

SOUPS

Seasonal Soup of the Day

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

BBQ Roasted Blue Sky Carrots
{GF} 95 . 8 . 4 . 6 . 3 . 213 (5)

endive / shaved watermelon radish
goat feta / citrus-thyme vinaigrette

Dungeness Crab
280 . 29 . 24 . 9 . 8 . 610 (6)

asparagus / cucumber / tomatoes
jicama / green beans / grilled lemon
grilled artisan wheat baguette
creamy scallion dressing

Chicken Tuscan Kale Peanut
{GF} 325 . 17 . 33 . 15 . 4 . 297 (8)

grilled red bird farms chicken
jicama / cucumber / tomato / green beans
cilantro/ peanut vinaigrette

Substitute Tofu
{GF, V} 320 . 19 . 19 . 21 . 6 . 243 (9)

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."

Lunch

served 11:30 am – 2:30 pm

CHEF INSPIRED SEASONAL DISHES

Mediterranean Falafel Wrap

{V} 365 . 49 . 13 . 15 . 8 . 722 (4)

baba ganoush / tahini / pickled vegetable slaw
olive relish / whole-wheat tortilla

Loaded Southwest Vegetarian Burger

{V} 335 . 53 . 15 . 9 . 10 . 461 (6)

homemade spicy veggie patty
avocado / pico de gallo
housemade whole-wheat roll / lettuce
tomato / onion / jicama side salad

Italian Beef Meatball Grinder

390 . 42 . 25 . 14 . 6 . 704 (3)

san marzano tomato sauce / mozzarella
artisan wheat baguette
cucumber side salad

Double Check Ranch

Grass-Fed Beef Cheeseburger*
465 . 34 . 54 . 12 . 5 . 595 (8)

white cheddar / portobello mushroom
roasted poblano / spicy tomato jam
housemade whole-wheat roll

Pan-Seared Zucchini Cakes

290 . 25 . 14 . 17 . 5 . 710 (6)

feta / pistachios / tomato / fresh herb salad

Top Knot Chicken Quesadilla

460 . 43 . 38 . 16 . 5 . 744 (4)

southwest spices / monterey jack cheese
tomatillo salsa / whole-wheat tortilla
jicama side salad

Braised Green Chile Pork

{GF} 330 . 34 . 31 . 8 . 5 . 492 (6)

tomatillos / new mexico green chile
spices / corn tortillas

THE CANYON RANCH GRILL

compose your own plate

FROM THE SEA

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

Yellowfin Tuna Steak {GF} 155 . 0 . 35 . 2 . 0 . 64 (0)

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

Gulf Coast Shrimp {GF} 125 . 0 . 28 . 1 . 0 . 51 (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)

Flat Iron Beef Steak {GF} 265 . 0 . 40 . 11 . 0 . 81 (0)

VEGETABLES, ROOTS & GRAINS

Roasted Baby Root Vegetables
{GF, V} 65 . 9 . 3 . 3 . 4 . 23 (5)

Seasonal Steamed Vegetables
{GF, V} 65 . 14 . 3 . tr . 5 . 73 (4)

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)

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

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

½ Sweet Potato
{GF, V} 70 . 16 . 2 . tr . 2 . 28 (5)

Warm Mushroom & Lentil Salad
{GF, V} 105 . 17 . 7 . 2 . 6 . 139 (4)

Quinoa Tabbouleh
{GF, V} 65 . 6 . 1 . 5 . 1 . 148 (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)

Spicy Tomato Jam
{GF, V} 35 . 8 . 1 . tr . 1 . 84 (4)

Lemon Caper Dill Vinaigrette
{GF, V} 55 . 1 . 0 . 6 . 0 . 108 (3)

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

FRESH 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