

CR SPECIALTIES

**Pancakes**

vermont maple syrup

Whole-Wheat Pancakes

340 . 62 . 11 . 6 . 3 . 489 (31)

Mesquite Flour Pancakes

380 . 75 . 10 . 4 . 2 . 731 (25)

Sweet Potato Pancakes

405 . 74 . 13 . 8 . 5 . 566 (35)

**French Toast**

vermont maple syrup

Whole-Wheat Challah Bread

340 . 45 . 12 . 9 . 3 . 408 (25)

Artisan Cranberry Pecan

360 . 46 . 13 . 9 . 3 . 406 (25)

**Chicken Sofrito**

{GF} 275 . 11 . 26 . 15 . 4 . 473 (6)

sautéed red bird farms chicken breast  
roasted vegetables / evoo / sofrito sauce

add a slice of artisan wheat toast

380 . 32 . 30 . 16 . 6 . 699 (6)

BAGELS AND HOMEMADE BREAD

Whole-Wheat Bagel (1/2)

{V} 195 . 37 . 11 . 3 . 3 . 340 (1)

Pumpernickel Bagel (1/2)

{V} 165 . 34 . 6 . 1 . 3 . 3 . 280 (2)

Artisan Wheat

{V} 105 . 21 . 4 . 1 . 2 . 226 (0)

Artisan Cranberry Pecan

{V} 120 . 21 . 3 . 3 . 2 . 166 (6)

Challah Bread

85 . 15 . 3 . 1 . 2 . 107 (3)

Gluten-Free Artisan Bread

{GF, V} 120 . 23 . 2 . 2 . 2 . 104 (2)

White-Wheat Bran Raisin Muffin

135 . 26 . 4 . 3 . 4 . 181 (9)



Our organic produce comes from Blue Sky Organic Farms, a family farm located in Litchfield, AZ. They only grow 100% certified organic produce that's easy to devour. You'll absolutely taste the difference because, as the farmer explained, "When a man's true passion becomes his artform, you can see it in every cell of his creation."

*Breakfast*

served 7 - 9:30 am

ORGANIC FARM  
FRESH EGGS



Our chickens come from Top Knot Farms, a 12 acre family farm 35 miles east of Tucson. They're committed to sustainability, raise healthy and happy birds, and provide us with the freshest pasture-raised poultry available.

LIGHTER FARE

Multigrain Shredded

Spoonfuls Cereal

{V} 85 . 16 . 3 . 1 . 3 . 133 (5)

Certified Gluten-Free

Oatmeal

{GF, V} 320 . 50 . 10 . 8 . 5 . 33 (20)

toasted nuts / brown sugar  
raisins / blueberries

Housemade Granola

{GF} 375 . 63 . 18 . 7 . 7 . 100 (36)

melons / seasonal berries  
fat-free probiotic yogurt

Organic Tofu Scramble

{GF, V} 200 . 12 . 20 . 11 . 6 . 313 (2)

mushrooms / cauliflower  
zucchini / turmeric / scallions

Lox & Bagel

285 . 42 . 17 . 8 . 6 . 730 (5)

smoked alaskan salmon  
heirloom tomato  
onion / capers

low-fat cream cheese

CR Rancheros\*  
{GF} 330 . 33 . 29 . 10 . 8 . 349 (4)  
grilled corn tortilla / mashed pinto beans  
cheddar cheese / over-medium egg  
pico de gallo

Truffle Eggs Florentine\*

{GF} 310 . 19 . 18 . 19 . 4 . 245 (3)

two eggs over easy / swiss cheese  
truffle spinach / leeks  
green chile potato hash

Butternut Squash & Leeks Latkes\*

{GF} 285 . 24 . 13 . 16 . 6 . 555 (6)

poached egg / avocado smash  
roasted tomatoes

Roasted Poblano Chile Relleno

{GF} 410 . 28 . 30 . 20 . 5 . 617 (5)

beef chorizo / scrambled eggs  
melted cheddar cheese  
roasted potato hash / ranchero sauce

All American Breakfast\*

410 . 38 . 28 . 16 . 4 . 564 (6)

two eggs any style / chicken sausage  
roasted potato hash  
choice of toast or pancake

ORGANIC OMELETS

choice of fresh tomatoes  
cremini mushrooms  
caramelized cipollini onions  
spinach  
red and yellow peppers  
roasted green chiles  
artichokes  
chicken sausage

choice of cheddar, mozzarella  
or goat cheese

served with green chile potato hash  
and your choice of toast

Egg White Omelet

380 . 56 . 27 . 5 . 8 . 493 (11)

Whole Egg Omelet

595 . 50 . 28 . 25 . 7 . 477 (11)

Vanilla Kefir

{GF} 80 . 13 . 6 . 1 . 2 . 63

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that supports healthy digestive and immune systems

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg (sugar grams)

tr = trace (less than 1 gram) GF = Gluten-Free (no wheat, rye or barley) V = Vegan (contains no animal product)

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

BREAKFAST SIDES

Organic Peanut Butter  
{GF, V} 100 . 6 . 7 . 7 . tr . 2 (1)

Organic Almond  
Butter Delight  
{GF} 80 . 5 . 4 . 6 . 1 . 35 (3)

Fruit Preserves  
{GF, V} 45 . 11 . tr . tr . 1 . 6 (6)

Apple Butter  
{GF, V} 50 . 13 . tr . tr . 1 . 13 (11)

Low-Fat Cream Cheese  
{GF} 50 . 1 . 2 . tr . tr . 80 (tr)

Sliced Heirloom Tomatoes  
{GF, V} 10 . 3 . 0 . tr . 1 . 1 (0)

Green Chile Potato Hash  
{GF, V} 85 . 18 . 2 . 1 . 2 . 6 (2)

Chicken Sausage Patty  
{GF} 75 . 1 . 9 . 3 . tr . 149 (0)



Our delicious hormone- and antibiotic-free goat cheese comes from Fiore di Capra - Southern Arizona's Grade A dairy and creamery. Their products taste divine because, as they'll tell you, "wonderful taste results from our process - straight from the goat to the customer."

*Beverages*

LAMILL TEAS

organic and fair trade certified

ICED TEAS

Classic Bergamot / Herbal Crimson Berry

HOT TEAS

HERBAL TEA SACHETS

naturally caffeine free

Citrus Chamomile

egyptian chamomile flowers / sudanese hibiscus  
citrus peels / natural flavors

Crimson Berry

sudanese hibiscus / chilean rosehips / elderberries  
cranberries / garnished with cherry, raspberry  
and passion fruit essence

Tropical Rooibos

lemongrass / fruits / spices

GREEN TEA SACHETS

Moroccan Mint

chinese gunpowder green tea with  
organic peppermint from washington state

Jasmine Pearls

tender green tea buds hand-picked  
in the mountains of fujian, china

BLACK TEA SACHETS

English Breakfast

english breakfast and malty assam tea

Royal Earl Grey

darjeeling / assam / chinese teagarnished  
with italian bergamot

WHITE TEA SACHET

White Ambrosia

bai mu dan / hawaiian pineapple pieces  
shredded coconut / safflowers  
natural flavors of papaya

LAMILL COFFEE

responsibly grown, ethically sourced, freshly roasted

Canyon Ranch Signature Blend

Decaf / Cold Brew

our proprietary blend of beans from brazil,  
ethiopia and colombia

FRUIT JUICES

Fresh-Squeezed Orange Juice 55 . 14 . 1 . tr . 3 . 0 (9)

Cranberry Nectar 55 . 13 . tr . tr . tr . 0 (8)

Pomegranate Juice 65 . 18 . tr . tr . tr . 0 (18)

Apple Juice 60 . 15 . tr . tr . tr . 0 (6)

Grape Juice 80 . 18 . tr . tr . tr . 0 (16)

Grapefruit Juice 50 . 7 . tr . tr . tr . 1 (10)

Tomato Juice 25 . 5 . 1 . tr . 1 . 70 (0)

FRESH  
VEGETABLE JUICES

craft your own

Carrot / Cucumber / Kale  
Ginger / Beet / Celery