

**STARTERS**

**Red Lentil Hummus & Grilled Pita Bread V \$12**  
 kalamata olives, chickpeas, red lentils, avocado oil, whole-wheat pita bread, petite cilantro

**Shrimp Ceviche \$14**  
 black tiger shrimp, tomato, lime, cucumber, red onion, cilantro, avocado, yellow corn tortilla

**SALADS**

**Canyon Ranch Signature Manchego Chopped GF \$16**  
 Persian cucumber, celery, petite heirloom tomato, sliced sweet petite peppers, artichokes, capers, red onion, Castelvetrano olives, chickpeas, house-made dijon vinaigrette, manchego cheese

**Thai Spinach Salad GF . V \$16**  
 mini sweet peppers, heirloom cherry tomatoes, cucumber, red onion, pomegranate arils, avocado, nori, roasted pumpkin seeds, sesame dressing

**Quinoa Power Bowl GF . V \$16**  
 cucumber, roasted chickpeas, avocado, purple daikon radish, heirloom cherry tomato, tender mixed greens, honey ginger sauce

**PROTEIN ADDITIONS**

- Seared Tuna\* GF \$15
- Prime Flat Iron Steak\* GF \$15
- Grilled Red Bird Farms Chicken Breast GF \$12
- Seared Shrimp GF \$15
- Organic Tofu GF . V \$10

**LUNCH ENTREES**

served with a frisée, arugula, and radicchio salad with an orange vinaigrette

**Chicken Caesar Salad Wrap \$20**  
 roasted chicken, red lentil hummus, baby romaine, roasted chickpeas, chipotle caesar dressing

**BBQ Grilled Red Bird Chicken Burger \$20**  
 cherry BBQ sauce, aged white cheddar, cabbage slaw, pickled spear

**Tacos, Tacos, Tacos**  
 served on corn tortillas with chipotle aioli, cilantro cabbage slaw, and pico de gallo

- Yellowfin Tuna Tacos\* GF \$22
- Moroccan Spiced Chicken Tacos GF \$18
- Chimichurri Carne Asada Tacos\* GF \$22
- Baja Tofu Tacos GF \$16
- Cajun Shrimp Tacos GF \$22

**WELLNESS ADDITIONS**

To support the individual journey of eating towards better health, our Chef will include any of the following wellness additions to best help you improve your health:

- chia seeds | turmeric oil | tomato oil | flax seeds
- avocado oil | pomegranate seeds | goji berries | açai powder

LUNCH



PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley)  
 V = Vegan (contains no animal product. May contain honey.)

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



Scan our QR code for menu with nutritional information.