BAR 10 RANCH GRASS-FED BEEF BURGER 450 / 14 / 5 $14

GRILLED AHI TUNA SANDWICH 450 / 17 / 7 $16
Served open-faced on a whole-wheat baguette with avocado, Swiss cheese, tomato and onion

SOUTHWEST VEGGIE BURGER 375 / 10 / 11 $12
Our signature veggie burger on a homemade bun with avocado and pico de gallo

MOJAVE TURKEY WRAP 395 / 11 / 9 $12
Avocado, roasted peppers and jalapeño cream cheese

soup & chili

SOUP OF THE DAY* $6
Original Canyon Ranch recipes, made fresh daily

SOUTHWEST BLACK BEAN CHILI GF,V 305 / 2 / 13 $6
Vegetarian chili served with pico de gallo

sides

CHARBROILED CHICKEN GF 140 / 3 / tr $6

GRASS-FED ROAST BEEF GF 175 / 8 / tr $6

STEAMED SHRIMP GF 120 / 2 / tr $8

GRILLED ORGANIC SALMON GF 175 / 11 / tr $9

ORGANIC TOFU GF,V 115 / 8 / 1 $4

square meals

These Balanced Selections are more than your typical square meal. Enjoy the combination of great taste and an array of freshly prepared foods that powerfully promote health – fresh fruits and vegetables, organic lean proteins and oils, fiber-rich whole grains and beans in satisfying portions.

breakfast

CARIBBEAN FRENCH TOAST
Rum-flavored French toast with banana and pineapple served with maple syrup

BREAKFAST SAUSAGE PATTY (1)
FRESH-SQUEEZED ORANGE JUICE (8 OZ.)
505 / 9 / 4 $17

HOMEMADE GRANOLA WITH FRESH FRUIT & YOGURT
LOW-FAT ORGANIC COTTAGE CHEESE
FRESH-SQUEEZED ORANGE JUICE (8 OZ.)
545 / 8 / 16 $14

express square meal

BREAKFAST RICE PORRIDGE GF
Brown sugar, apples, almonds, cranberries and spices mixed with a blend of rice
Served with lowfat yogurt

SMOOTHIE OF THE DAY
WITH PROTEIN POWDER (12 OZ.) GF
530 / 16 / 12 $11

lunch

KALE CHIPS
Served with classic ranch dressing

GRILLED AHI TUNA SANDWICH
Served open faced on a whole-wheat baguette with avocado, Swiss cheese, tomato and onion

BERRY BOWL GF, V
650 / 25 / 12 $27

ORGANIC EDAMAME BEANS
With Japanese spiced dipping sauce

MONGOLIAN BBQ SALMON GF
Organic farm-raised salmon, organic brown rice and Japanese stir-fry vegetables

BOYSENBERRY MOUSSE GF
575 / 25 / 9 $30

express square meal

SOUTHWEST BLACK BEAN CHILI GF,V
Vegetarian chili served with pico de gallo

HALF MOJAVE TURKEY WRAP
Avocado, roasted peppers, and jalapeño cream cheese

PUMPKIN CHARLOTTE
565 / 10 / 19 $13

CanyonRanch SpaClub®
At The Venetian | At The Palazzo | Las Vegas

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. If you have food allergies and are interested in an ingredient list, please ask your server. Please let your server know your time restrictions.

Key: calories / fat / fiber, tr = Trace (less than 1 gram) * Please ask your server for today's selection ** 1 pat of butter adds 65 calories, 6 grams of fat and 0 fiber grams

GF=Gluten-free (no wheat, rye or barley). Please note: our kitchens are not gluten-free environments

V=Vegan-no animal products (may contain honey)

2/12

CanyonRanch grill™

breakfast/lunch

Many of our ingredients are organic, including our meats, dairy, grains, oils, greens and other items

BREAKFAST

specialties

Served with fresh fruit

FRITTATA DEL GIORNO* GF 285 / 9 / 4 $14
A baked Italian omelet with specialty vegetables and cheese

BREAKFAST RELLENO GF 330 / 14 / 4 $13
Poblano chili, organic eggs and chorizo. Served over polenta

LOX, STOCK AND BAGEL 370 / 8 / 6 $14
Sliced lox, tomato, onion and herb cream cheese
sandwiched between a sprouted wheat bagel

BREAKFAST WRAP OF THE DAY 380 / 15 / 6 $13
With organic eggs and vegetables, wrapped in a sprouted whole-wheat tortilla

SWEET POTATO HASH GF 230 / 7 / 5 $13
Served with natural ham and topped with a poached egg

"HEALTHY ELVIS" 375 / 9 / 8 $10
Grilled peanut butter and banana sandwich

SONORAN SCRAMBLE GF 315 / 14 / 6 $13
Tomato, corn, green chilies, chorizo, onion, garlic, avocado, cilantro,
tortilla strips and cheddar cheese.

organic eggs & omeletes

Omeletes include your choice of: tomatoes, mushrooms, onions, peppers,
green chilies, spinach, artichoke hearts, herbs, chicken sausage and organic cheese.
Served with breakfast potatoes and fresh fruit.

THREE EGG WHITES GF 275 / 10 / 3 $13

WHOLE EGG GF 295 / 14 / 3 $13
Plus an egg white

TWO EGGS ANY STYLE GF 255 / 11 / 3 $13

TOFU SCRAMBLE V 285 / 9 / 6 $12
Vegan breakfast choice, with scallions and bell peppers served with toast

cereals & grains

ORGANIC STEEL-CUT OATMEAL GF, V 155 / 3 / 4 $7
With milk, brown sugar, raisins and nuts 300 / 8 / 5

BREAKFAST RICE PORRIDGE GF 215 / 9 / 2 $7
Brown sugar, apples, almonds, cranberries and spices
mixed with a blend of rice. Served with lowfat yogurt

NATURE'S PATH CEREALS $6
Multigrain Flakes, Corn Flakes and ZEN®

HOMEMADE GRANOLA WITH
FRESH FRUIT & YOGURT 385 / 7 / 10 $9

pancakes & french toast

Served with fresh fruit

WHOLE-WHEAT FRESH BERRY PANCAKES 365 / 8 / 4 $12
Served with maple syrup or syrup of the day

CARIBBEAN FRENCH TOAST 375 / 6 / 4 $12
Rum-flavored French toast with banana and pineapple served with maple syrup

accompaniments

FRESH BAKED SCONES* 300 / 11 / 4 $5
Served with cashew butter and lowfat yogurt

BREAKFAST SAUSAGE PATTY (2) 75 / 3 / tr $4

ORGANIC PEANUT BUTTER GF,V 95 / 8 / 1 $1

NATURAL CASHEW BUTTER GF,V 95 / 8 / 1 $1

LOW-FAT ORGANIC COTTAGE CHEESE GF 50 / 1 / tr $2

A SELECTION OF TOAST WITH BUTTER** 235 / 9 / 4 $3

FRESHLY BAKED BREAD ASSORTMENT* $4

FRESHLY BAKED BANANA BREAD (1 SLICE) 155 / 3 / 3 $2

WHOLE-WHEAT FRUIT MUFFIN* (2) 260 / 7 / 3 $3

ALVARADO STREET SPROUTED-GRAIN BAGEL $3

FRESH FRUIT BOWL GF,V 140 / 1 / 5 $7

LUNCH

starters

ORGANIC EDAMAME BEAN IN THE SHELL GF 145/ 6 / 4 $6
Served with Japanese spiced dipping sauce

SPINACH & ARTICHOKE DIP 220 / 8 / 3 $8
Served with homemade lavosh

CHIPS & RANCH 150 / 8 / 4 $6
Delicate, crispy kale with classic ranch dressing

BAKED FRENCH FRIES 220 / 2 / 6 $6
Served with classic ranch dressing

LEBANESE DOUBLE DIP 170 / 3 / 6 $8
Hummus, baba ganoush, bagel chips and lavosh

CEVICHE GF 290 / 9 / 7 $9
Traditional ceviche of halibut, shrimp, tomato and avocado

DECONSTRUCTED BRUSCHETTA 155 / 8 / 6 $7
Broad beans with celery, red onion and lemon served with grilled baguette

salads

All salads are made with organic greens

WARM ROASTED VEGETABLE SALAD 300 / 13 / 8 $12
Roasted tomatoes, peppers, onions and mushrooms tossed with Spanish vinaigrette
and topped with olives, pistachios and prosciutto

SPINACH ARUGULA FIG SALAD GF 200 / 10 / 5 $9
With candied pecans, blue cheese, dried figs and balsamic vinaigrette

SICILIAN CHOPPED SALAD GF 135 / 6 / 2 $10
Peppers, celery, onions, prunes, pine nuts, green olives,
white beans and egg tossed in a lemon olive oil dressing

WINTER QUINOA SALAD GF 145 / 5 / 2 $9
With chanterelle mushrooms, butternut squash,
leeks and a balsamic reduction

grill favorites

MONGOLIAN BBQ SALMON GF 380 / 14 / 4 $20
Organic farm-raised salmon, brown rice and stir-fry vegetables

GREEK PESTO PASTA 475 / 15 / 5 $13
Basil pesto, whole-wheat pasta, sundried tomatoes, olives and feta

SPACLUB VEGETABLE STIR-FRY GF 245 / 6 / 6 $13
Soy pomegranate sauce served over organic brown rice

WITH TOFU 360 / 14 / 7 $17 WITH CHICKEN 385 / 9 / 6 $18
WITH SHRIMP 365 / 8 / 6 $20
WITH GRASS-FED BEEF CUTLET 430 / 15 / 6 $19

sandwiches

Served on homemade bread with the side salad of the day

GRILLED CHICKEN QUESADILLA 470 / 16 / 7 $14
With black beans, red peppers, onions and
cheddar cheese in a whole-wheat tortilla

CHICKEN BURGER 390 / 5 / 7 $14
House-ground chicken with Southwestern
spices served with mango chutney

FIRE ROASTED CHICKEN SANDWICH 425 / 11 / 7 $13
Chicken grilled and topped with cilantro lime aioli,
poblano chili and roasted tomato on a fresh potato roll

TOMATO & MOZZARELLA SANDWICH 375 / 11 / 7 $12
Tomato spread, fresh basil & arugula on a crusty whole-wheat baguette