

starters

tastes for today only

GRILLED LAMB SAUSAGE GF 85 / 3 . 11 . 3 / 1
Parsley salad and pomegranate-mint emulsion

COLD NOODLE SALAD V 115 / 15 . 4 . 5 / 2
With udon noodles, mixed vegetables and sesame ginger dressing

CAULIFLOWER SOUP WITH TANDOORI YOGURT GF 45 / 8 . 2 . 1 / 3

FAVA BEAN SOUP GF V 40 / 5 . 2 . 2 / tr

daily fare

STEAMED EDAMAME BEANS IN SHELL GF V 80 / 6 . 7 . 4 / 2

MISO SOUP GF V 40 / 5 . 2 . 1 / 1
Miso broth with tofu and onion garnish

CHICKEN NOODLE SOUP 120 / 16 . 8 . 3 / 1

GAZPACHO GF V 45 / 10 . 2 . tr / 2

balanced selection

STEAMED EDAMAME GF V 80 / 6 . 7 . 4 / 2

COLD NOODLE SALAD V 115 / 15 . 4 . 5 / 2

RED CURRY VEGETABLES V 490 / 68 . 17 . 15 / 8

FRESH FRUIT PLATE GF V 120 / 30 . 2 . 1 / 6

vegetables & starches

tastes for today only

CARAMELIZED SALSIFY GF V 40 / 5 . 1 . 2 / 1
Tender root with a sweet, artichoke flavor

WILD RICE GF V 85 / 18 . 3 . tr / 2

SWEET POTATO HASH GF V 160 / 38 . 2 . tr / 6

SAUTÉED RED SWISS CHARD GF V 35 / 6 . 2 . 1 / 2

SAUTÉED GREEN BEANS GF V 25 / 6 . 2 . tr / 3

daily fare

MASHED CAULIFLOWER GF 40 / 3 . 1 . 3 / 1

STEAMED OR STIR-FRIED VEGETABLES GF V 110 / 21 . 5 . 1 / 7
With Mongolian BBQ sauce

SAUTÉED BROCCOLI WITH GARLIC GF V 45 / 4 . 3 . 3 / 3

SEASONED BROWN RICE GF V 120 / 25 . 3 . 1 / 1

BAKED SWEET POTATO GF V 140 / 32 . 3 . tr / 5
Half GF V 75 / 18 . 2 . tr / 3

Ask your server for our
homemade bread and
lavosh selections
available today

Nutrient Analysis

Calories / carb grams . protein grams . fat grams / fiber grams 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)

entrées

CHICKEN MEDALLIONS WITH MUSHROOM TARRAGON SAUCE A GF

Red Bird Farms chicken medallions served with sautéed green beans and wild rice
275 / 20 . 31 . 6 / 4

RED CURRY VEGETABLES V

Pineapple, vegetables and edamame simmered in red curry coconut milk sauce, served with brown rice and topped with pistachio nuts
490 / 68 . 17 . 15 / 8

SEA BASS WITH CILANTRO DILL PESTO GF

Sweet potato hash and sautéed red swiss chard
365 / 47 . 26 . 10 / 9

BAKED MEAT LASAGNA

Traditional baked lasagna with layers of pasta, rich meat sauce and ricotta cheese, served with sautéed broccoli
440 / 50 . 31 . 14 / 5

VEGAN SAMPLER GF V

Stir-fried vegetables with Mongolian BBQ Sauce, seasoned brown rice, steamed edamame beans and sautéed red swiss chard
345 / 59 . 17 . 7 / 12

PLAIN GRILLED RED BIRD FARMS CHICKEN GF

140 / 0 . 26 . 3 / 0

PLAIN GRILLED SALMON GF 175 / 0 . 19 . 11 / 0

PLAIN GRILLED SEABASS GF 105 / 0 . 20 . 2 / 0

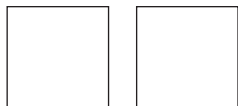
VEGETABLE STIR-FRY GF V

Served with Mongolian BBQ Sauce and brown rice
230 / 47 . 8 . 2 / 8

With Grilled Red Bird Farms Chicken GF 370 / 47 . 34 . 10 / 8

With Grilled Salmon GF 405 / 47 . 27 . 13 / 8

With Tofu GF V 340 / 48 . 21 . 10 / 9



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 GRILLED ARTICHOKE AND LEEKS V

265 / 49 . 9 . 4 / 3

PASTA WITH MARINARA SAUCE V

270 / 53 . 9 . 3 / 4

desserts

FRESH FRUIT PLATE GF V 120 / 30 . 2 . 1 / 6

ORANGE SORBET GF V 55 / 14 . tr . tr / 1

CANYON RANCH HOME MADE ICE CREAM

VANILLA GF 100 / 14 . 2 . 3 / tr

NONFAT FUDGE SAUCE GF V 90 / 22 . 1 . tr / 1

CANYON RANCH HOME MADE GELATO

CHOCOLATE GF 165 / 23 . 5 . 6 / 1

KAHULA IMPLOSION GF 120 / 11 . 3 . 7 / 0

Semifreddo chocolate Kahula implosion garnished with raspberry coulis and hazelnut cookie

* 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.

We offer a variety of freshly prepared gluten-free items (no wheat, rye or barley), however our kitchens are not gluten-free environments.