

## Our Philosophy

Canyon Ranch offers nourishing cuisine filled with bright, focused and vibrant flavors with multiple textures, visual appeal, enticing aromas and superior nutritional value. Our unique food experiences feature clean, wholesome, seasonal and fresh ingredients with an emphasis on local, organic and sustainable farming and fishing methods.

## Tastes for Two

This category was created as a new tasting experience you can share with a friend or enjoy as a light meal, possibly pairing a couple of dishes. For your convenience, the nutritional information is listed per portion.

\*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.

18% Gratuity will be added to all checks.

Please let your server know your time restrictions.

Cals/Carb gm•Protein gm  
•Fat gm/Fiber gm  
(tr = trace (less than 1 gram))

**GF=GLUTEN FREE**  
**V=VEGAN**

## TASTES FOR TWO

To maintain your Canyon Ranch lifestyle, share these appetizers with a friend. (nutritional information is per serving with two servings on a plate)

<b>CHIPS 'N RANCH GF</b>	75 / 8•3•4 / 2	8
delicate, crispy kale, classic ranch dressing, messy but fun		
<b>ORGANIC EDAMAME BEANS IN THE SHELL V GF</b>	145 / 12•13•6 / 4	6
soy and Japanese spice dipping sauce		
<b>LOBSTER POTSTICKERS</b>	70 / 11•5•1 / tr	14
sweet chili dipping sauce		
<b>ARTICHOKE FRIES GF</b>	45 / 5•2•3 / 3	6
organic ketchup		
<b>SMOKED GOUDA FONDUE GF</b>	145 / 14•7•7 / 1	8
broccoli, super-sweet tomatoes, grapes, apple wedges		
<b>STEAMED MUSSELS GF</b>	95 / 5•10•4 / tr	11
yellow pepper white wine broth, fennel, garlic, fresh herbs		
<b>RANCH ANTIPASTO</b>		12
ask your server for today's selections		
<b>PURPLE POTATO POPPERS</b>	90 / 16•3•2 / 1	8
pineapple cucumber kim chee, sweet soy glaze		
<b>MANGO GLAZED SHRIMP GF</b>	100 / 11•10•2 / 1	15
yucca chips, avocado salsa, microgreens, scallions		
<b>RANCH'S SHELLFISH CAKE</b>	85/8•9•4 / 2	14
sofrito based lobster, shrimp & crab cake, chipotle lime raita, vegetable medley salad		
<b>SALMON CARPACCIO* GF</b>	60 / 2•6•2 / tr	10
coconut lime splash, cilantro microgreens		
<b>HEARTH FIRED ROMAN FLATBREADS FOR SHARING</b>		
Our homemade whole grain crust is thinner than pizza, thicker than lavosh (nutritional information is per serving with two servings on a plate)		
<b>HEIRLOOM TOMATO</b>	190 / 26•8•6 / 3	8
fresh mozzarella, basil		
<b>FIG AND MAYTAG BLUE CHEESE</b>	240 / 40•7•6 / 4	9
caramelized onion, arugula, balsamic glaze		
<b>BBQ CHICKEN</b>	200/ 29•8•7 / 3	10
manchego, pineapple, onions, fresh cilantro		
<b>ARTICHOKE</b>	220 / 23•10•8 / 3	10
goat cheese, roasted pepper puree, lemon zest, parsley		
<b>ASIAN DUCK</b>	275/ 35•17•8 / 4	10
bbq plum sauce, manchego, baby bok choy, peppers, shiitake mushrooms		
<b>MEDITERRANEAN</b>	155/ 25•6•4 / 3	9
babbaganoush, feta cheese, roasted fennel, kalamata olives, roasted peppers		

## VEGETABLES, SALADS, SOUPS

<b>GRILLED WATERMELON SALAD GF</b> 95 / 9•5•5 / 1 oaxaca cheese, annatto vinaigrette, plantain chip	10
<b>GRILLED CAESAR SALAD</b> 140 / 21•8•4 / 5 romaine hearts, white anchovy, grilled multigrain flatbread	10
<b>CAPRESE SALAD</b> 105 / 4•6•8 / 2 heirloom tomatoes, fresh mozzarella, Himalayan sea salt	12
<b>AVOCADO TARTARE v GF</b> 95 / 15•2•5 / 4 avocado, bell pepper, tomato, mango sesame dressing	10
<b>MIXED GREENS GF</b> with french vinaigrette 50 / 4•2•3 / 2 with roasted lemon vinaigrette 110 / 6•2•9 / 2 with bleu cheese dressing 60 / 4•4•3 / 2	9
<b>TODAY'S SOUP</b> Ask your server always made in house	6
<b>ROASTED TOMATO GAZPACHO GF</b> 100 / 9•7•4 / 2 crab, petite greek salad	8

## CR ENTRÉE PLATES

<b>NATURALLY RAISED CHINOOK SALMON GF</b> 335 / 49•17•8 / 12 green lentils ragout, roasted cauliflower, red curry sauce	23
<b>PAN-SEARED FLORIDA MAHI MAHI GF</b> 295 / 20•30•7 / 5 artichoke barigoule, tomato mint quinoa, micro swiss chard	24
<b>SOUTH GEORGIA ISLAND CHILEAN SEABASS GF</b> 320 / 20•19•20 / 4 (Marine Stewardship Council Certified Catch) garbanzo puree, citrus vinaigrette, wilted greens	25
<b>RANCH BROILED LOBSTER GF</b> 420 / 48•27•13 / 4 canadian lobster, baby mix greens, twice baked purple potato, vanilla dipping sauce	35
<b>TALLGRASS, PASTURE RAISED BEEF TENDERLOIN GF</b> 490 / 44•47•14 / 5 sun choke puree, root vegetable succotash, homemade worcestershire	28
<b>MOLE RUBBED LAMB CHOPS GF</b> 350 / 17•34•16 / 4 mamey & red lentil croquette, pickled watermelon radish slaw, harissa froth	27
<b>YUCCA CRUSTED CHICKEN</b> 400 / 38•33•13 / 5 springer mountain farms chicken breast, black bean puree, brazilian cabbage	21
<b>CORVINA &amp; ROASTED FENNEL SALAD GF</b> 340 / 28•40•8 / 7 mixed greens, oranges, edamame, blueberries, citrus vinaigrette	21
<b>SESAME CRUSTED TOFU GF</b> 505 / 71•22•15 / 6 forbidden black rice, baby bok choy, pickled ginger, carrot ginger nage	18

## Whole Grain Goodness

Look for our new tasty grain sensations-farro, quinoa, bulgur and pasta-and enjoy their subtle nutty flavor and satisfying chewy textures. Farro is a grain that dates back 7,000 years, considered to be the heirloom (original un-hybridized) variety of modern-day wheat. Quinoa, another ancient grain (actually a seed) originates from the Andes in South America. It is high in protein and gluten free. Bulgur wheat consists of wheat kernels that have been steamed, dried and crushed. Whole grains or foods made from them, like our new whole-grain pasta, contain the essential parts and naturally occurring nutrients of the entire grain seed-fiber, vitamins and minerals plus phytonutrients. Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases.

## Grass Fed Beef

Grass fed beef is cleaner, tastier and leaner than grain-finished beef, and has much less environmental impact. And now research is showing that it offers nutritional advantages by concentrating beneficial compounds found in grass. It turns out that cows are what they eat, too – cows that eat grass, the way nature intended, are healthier, and healthier for you.

**Our standard protein portion size is five ounces. However, we offer a double portion of protein for an additional price; please ask your server for details.**