

Ask your server for our homemade bread selections available today

## vegetables & starches

### tastes for today only

**ROASTED BELL PEPPERS & FENNEL** GF 70.8.4.3.3.370  
Roasted bell peppers, roasted fennel, goat cheese and fresh basil

**ROASTED POTATO MEDLEY** GF,V 115.23.2.2.3.107

**JAPANESE UDON NOODLES** V 95.19.4.1.1.255

**CARAMELIZED BRUSSEL SPROUTS** GF 90.10.3.5.3.224  
Brussel sprouts sautéed with onions and turkey bacon

**GARLIC MASHED POTATOES** GF 70.14.2.1.2.104

**STEAMED SPINACH** GF,V 25.4.3.tr.3.90

### daily fare

**MASHED CAULIFLOWER** GF 40.3.1.3.1.218

**STEAMED OR STIR-FRIED VEGETABLES** GF,V  
95.17.5.1.7.198  
With Mongolian BBQ sauce

**SAUTÉED BROCCOLI WITH GARLIC** GF,V 45.4.3.3.3.23

**SEASONED BROWN RICE** GF,V 120.25.3.1.1.86

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

## starters

### tastes for today only

**PASSION FRUIT TUNA POKE\*** 75.7.8.2.1.118  
Raw Ahi tuna and fresh grilled pineapple tossed with passion fruit dressing, served with whole wheat crackers

**QUINOA & ENDIVE SALAD** GF,V 85.10.3.4.1.46  
Quinoa, endive, fresh vegetables and almonds tossed with a citrus vinaigrette

**BARLEY VEGETABLE SOUP** 70.10.2.3.2.341

**NO SALT ADDED ITALIAN VEGETABLE SOUP** GF,V  
70.13.5.1.3.60

### 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

**QUINOA & ENDIVE SALAD** GF,V  
85.10.3.4.1.46

**TURKEY MEDALLIONS** GF  
405.42.40.9.6.492

**HOMEMADE COFFEE ICE CREAM** GF  
70.13.3.1.tr.40

### 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.

# entrées

## RED CURRY VEGETABLES V

490.68.17.15.8.659

Pineapple, vegetables and edamame simmered in red curry coconut milk sauce, served over brown rice and topped with pistachio nuts

## TURKEY MEDALLIONS GF

405.42.40.9.6.492

Topped with raisin sauce and served with caramelized brussel sprouts and roasted potato medley

## SALMON TERIYAKI

375.43.26.12.4.718

Our classic recipe! Served with stir-fried vegetables, udon noodles and homemade teriyaki sauce

## ROASTED CHICKEN

315.29.27.11.6.605

Bone-in chicken with garlic mashed potatoes, fresh green beans and traditional chicken gravy

## VEGETABLE STIR-FRY GF,V

230.47.8.2.8.504

Served with Mongolian BBQ Sauce and brown rice

With Grilled Chicken GF 370.47.34.10.8.567

With Grilled Salmon GF 405.47.27.13.8.573

With Tofu GF,V 340.48.21.10.9.516

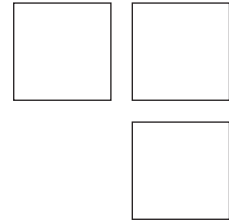
## à la carte

**PLAIN GRILLED CHICKEN** GF 140.0.26.3.0.63

**PLAIN GRILLED SALMON** GF 175.0.19.11.0.69

**BBQ SAUCE** GF,V 35.7.1.tr.1.142

Fruit juice sweetened



# pasta bar

Did you know that we make our marinara sauce from fresh tomatoes? Give it a try, or try today's sauce of the day.

## PASTA WITH CREAMY PESTO SAUCE

360.50.14.12.2.427

Creamy pesto made with basil, garlic, pine nuts and parmesan cream sauce, tossed with pasta

## 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 ICE CREAM

Vanilla GF 85.16.4.1.tr.57

Nonfat fudge sauce GF,V 35.4.tr.tr.2.2

## CANYON RANCH HOMEMADE COFFEE

**ICE CREAM** GF 70.13.3.1.tr.40

**CHOCOLATE CHIP COOKIES (2)** 170.26.2.7.1.124

**GLUTEN-FREE CHOCOLATE CHIP COOKIES (2)**

GF 170.24.2.8.2.118

**COCONUT MACAROONS (2)** GF

120.13.1.7.tr.41

**POACHED PEAR FRANGIPANE** A,GF

120.19.2.4.2.15

\* 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.

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