

BREAKFAST

CHAI SPICED OATMEAL \$9

{GF,V} 305 . 52 . 9 . 9 . 8 . 4 (15)
blueberries / brown sugar

CANYON RANCH GRANOLA WITH GREEK YOGURT \$12

370 . 63 . 18 . 7 . 12 . 91 (35)
seasonal berries / honey

MELON & BERRY BOWL \$8

{GF,V} 135 . 33 . 1 . tr . 4 . 3 (27)
seasonal cut fruit & berries

FARMER'S MARKET BASKET \$4

{GF,V} 120 . 20 . tr . tr . 4 . 1 (21)
fresh seasonal / whole fruit

TOASTED BAGELS \$6

{V} 280 . 35 . 19 . 8 . 8 . 370 (3)
choice of whole-grain, sesame, or everything

CR SIGNATURE LOW-FAT CREAM CHEESE \$2

{GF} 85 . 4 . 4 . 6 . 1 . 200 (1)
nutritional per serving with 2 servings per container

BREAKFAST BREADS \$6

signature banana bread
260 . 41 . 3 . 10 . 2 . 212 (25)
zucchini bread
290 . 46 . 6 . 10 . 4 . 505 (20)

SCONES & MUFFINS \$6

freshly baked seasonal flavors from our baker

SANDWICHES \$16

SERVED WITH LIGHTLY PICKLED CARROTS, RADISH, CUCUMBER, FENNEL & ONION

TURKEY, BACON & BRIE

545 . 65 . 36 . 15 . 6 . 771 (4)
toasted ciabatta / peach chutney / arugula

PREMIUM ROAST BEEF

445 . 38 . 37 . 14 . 5 . 655 (3)
french baguette / horseradish cream
red onion / fresh cucumber / smoked gouda

ROASTED CAULIFLOWER WRAP

{V} 365 . 40 . 15 . 17 . 10 . 573 (5)
whole-wheat tortilla / baby kale / organic tofu
heirloom tomato / vegan curry mayo
extra-virgin olive oil

WELLNESS ADDITIONS

as a part of an ongoing effort to promote global wellness, the chef recommends incorporating any one of these selections to enhance your meal

chia seeds

high fiber, protein, antioxidants & omega-3

turmeric oil

anti-inflammatory, strong antioxidant, brain health booster, decreases risk of heart disease

flax seed

high in omega-3, can help decrease risk of cancer, minimizes inflammation, lowers cholesterol and blood pressure

avocado oil

high in healthy fat, may reduce cholesterol & improve heart health, source of lutein (may reduce risk of cataracts), enhances absorption of nutrients

roasted tomato oil

powerful antioxidant, aids in cancer prevention, reduces macular degeneration, alleviates neuropathic pain, anti-inflammatory, improves brain & heart health

SALADS \$14

CAESAR SALAD

275 . 40 . 12 . 8 . 6 . 452 (4)
young kale / gem lettuce
grilled ciabatta / parmesan cheese
canyon ranch caesar dressing

CHICKEN CAESAR SALAD

390 . 40 . 36 . 12 . 6 . 557 (4)
grilled chicken / young kale / gem lettuce
parmesan cheese / grilled ciabatta
canyon ranch caesar dressing

HEIRLOOM TOMATO & SWISS CHARD

{GF} 170 . 19 . 10 . 8 . 5 . 588 (7)
fresh mozzarella / cracked black pepper
fresh apple cider vinaigrette

ARUGULA & FIG SALAD

{GF,V} 180 . 22 . 5 . 10 . 5 . 157 (14)
red onion / opal basil / toasted pecans
grilled asparagus / balsamic vinaigrette

ARUGULA & FIG SALAD WITH CHICKEN

{GF} 300 . 22 . 29 . 14 . 5 . 282 (14)
grilled chicken / red onion / opal basil
toasted pecans / grilled asparagus
balsamic vinaigrette

THE GREEK

375 . 52 . 13 . 15 . 7 . 770 (5)
chopped romaine / butter lettuce / cucumber
kalamata olives / feta cheese / fresh lemon
petite heirloom tomato / dried sumac / oregano
whole-grain pita chips

THE WEDGE

{GF} 310 . 10 . 17 . 24 . 2 . 895 (2)
petite iceberg / gorgonzola crumbles
naturally cured bacon / heirloom tomatoes
canyon ranch dressing