

vegetables, starches & bread

tastes for today only

MASHED LIMA BEANS WITH LEMON GF,V
125.15.5.5.4.143

POTATO PANCAKE 100.17.3.2.2.151

**GOAT CHEESE POLENTA WITH GRILLED SCALLIONS &
ROASTED POBLANOS** GF
125.15.6.5.1.224

daily fare

MASHED CAULIFLOWER GF 40.3.1.3.1.218

SAUTÉED BROCCOLI WITH GARLIC GF,V 45.4.3.3.3.23

BROWN RICE GF,V 120.25.3.1.1.4

BAKED SWEET POTATO GF,V 140.32.3.tr.5.31
Half GF,V 75.18.2.tr.3.16

ARTISAN WHEAT BREAD V 105.21.4.1.2.226

ARTISAN CRANBERRY PECAN BREAD V 120.21.3.3.2.166

ROSEMARY DINNER ROLL 130.24.5.2.2.185

Butter pat GF 65.0.tr.6.tr.58

starters

tastes for today only

SMOKED TROUT WITH SALMOREJO 90.4.6.6.1.196
Smoked trout with salmorejo, a traditional Andalusian soup made with tomatoes, baguette, garlic and spices served with a parmesan cheese crisp

CREAM OF CELERY WITH HORSERADISH SOUP GF
105.13.4.5.2.252

NO SALT ADDED CHIPOTLE BLACK BEAN SOUP GF,V
150.27.8.2.6.45

daily fare

**STEAMED EDAMAME
BEANS IN SHELL** GF,V 80.6.7.4.2.6

MISO SOUP GF,V 40.5.2.1.1.323
Miso broth with tofu and onion garnish

CHICKEN NOODLE SOUP 120.16.8.3.1.377

GAZPACHO GF,V 35.7.1.tr.1.354

balanced selection

Our Balanced Selection, if chosen at all three meals each day, provides 1600 to 1800 calories per day

SMOKED TROUT WITH SALMOREJO
90.4.6.6.1.196

CRAB STUFFED ANAHEIM PEPPER
345.36.19.15.4.719

FRESH FRUIT PLATE GF,V 120.30.2.1.6.1

NUTRIENT ANALYSIS

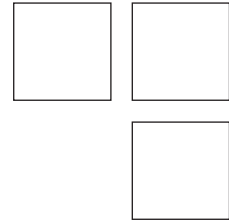
Calories . carb grams . protein grams . fat grams . fiber grams . *sodium mg* tr = trace (less than 1 gram)

A = Contains a trace of alcohol V = Vegan-contains no animal product

GF = Gluten-Free-no wheat, rye or barley. Please note: Our kitchens are not gluten-free environments.

If you have food allergies or sensitivities, please let your server know.

entrées



CANYON RANCH CHEF SALAD GF

405.27.32.18.5.533

Organic arugula, all-natural turkey breast, spiced pecans, dried cranberries, bleu cheese and diced organic apples served with classic Dijon vinaigrette

CRAB STUFFED ANAHEIM PEPPER GF

345.36.19.15.4.719

Roasted Anaheim pepper stuffed with lump crab mix and topped with cool mango cucumber salsa, served atop goat cheese polenta with grilled scallions & poblanos

GRASS-FED BEEF TENDERLOIN A

345.22.29.14.4.691

Served medium-rare with wild mushroom jus, mashed cauliflower and a potato pancake

WILD MUSHROOM FRICASSE A,GF,V

390.42.14.19.10.551

Wild mushrooms cooked in a fresh herb red wine sauce, served with lemony mashed lima beans and topped with tomato jam and arugula microgreens

VEGETABLE STIR-FRY WITH BROWN RICE & MONGOLIAN BBQ SAUCE GF,V

235.47.8.3.8.410

With Grilled Chicken GF 370.47.32.6.8.541

With Grilled Salmon GF 405.47.27.10.8.545

With Tofu GF,V 355.48.21.10.9.422

à la carte

PLAIN GRILLED RED BIRD FARMS ALL-NATURAL, ANTIBIOTIC-FREE CHICKEN GF 140.0.26.3.0.63

PLAIN GRILLED, WILD-CAUGHT ALASKAN SALMON GF 175.0.19.11.0.69

MONGOLIAN BBQ SAUCE GF,V 30.4.1.1.tr.345

pasta bar

PASTA WITH POMODORO SAUCE V

250.47.8.3.2.21

PASTA WITH MARINARA SAUCE V

270.53.9.3.4.370

desserts

FRESH FRUIT PLATE GF,V 120.30.2.1.6.1

MANGO SORBET GF,V 55.14.tr.tr.tr.2

CANYON RANCH HOMEMADE VANILLA ICE CREAM GF 85.16.4.1.tr.51

Nonfat fudge sauce GF,V 90.22.1.tr.4.40

CANYON RANCH HOMEMADE BUTTER PECAN ICE CREAM GF 130.14.3.7.1.60

CHOCOLATE CHIP COOKIES (2) 170.26.2.7.1.124

GLUTEN-FREE CHOCOLATE CHIP COOKIES (2) GF 170.24.2.8.2.118

WHITE CHOCOLATE MACADAMIA COOKIES (2) 175.24.3.8.1.120

WARM CHOCOLATE CAKE WITH VANILLA BEAN CREAM GF 150.19.4.7.tr.44

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

Proud Partner of

Monterey Bay Aquarium
Seafood Watch