . 5 . 4 . 4 . 204

Seasonal Steamer Basket GF . V selected daily

Zaatar Carrots

young carrots slowly roasted with our house-made Middle Eastern spice blend

GF . V 103 . 14 . 2 . 5 . 5 . 205

Roasted Sweet Potato

coated with a fragrant fennel rub and slowly roasted in the oven until perfectly tender

GF . V 191 . 34 . 4 . 5 . 7 . 144

Wild Rice

perfumed with fresh ginger root, chicken broth & young spring onion

GF 134 . 27 . 5 . 1 . 3 . 109

Black Bean & Corn Enchilada

whole-wheat tortilla rich tomato-based enchilada sauce cashew “sour cream”

V 204 . 26 . 14 . 7 . 7 . 303

Steamed Mussels

infused with fragrant herbs, young garlic, sake, lime, and butter served with warm basil focaccia

197 . 16 . 13 . 7 . 1 . 306

Roasted Airline Chicken Breast

served with a creamy blend of white wine, tangy mustard, and tomatoes creating a rich, velvety sauce

GF 192 . tr . 32 . 5 . tr . 177

Sesame Flank Steak Stir-Fry*

quickly seared steak with red wine caramelized onions & crunchy sesame seeds

GF 226 . 4 . 25 . 11 . 1 . 238

CHEF’S

COMPOSED DISHES

Roasted Chicken Statler

airline chicken breast served with fennel-rubbed sweet potato, roasted fennel and peppers, and a creamy tomato-mustard sauce

GF 456 . 46 . 38 . 14 . 12 . 461

Salmon Stir-Fry*

seasonal vegetable stir-fry seasoned with a vibrant lychee peanut relish, served alongside a fragrant brown rice pilaf infused with tender fennel, celery, and onion

GF 482 . 53 . 33 . 16 . 8 . 442

Hearty Lentil “Meatloaf”*

made of a blend of tempeh, mushrooms, walnuts, local maple, allium & oats, topped with a tomato soy glaze, and served with rustic aligot and sautéed baby spinach with garlic

GF 447 . 43 . 30 . 20 . 14 . 747

Chef’s Feature

experience Chef Julien's unique take on Canyon Ranch's commitment to healthy eating, blending creativity with our wellness philosophy

DRIZZLE & DASH

Spice up your meal at our Spice Bar. With a variety of spices, oils, and vinegars—tailor your dish to your unique taste!

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

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.

CANYONRANCH | grill™

5:00 – 8:30 PM

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

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

Black Tea Sachets

lady blue earl grey | ginseng oolong | cinnamon vanilla noir
Moroccan mint

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)

apple cider vinegar, peach, cucumber, plum, apple, pineapple

GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)

apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums

GF . V 54 . 11 . 2 . 0 . 0 . 0

HOMEMADE MOCKTAILS

It's About Thyme

pear & lemon juice, thyme-juniper syrup

sparkling water

GF . V 29 . 8 . tr . tr . tr . 6

Virgin Bloody Mary

tomato juice, horseradish

Worcestershire sauce, celery seed

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

SPRITZERS

Tart Cherry

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

Pomegranate

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

Cranberry

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

BEVERAGES

CANYON RANCH | grill™

LOCALLY SOURCED VENDORS

HIGH LAWN FARM

Lee, MA | Milk, Cheese

DELFTREE MUSHROOM COMPANY

Adams, MA

GAETANO'S ORGANIC FARM

Becket, MA

HILLTOP ORCHARDS

Richmond, MA | Apples, Apple Cider

MILL BROOK SUGARHOUSE

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Airline Chicken

Airline refers to a bone-in chicken breast that includes the first wing joint, with the wingtip removed. The meat is typically skin-on and the bone exposed, giving it a more elegant presentation while maintaining the flavor and juiciness of the bone-in cut.

Aligot

A French dish made from mashed potatoes blended with melted cheese, along with butter and garlic. The result is a rich, stretchy, and cheesy potato purée, often served as a side dish.

Allium

A genus of flowering plants that includes onions, garlic, leeks, shallots, chives, and scallions.

LOCAL & SEASONAL FARE

Peas

After a cold winter, fresh peas are one of the first spring vegetables to signal the start of warmer weather to come. Peas provide high-quality carbohydrates to power both the brain and the body. They also contribute to essential protein intake, providing 4g protein per ½ cup, and are rich in prebiotic fiber, which fuels and nourishes a healthy gut microbiome.

Salmon

We love featuring salmon on our menus as it is uniquely high in omega-3 fats and protein. The omega-3 fats in salmon support brain health, cardiovascular function and have anti-inflammatory benefits. Salmon is rich in high-quality protein essential for building and maintaining strong muscle. It also helps better manage blood glucose while keeping us satiated.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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.

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