

ARTISANAL SOUPS

Seasonally Inspired Soup of the Day

Roasted Chestnut
{GF} 165 . 19 . 5 . 9 . 3 . 325 (4)

crispy shiitake / toasted pumpkin seeds
microgreens

Miso Soup {GF, V} 40 . 5 . 2 . 1 . 1 . 323 (2)

Chicken Bone Broth {GF} 25 . tr . 4 . 1 . tr . 13 (0)

Chicken Noodle 120 . 16 . 8 . 3 . 1 . 377 (2)

SMALL PLATES & SALADS

Roasted Beets & Burrata
{GF} 210 . 29 . 10 . 7 . 4 . 331 (11)

arugula / shaved fennel / frisee
horseradish balsamic reduction / pecans

Buffalo Cauliflower
{GF} 130 . 16 . 4 . 8 . 6 . 376 (5)

creamy avocado-poblano sauce
cilantro / bleu cheese

Roasted Butternut & Kabocha Squash
{GF} 115 . 13 . 4 . 6 . 3 . 87 (4)

toasted walnuts / red endive
harissa verde yogurt vinaigrette

Shrimp Cocktail
{GF} 135 . 6 . 24 . 1 . 1 . 361 (3)

house bloody mary gazpacho
micro cilantro / lemon

Artisan Cheese Board
195 . 18 . 10 . 10 . 2 . 363 (10)

duck prosciutto / homemade fruit preserves
fiore de capre goat cheese / fruit
baguette crostini or gluten-free crackers

SALAD BAR

organic greens / fresh vegetables
specialty "salads of the day"
Canyon Ranch dressings
low-fat cottage cheese / nuts
hummus / whole-wheat lavosh
gluten-free crackers

CULINARY THEATER

Ask your server about our daily offerings.



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."

Dinner

served 5 – 8 pm

CHEF INSPIRED SEASONAL DISHES

White Bean Oat Cake
{GF, V} 305 . 37 . 10 . 15 . 9 . 577 (7)
romesco sauce / roasted baby vegetables

Lemon Parmesan Cauliflower Steak
{GF} 275 . 20 . 14 . 19 . 7 . 581 (2)
tahini garlic sauce / spicy kale chips
toasted pine nuts

Pan Seared Sea Scallops*
{GF} 265 . 34 . 27 . 2 . 4 . 552 (5)
forbidden rice pilaf / roasted carrot puree
fennel asparagus slaw

Pan Seared Duck Breast*
{GF} 410 . 31 . 28 . 13 . 4 . 639 (2)

truffled yukon puree / braised greens
grainy mustard duck jus

Herb Crusted Grass-Fed Lamb Rack
{GF} 405 . 34 . 34 . 17 . 9 . 456 (7)
cannellini bean and kale cassoulet
parsley marcona gremolata

Coming Soon
{GF}
ingredients

THE CANYON RANCH GRILL

compose your own plate

FROM THE SEA

Day Boat White Fish {GF} 105 . 0 . 21 . 2 . 0 . 77 (0)

Yellowtail or Ono* {GF} 125 . 0 . 28 . 1 . 0 . 51 (0)

Farmed Trout Fillet {GF} 120 . 0 . 22 . 8 . 0 . 58 (0)

Atlantic Salmon* {GF} 170 . 0 . 24 . 8 . 0 . 59 (0)

FROM THE LAND

Organic Soy Tofu {GF, V} 120 . 2 . 14 . 8 . 2 . 36 (0)

Red Bird Farms Chicken Breast {GF} 140 . 0 . 26 . 3 . 0 . 63 (0)

Pork Tenderloin {GF} 155 . 0 . 30 . 3 . 0 . 75 (0)

Grass-Fed Beef Tenderloin* {GF} 200 . 0 . 32 . 9 . 0 . 70 (0)

VEGETABLES, ROOTS & GRAINS

Roasted Spaghetti Squash
{GF} 95 . 12 . 3 . 5 . 2 . 228 (4)
parmesan / lemon / herbs

Cauliflower Mash
{GF} 110 . 13 . 2 . 6 . 3 . 224 (3)

Baked Sweet Potato
{GF, V} 140 . 32 . 3 . tr . 5 . 56 (10)

Steamed Broccoli
{GF} 40 . 8 . 3 . 0 . 3 . 37 (2)

Sautéed Garlic Broccoli
{GF} 80 . 8 . 3 . 6 . 3 . 138 (2)

Steamed Spinach
{GF} 25 . 4 . 3 . 0 . 3 . 90 (1)

Baked Potato
{GF, V} 140 . 31 . 4 . tr . 3 . 19 (2)

Sautéed Garlic Spinach
{GF} 65 . 4 . 3 . 5 . 3 . 189 (1)

Steamed Seasonal Vegetables
{GF, V} 40 . 9 . 2 . tr . 3 . 41 (3)

White Bean Cassoulet
{GF, V} 135 . 26 . 8 . 1 . 5 . 151 (5)

Roasted Fennel Farro Risotto
140 . 20 . 4 . 5 . 3 . 212 (1)

Steamed Brown Rice
{GF} 130 . 25 . 3 . 1 . 1 . 4 (0)

SAUCE ENHANCEMENTS

Mongolian BBQ
{GF, V} 30 . 4 . 1 . 1 . tr . 345 (2)

Ginger Soy
{GF, V} 60 . 14 . tr . tr . tr . 355 (12)

Caper Lemon Vinaigrette
{GF, V} 55 . 1 . 0 . 6 . tr . 108 (1)

Rosemary Mushroom Demi
{GF} 30 . 2 . 1 . 1 . 1 . 31 (0)

Housemade Chimichurri Sauce
{GF, V} 30 . 1 . tr . 3 . tr . 38 (0)

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.

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