



### Our Philosophy

Canyon Ranch offers nourishing cuisine filled with bright, focused and vibrant flavors with multiple textures, visual appeal, enticing aromas and superior nutritional value. Our unique food experiences feature clean, wholesome, seasonal and fresh ingredients with an emphasis on local, organic and sustainable farming and fishing methods.

### Wine Pairing

Our Sauvignon Blanc by the glass, Manaia, is from Marlborough, New Zealand. The wine has achieved a crisp, citrusy flavor with underlining mineral notes. We highly suggest this wine with most of our small plates.

\*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.

## SMALL PLATES

115 / 8•16•2 / 2	<b>HANGING SHRIMP</b> garlic scented shrimp, chilled heirloom tomato consommé, Thai red chilies, and cilantro microgreens	12
125 / 8•12•5 / 2	<b>MARINATED OCTOPUS AND GARBANZO SALAD</b> grilled octopus, garbanzo beans, lemon and parsley	9
165 / 6•19•7 / 1	<b>POBLANO PEPPER WITH SHRIMP AND GOAT CHEESE</b> strips of poblano pepper stuffed with shrimp and goat cheese, roasted with pumpkin seeds	7
205 / 32•9•6 / 3	<b>DEVILS ON HORSEBACK</b> Maytag blue cheese stuffed dates roasted in veal bacon with a balsamic drizzle	7
105 / 7•7•6 / 2	<b>LAMB TATAKI</b> thin sliced lamb with avocado, grapefruit, mint and pistachios	10
80 / 5•13•1 / tr	<b>FIREY ASIAN TUNA TARTARE*</b> hand minced ahi tuna with mint, cilantro, coconut milk, Thai chilies, and crispy grilled rice cracker	11
95 / 15•2•5 / 4	<b>AVOCADO TARTARE</b> Florida avocado, heirloom tomatoes and peppers with mango yuzu vinaigrette	8
100 / 9•7•4 / 2	<b>ROASTED TOMATO GAZPACHO</b> "Greek salad" garnish and fresh blue crab meat	6
145 / 18•10•5 / 6	<b>GRILLED CAESAR*</b> grilled romaine, roasted garlic dressing, toasted multi-grain crouton with poached egg and white anchovy	9
80 / 9•3•4 / 2	<b>MIXED GREENS SALAD</b> watercress, frisée, arugula and butter lettuce with sherry shallot vinaigrette	8
140 / 13•7•8 / 4	<b>VEGETABLE SALAD</b> shaved fennel, spinach, onion, cucumber, roasted peppers, tomatoes, pistachios, feta cheese and red wine vinaigrette	9
50 / 11•3•1 / 4	<b>FRESH LOCAL HEARTS OF PALM</b> grilled scallions, radish sprouts and yuzu orange vinaigrette	11
255 / 32•12•10 / 3	<b>HEARTH-FIRED VEGETABLE PAPPARADELLE</b> portobello, asparagus and tomatoes, hearth-fired and tossed with fresh hand-cut pasta and garlic, lemon zest, fennel pollen broth, topped with shaved Pecorino Romano	7

## ENTREES WITH SUGGESTED WINE PAIRINGS

220 / 22•22•6 / 3	<b>WILD STRIPED BASS*</b> hearth-fired striped bass, with cilantro spiked white corn and roasted vegetable salsa <i>Manaia, Sauvignon Blanc, Marlborough, New Zealand 08</i>	22
385 / 27•38•15 / 8	<b>YELLOWTAIL*</b> mild, firm white fish dusted with latin spices, hearth-fired with spicy snap peas and local avocado orange relish <i>Pazo San Mauro, Albariño, Rias Baixas Spain 07</i>	22
310 / 36•28•7 / 5	<b>SUSTAINABLY CAUGHT CHILEAN SEA BASS*</b> spicy fresh pineapple broth and cool key lime cucumber Marine Stewardship Council-certified catch <i>Willamette Valley, Riesling, Oregon 07</i>	24
440 / 51•39•7 / 4	<b>CANDIED GINGER CRUSTED TUNA*</b> twice cooked pineapple, basmati rice cake and sweet soy glaze <i>Mattebella, Chardonnay, Long Island, NY 07</i>	25
340 / 22•18•19 / 4	<b>ROSEMARY ROASTED BLACK COD*</b> rosemary fingerling potatoes, wild mushroom hunter sauce and roasted rapini <i>Benton Lane, Pinot Noir, Willamette Valley, Oregon 07</i>	23
305 / 16•27•15 / 6	<b>CRAB CAKES</b> blue crabmeat cakes with snap pea puree, roasted pepper aioli and oven roasted rapini <i>Domaine de la Sauvese, Cotes de Provence, France 08</i>	22
340 / 44•28•8 / 3	<b>DIVER SCALLOPS*</b> sweet corn risotto, veal bacon and local grapefruit glaze <i>Huber Hugo, Gruner Veltliner, Austria 08</i>	20
385 / 18•41•15 / 3	<b>GRASS-FED BEEF TENDERLOIN*</b> truffle cheese crusted beef tenderloin with Chianti reduction, grilled kale and twice baked Yukon Gold potato <i>35 Degree South, Cabernet Sauvignon, San Pedro, Chile 07</i>	25
365 / 20•36•15 / 3	<b>CROUTON ROASTED CHICKEN BREAST</b> braised cabbage with swiss cheese, fresh thyme and veal bacon <i>Lolonis, Chardonnay, Redwood Valley, Mendocino, CA 06</i>	19
355 / 34•30•11 / 4	<b>AUSTRALIAN LAMB CHOPS*</b> herb-seared lamb chops with roasted plantains and seasonal fruit relish <i>Benziger, Merlot, Sonoma, CA 05</i>	24
490 / 68•17•15 / 8	<b>RED CURRY VEGETABLES</b> pineapple, peppers and vegetables simmered with red curry paste, coconut milk and pistachios, over brown rice <i>Willamette Valley, Riesling, Oregon 07</i>	17



### Gone Fishing

Enjoy seafood without worry at Canyon Ranch. We consult Monterey Bay Seafood Watch and other reliable, up-to-the-minute resources for the best seafood selections for your health and for the environment. We are excited to offer a sustainably caught Chilean sea bass for you to enjoy since this delicious fish has been over-harvested for such a long time. Another sustainable fish offering is black cod. It is a rich source of brain and immune system-boosting omega-3 fatty acids.

### We're Proud of Our Veal Bacon

The only veal served by Canyon Ranch is Strauss Free-Raised Veal. These calves are raised the way nature intended: They are never given antibiotics or hormones or fed animal by-products, and are not confined. Instead, they are raised on open American pastures alongside their mothers, with unlimited access to mother's milk and clear, clean water. Our proprietary veal bacon is made for us using only this exceptionally wholesome, humanely raised veal.

**Our standard protein portion size is five ounces. However, we offer a double portion of protein for an additional price; please ask your server for details.**

Calories / Carb gm • Protein gm • Fat gm / Fiber gm tr= trace (less than 1 gram)

18% gratuity will be added to all checks.

## SIMPLE EATS

<b>GRILLED CHICKEN BREAST</b> 175 / 0•33•4 / 0	10
<b>GRILLED SALMON</b> 220 / 0•24•13 / 0	12
<b>GRASS FED BEEF TENDERLOIN</b> 220 / 0•33•9 / 0	16
<b>STEAMED VEGETABLE BASKET</b> 80 / 18•5•1 / 7	8
<b>SAUTÉED SPINACH &amp; GARLIC</b> 45 / 4•3•3 / 3	6
<b>SAUTÉED GREEN BEANS</b> 55 / 8•2•2 / 4	6
<b>MASHED CAULIFLOWER</b> 40 / 3•1•3 / 1	6
<b>GLUTEN-FREE GRAIN OF THE DAY</b> Ask your server	5
<b>BAKED SWEET POTATO</b> 180 / 43•2•tr / 6	5
<b>PASTA WITH MARINARA SAUCE</b> 285 / 51•9•4 / 4	8
<b>STEAMED BROWN RICE</b> 120 / 25•3•1 / 1	5

## RANCH CLASSIC

A selected dinner entrée from our  
Tucson and Lenox properties

<b>BISON SHORT RIBS</b> braised in our Mongolian BBQ sauce, with grilled baby bok choy and white sweet potato 345/ 19•27•12 / 2	21
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Calories / Carb gm • Protein gm • Fat gm / Fiber gm  
tr= trace (less than 1 gram)

## BALANCED SELECTIONS

*The perfect combination of flavor and nutrition in a satisfying portion.*

### ROASTED TOMATO GAZPACHO

with "Greek salad" garnish and fresh blue crab meat

### FRESH LOCAL HEARTS OF PALM

with grilled scallions, radish sprouts,  
and yuzu orange vinaigrette

### LOCAL YELLOWTAIL

dredged in Latin spice mix, hearth-fired with  
spicy snap peas and local avocado orange relish

### FRUIT SORBET

ask for today's selection

600 / 64•48•20 / 15

\$39

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## SPA MONTH DINNER MENU

### STARTER:

#### POBLANO PEPPER WITH SHRIMP

#### AND GOAT CHEESE

strips of poblano pepper stuffed with shrimp and  
goat cheese, roasted with pumpkin seeds

165 / 6•19•7 / 1

### ENTRÉE CHOICES:

#### RED CURRY VEGETABLES

pineapple, peppers and vegetables simmered  
with red curry paste, coconut milk and pistachios,  
over brown rice

490 / 68•17•15 / 8

#### CROUTON ROASTED CHICKEN BREAST

with braised green cabbage with fresh thyme

365 / 20•36•15 / 3

#### SUSTAINABLY CAUGHT CHILEAN SEA BASS\*

spicy fresh pineapple broth and cool key lime  
cucumber Marine Stewardship Council-certified  
catch

310 / 36•28•7 / 5

### DESSERT:

#### FRUIT SORBET

ask for today's selection

### ENJOY A GLASS OF

**Riff**, Pinot Grigio, Dolomites, Italy

**35 Degree South**, Cabernet Sauvignon Chile

\$35

## DESSERTS

<b>FRESH BERRY BOWL</b>	50 / 12•1•1 / 5	9
<b>CRÈME BRULÉE OF THE DAY</b>	170 / 18•7•7 / tr	7
ask for today's selection		
<b>WARM CHOCOLATE CAKE</b>	140 / 19•4•5 / 1	7
cocoa paint, vanilla yogurt		
<b>RASPBERRY CHEESECAKE MOUSSE</b>	125 / 12•3•7 / 1	7
with fresh organic raspberries		
<b>CHOCOLATE ZUCCHINI CAKE</b>	160 / 24•2•7 / 1	7
chocolate zucchini cake & candied zucchini strings		
<b>FRENCH BLUEBERRY CREAM TART</b>	130 / 23•3•3 / 1	7
our version of a clafoutis made with fresh blueberries		
<b>FRENCH APPLE CRUMBLE</b>	150 / 30•2•4 / 4	7
with honey vanilla frozen yogurt		
<b>KEY LIME TART</b>	145 / 23•4•5 / tr	7
local key lime custard & house-made graham crackers		
<b>CHOCOLATE CHIP COOKIES</b>	170 / 26•2•7 / 1	4
canyon ranch signature		
<b>COOKIE OF THE DAY</b>		4
ask for today's selection		
<b>ICE CREAM / SORBET</b>		5
ask for today's selection		

Calories/ Carbs•Protein•Fat / Fiber, tr= trace (less than 1 gram)

## COFFEE & TEA

<b>ORGANIC FAIR TRADE COFFEE</b>	
regular & decaf	4
espresso-single/double	3/4
cappuccino or latte	5
hot chocolate	5
<b>LOOSE LEAF TEAS</b>	5

## DESSERT DRINKS

<b>MOSCATO D'ASTI, MARCARINI</b>	∞	8
Piemont, Italy 2005		
<b>FONSECA TERRA BELLA RESERVE PORT NV</b>	‡	10
Portugal NV		
<b>MUSCAT, YALUMBA "MUSEUM" RESERVE</b>	∞	12
South Australia NV		
<b>HEAVEN ON EARTH</b>	‡	10
South Africa NV		
<b>TRU HIBISCUS LIQUOR</b>	‡	9
beautiful red color, sweet "raspberry" flavor		
<b>TRU JASMINE LIQUOR</b>	‡	9
slightly sweet floral notes, amber color		
<b>LEMONCELLO</b>	‡	9
house made with all organic ingredients		
<b>APPLE-ATION, EAU DE VIE, DAVIS VINEYARDS</b>	‡	10
Distilled brandy from century old apple orchards		

∞ sustainable ‡ organic