

# BEVERAGES

FRESH FRUIT SMOOTHIES 12 OZ. \$5 20 OZ. \$7

STRAWBERRY-BANANA-APPLE 130 . 1 . 4  
 PINEAPPLE-BANANA-COCONUT 190 . 5 . 4  
 SPECIAL FRUIT SMOOTHIES OF THE DAY

*Ask your server for today's selections*

Additions to smoothies: Organic low-fat yogurt or protein powder \$1

SPARKLERS 6 OZ. \$5

SONOMA SPARKLING JUICES 105 . tr . tr  
 choose from peach, pear or raspberry

CANYON RANCH MIMOSA 95 . tr . tr  
 Sonoma Sparkling Pear Cider and fresh squeezed orange juice

JUICES 12 OZ. \$5 20 OZ. \$7

HOUSE MADE JUICES

carrot, beet, ginger, orange, grapefruit and apple

CANYON RANCH HOMEMADE CLASSICS \$3

lemonade, ginger ale or Arnold Palmer

POM WONDERFUL BEVERAGES® \$5

16oz. pomegranate, tangerine-pomegranate or mango-pomegranate

FRESH JUICE BLENDS 12 OZ. \$5 20 OZ. \$7

CHOOSE FROM:

orange, apple, carrot, ginger, grapefruit, beet and cranberry

NUMI™ ORGANIC ICED & HOT TEAS \$3

*Ask your server for today's selections of iced black and green teas*

ORGANIC COFFEE & ESPRESSO \$4

AROMA® SHADE GROWN COFFEE

regular or decaffeinated

EXTRA ESPRESSO SHOT \$2

ORGANIC SPECIALTY COFFEES & TEAS \$4

ESPRESSO, LATTE, CAPPUCCINO, MOCHA LATTE, MACCHIATO OR TAZO® CHAI LATTE

ORGANIC MILK 12 OZ. \$4

CHOOSE FROM NON-FAT, 2%, SILK® PLAIN OR VANILLA SOY

WATER 12 OZ. \$3

CHOOSE FROM PANNA®, FIJI® OR PELLEGRINO®

## Discover Healthy Dining

From Asia to the Mediterranean, we've drawn from the world's healthiest cuisines to create tantalizing dishes that nourish body and soul.

The wholesome fare at Canyon Ranch Café includes plenty of fresh fruits and vegetables, delicious fresh fish, lean meats and poultry, hearty whole grains, pastas, protein-rich soy and beans, and the added flavor of the finest healthy oils. Our food is always free of preservatives and additives, and we use organic ingredients whenever possible.

We hope you enjoy the fresh, pure tastes of the Canyon Ranch Café dining experience.

Discover how eating healthy every day can help you feel and look your best for life.

Visit us at Canyon Ranch SpaClub on the 4th floor of The Venetian

Café Hours: 7 am to 6 pm

Kitchen closes at 5:45 pm

Breakfast served all day

Lunch begins at 11 am

3355 Las Vegas Blvd. South, Suite 1159

Las Vegas, Nevada 89109

Café: 702-414-3633 • SpaClub: 702-414-3600

Toll Free: 1-877-226-2688

[canyonranch.com](http://canyonranch.com)

CANYON RANCH  
café



where great taste  
& good nutrition  
are a perfect  
combination

# BREAKFAST

All entrees served with fresh fruit

## SPECIALTIES

POACHED EGG SEVILLE with an organic egg, asparagus and prosciutto	235 . 8 . 4	\$14
TURKEY HASH with a whole organic egg - any style	330 . 9 . 4	\$10
SOUTHWEST SCRAMBLE with organic eggs, tomatoes, onions and green chilies	305 . 14 . 4	\$12
BREAKFAST RELLENO Poblano chili, eggs and chorizo over polenta	370 . 16 . 4	\$12
BREAKFAST WRAP OF THE DAY with organic eggs and vegetables, wrapped in a sprouted whole-wheat tortilla	410 . 15 . 10	\$11

## ORGANIC EGGS & OMELETS

Omelets include your choice of: tomatoes, mushrooms, onions, peppers, green chilies, spinach, artichoke hearts, herbs and cheese. Served with Yukon Gold breakfast potatoes and seasonal fruit.

3 EGG WHITES	225 . 5 . 4	\$12
WHOLE EGG plus an egg white	290 . 11 . 4	\$12
2 EGGS ANY STYLE	255 . 11 . 3	\$10

## CEREALS

ORGANIC STEEL-CUT HOT OATMEAL with milk, brown sugar, raisins and nuts	205 . 4 . 6 350 . 9 . 7	\$5
HOMEMADE GRANOLA	425 . 13 . 8	\$5
NATURE'S PATH ORGANIC CEREALS		\$5

## PANCAKES & FRENCH TOAST

SWEET POTATO WAFFLES with maple syrup or syrup of the day	370 . 7 . 6	\$10
WHOLE-WHEAT FRESH BERRY PANCAKES with maple syrup or syrup of the day	365 . 8 . 4	\$11
THAI-STYLE FRENCH TOAST with tangerine ginger syrup	285 . 6 . 3	\$10

## LIGHTER PLATES

IMPERIAL SCOTTISH LOX & 1/2 ALVARADO STREET BAGEL with Neufchatel cheese	285 . 8 . 2	\$10
FRESH FRUIT BOWL with organic low-fat yogurt and granola	140 . 1 . 5 365 . 6 . 10	\$7 \$9

## ACCOMPANIMENTS

BREAKFAST SAUSAGE LINKS (2)	105 . 6 . tr	\$4
ORGANIC PEANUT BUTTER	95 . 9 . 1	\$1
ORGANIC ALMOND BUTTER	90 . 8 . 1	\$1
NATURAL CASHEW BUTTER	95 . 8 . 1	\$1
ORGANIC LOW-FAT COTTAGE CHEESE	50 . 1 . tr	\$2
TOAST WITH BUTTER Assorted breads	175 . 6 . 4	\$2
WHOLE-WHEAT FRUIT MUFFIN (2)	260 . 8 . 4	\$3
ALVARADO STREET BAGELS Assorted flavors	290 . 2 . 3	\$3

# LUNCH

## STARTERS

LEBANESE DOUBLE DIP with hummus, baba ghanoush, bagel chips and lavosh	140 . 3 . 6	\$8
ORANGE CRAB SALAD sweet and spicy with butter lettuce	160 . 5 . 4	\$9
CHICKEN POTSTICKERS (3) with red chili dipping sauce	160 . 3 . 1	\$8
CEVICHE DE ALCALA halibut and shrimp marinated in chili and lime	155 . 5 . 4	\$9
SOUTHWEST BLACK BEAN CHILI vegetarian chili served with pico de gallo	305 . 2 . 13	\$6
SOUP OF THE DAY original Canyon Ranch recipes, made fresh daily		\$6

## SALADS

HOUSE CAESAR SALAD with lavosh crouton & Parmesan cheese	230 . 10 . 6	\$9
ORGANIC SPINACH, ARUGULA & FIG SALAD with candied pecans and bleu cheese, served with balsamic vinaigrette	210 . 10 . 5	\$9
SOUTHWEST SALAD with avocado, onion, roasted red bell peppers and citrus vinaigrette	150 . 6 . 5	\$9
ROASTED VEGETABLE PASTA SALAD	205 . 4 . 2	\$8
ADD TO ANY SALAD		
grilled organic turkey breast	110 . 1 . tr	add \$4
grilled organic chicken	140 . 3 . tr	add \$6
steamed shrimp	120 . 2 . tr	add \$8

## SANDWICHES

Served with side salad of the day

GRILLED CHICKEN QUESADILLA with black beans, red peppers, onions and organic cheddar cheese in a whole-wheat tortilla	480 . 18 . 7	\$14
grilled bison and jack cheese	465 . 16 . 11	\$16
TURKEY WRAP with sun-dried tomato pesto, goat cheese, peppers, tomatoes and arugula in a whole-wheat tortilla	430 . 18 . 6	\$12
WASABI EGG SALAD PITA in a whole-wheat pita with lettuce, tomato and sesame seeds	270 . 13 . 4	\$8
CAPRESE SANDWICH fresh mozzarella, tomato and basil on focaccia	300 . 13 . 2	\$7
ORGANIC TURKEY DOG 250 . 8 . 4		\$7
topped with black bean chili and organic cheddar	330 . 10 . 7	add \$2
BBQ CHICKEN WRAP with pineapple, red onion and peppers in a whole-wheat tortilla	420 . 10 . 5	\$14
BISON BURGER on multi-grain roll with lettuce, tomato and onion	425 . 11 . 6	\$13
GRILLED AHI TUNA SANDWICH on focaccia with avocado, swiss, tomato and onion	375 . 14 . 4	\$16

## ENTREES

CHICKEN LETTUCE WRAPS sauteed Asian vegetables and spicy ponzu sauce	400 . 15 . 6	\$14
vegetarian alternative with organic tofu	380 . 16 . 6	\$13
FISH TACOS Pacific snapper, chipotle mayo coleslaw, on two sprouted corn tortillas	370 . 9 . 7	\$13
MONGOLIAN BBQ SALMON with brown rice and Japanese stir-fry vegetables	415 . 17 . 4	\$20
SPACLUB VEGETABLE STIR-FRY in a light soy pomegranate sauce served over organic brown rice	245 . 6 . 6	\$12
with tofu	360 . 14 . 7	\$14
with chicken	365 . 7 . 6	\$18
with shrimp	365 . 8 . 6	\$20

# DESSERTS

FROZEN STRAWBERRY SOUFFLE	90 . 4 . 1	\$4
CHOCOLATE CAKE	180 . 5 . 0	\$4
CRÈME BRÛLÉE	145 . 6 . tr	\$5
HOMEMADE COOKIES (2) choose from chocolate chip, double chocolate chip, peanut butter and oatmeal	170 . 6 . 1	\$1
DOLCE DE MAIZE southwestern carmel corn	75 . 2 . 1	\$2
FRUIT SORBET	60 . tr . tr	\$3
HOMEMADE ICE CREAM	90 . 3 . tr	\$3

**Calories . Fat Grams . Fiber Grams tr = trace (less than 1 gram)**

If you have food allergies or are interested in a detailed nutrient breakdown that includes grams of protein, carbohydrates and sodium, ask your server for a menu ingredient list.

For parties of 5 or more, an 18% gratuity will be added.