

starters

CREAMY CHICKEN SOUP 110.8.7.5.1.267

NO SALT ADDED YELLOW SPLIT PEA SOUP GF,V 120.22.8.1.8.29

GAZPACHO SOUP GF,V 35.7.1.tr.1.354

MISO SOUP GF,V 40.5.2.1.1.323

CHICKEN NOODLE SOUP 120.16.8.3.1.377

HUMMUS WITH WHOLE-WHEAT CRACKERS V 155.21.5.7.4.300

accompaniments

MARINATED TOFU GF,V 60.1.7.4.1.18

TUNA GF 70.0.16.1.0.385

TUNA SALAD GF 120.4.12.6.tr.267
With bell peppers, celery, and sweet pickle relish

PLAIN GRILLED CHICKEN GF 140.0.26.3.0.63

PLAIN GRILLED SALMON GF 175.0.19.11.0.69

BAKED SWEET POTATO GF,V 140.32.3.tr.5.37
Half GF,V 75.18.2.tr.3.16

BAKED POTATO GF,V 140.31.4.tr.3.12
Half GF,V 75.17.2.tr.2.6

SEASONED BROWN RICE GF,V 120.25.3.1.1.86

FRESH STEAMED VEGETABLES GF,V 65.14.3.tr.5.73

salad & sandwich bar

Build your own salad with organic greens, fresh vegetables, premade salad of the day, Canyon Ranch homemade salad dressings, low-fat cottage cheese, nuts, whole-wheat lavosh and gluten-free rice crackers.

Build your own cold sandwich or hot grilled Panini with your choice of assorted breads, vegetables, roasted turkey, roast beef, tuna salad, Swiss cheese and cheddar cheese.

balanced selection

GAZPACHO SOUP GF,V 35.7.1.tr.1.354

BLACKENED FISH JAMBALAYA 350.41.34.6.5.468

BLACKBERRY VANILLA POUND CAKE
175.29.3.5.1.186

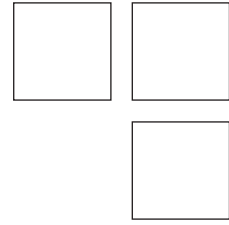
NUTRIENT ANALYSIS

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



BLACKENED FISH JAMBALAYA GF

350.41.34.6.5.468

Vegetables and chicken Andouille sausage simmered in a Cajun broth served with blackened tilapia over brown rice

CHICKEN MANCHEGO SANDWICH

410.31.30.15.6.576

Chicken seasoned with smoked paprika, roasted asparagus, manchego cheese and tomato spread on a crispy baguette served with cauliflower tomato salad

SPANISH-STYLE SEAFOOD SALAD A,GF

275.20.15.15.4.453

Court bouillon cooked calamari, shrimp, celery, roasted red peppers, onions, green olives and red bliss potatoes tossed with smoked paprika vinaigrette and served atop a bed of arugula

TOMATO ARTICHOKE ROMANO SALAD GF

275.25.16.14.7.561

Tomatoes, cannellini beans, artichokes, green olives and romano cheese tossed in a lemon dressing

Add chicken breast GF 400.25.41.15.7.635

LOADED SOUTHWEST VEGETARIAN BURGER

Homemade spicy veggie burger patty made with fresh vegetables, Certified Gluten-Free oats and pumpkin seeds, served on a soft whole-wheat roll with avocado, pico de gallo, lettuce, tomato and onion, served with a cauliflower and tomato side salad

On whole-wheat roll V 360.51.15.10.10.618

On gluten-free bread GF 430.68.17.13.13.807

CHILI CHEESE BAKED POTATO GF

295.50.13.5.7.361

Baked potato topped with vegetarian bean chili and Monterey Jack cheese, served with a cauliflower and tomato side salad

STEAMED VEGETABLES WITH

BROWN RICE GF,V

215.43.6.2.6.482

Served with Mongolian BBQ Sauce

With Grilled Chicken GF 355.43.34.10.6.545

With Grilled Salmon GF 390.43.27.13.6.551

With Tofu GF,V 325.40.21.10.7.500

desserts

FRESH FRUIT PLATE GF,V 120.30.2.1.6.1

GRAPE SORBET GF,V 65.16.tr.tr.tr.2

HOMEMADE VANILLA ICE CREAM GF

85.16.4.1.tr.51

Nonfat fudge sauce GF,V 35.8.tr.tr.2.2

HOMEMADE CHOCOLATE ICE CREAM GF

80.15.4.1.1.43

CHOCOLATE CHIP COOKIES (2) 170.26.2.7.1.124

GLUTEN-FREE CHOCOLATE CHIP COOKIES (2) GF

170.24.2.8.2.118

TRIPLE GINGER COOKIES (2) 160.29.2.4.1.141

BLACKBERRY VANILLA POUND CAKE

175.29.3.5.1.186

* 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.