



breakfast

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

specialties

Served with fresh fruit

TRUFFLED EGGS FLORENTINE *** GF 310 / 17 / 5 \$14
Two over-easy eggs with truffled spinach, leeks and Swiss cheese

BREAKFAST RELLENO *** GF 330 / 14 / 4 \$13
Poblano chili, organic eggs and chorizo. Served over scallion grits

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

TOFU SCRAMBLE v 285 / 9 / 6 \$12
Vegan option with scallions & bell peppers, served with toast

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

TURKEY HASH *** GF 460 / 19 / 4 \$14
Two eggs, turkey, potatoes and cranberries with gravy and bacon

"HEALTHY ELVIS" 375 / 9 / 8 \$11
Grilled peanut butter and banana sandwich

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

organic eggs & omelets

Omelets include choice of: tomatoes, mushrooms, onions, peppers, green chilies, spinach, artichoke hearts, herbs, chicken sausage and organic cheese. Served with fresh fruit and choice of herb roasted potatoes, grits or toast.

EGG WHITE OMELET GF 385 / 5 / 4 \$14

WHOLE EGG OMELET GF 475 / 12 / 4 \$14

ALL-AMERICAN BREAKFAST *** 310 / 15 / 2 \$15
Two eggs, any style, served with choice of chicken sausage or bacon

accompaniments

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

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

APPLEGATE FARMS BACON SLICES (2) GF 60 / 5 / 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

ALVARADO STREET SPROUTED-GRAIN BAGEL \$3

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

cereals & grains

ORGANIC STEEL-CUT OATMEAL v 155 / 3 / 4 \$8
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 \$7
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 \$13
Served with maple syrup or syrup of the day

CARIBBEAN FRENCH TOAST 375 / 6 / 4 \$13
Rum-flavored French toast with banana, pineapple served with maple syrup

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)

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



lunch

starters

- ORGANIC EDAMAME BEANS IN SHELL GF 175/7/5 \$6
Served with homemade ponzu dipping sauce
- SPINACH & ARTICHOKE DIP 220/8/3 \$8
Served with homemade lavosh
- CHIPS & RANCH 150/8/4 \$6
Delicate, crispy kale 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 mahi, shrimp, tomato and avocado
- PEPPER POPPERS GF 130/8/1 \$6
Just like the classic, but different, they're healthy!

grill favorites

- MONGOLIAN BBQ SALMON *** GF 380/14/4 \$20
Organic farm-raised salmon, brown rice and stir-fry vegetables
- SPACLUB VEGETABLE STIR-FRY GF 245/6/6 \$13
Soy pomegranate sauce served over organic brown rice
- VEGGIE NOODLE BOWL 320/6/7 \$13
Somen noodles and vegetables with spicy ginger soy sauce

salads

- WARM ROASTED VEGETABLE SALAD 345/19/8 \$12
Roasted tomatoes, peppers, onions & mushrooms tossed with Spanish vinaigrette, topped with olives, pistachios & bacon
- SPINACH ARUGULA FIG SALAD GF 200/10/5 \$9
With candied pecans, blue cheese, dried figs and balsamic vinaigrette
- SICILIAN CHOPPED SALAD GF 485/19/13 \$10
Peppers, celery, onions, prunes, pine nuts, green olives, white beans and egg tossed in a lemon olive oil dressing
- ROASTED BEET SALAD GF 170/8/7 \$9
With truffle chive vinaigrette and herbed goat cheese

protein additions

- tofu 115/8/1 \$4
chicken 140/3/tr \$5
shrimp 120/2/tr \$7
organic salmon*** 175/8/tr \$8

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

sandwiches & more

Sandwiches served on homemade bread with 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
- QUINOA STUFFED PORTOBELLO GF 330/20/5 \$10
Portobello mushroom cap stuffed with vegetables, topped with Burrata cheese on a bed of spinach with balsamic Dijon dressing
- SOUTHWEST CHIPOTLE CHICKEN SANDWICH 375/11/6 \$13
Chicken grilled and topped with chipotle aioli, red onion, avocado, roasted peppers, red lettuce and cilantro on a homemade bun
- BAR 10 RANCH BEEF BURGER *** 450/14/5 \$14
Served with special sauce, lettuce, tomato and onion
- CHICKEN BURGER 390/5/7 \$14
House-ground chicken with Southwestern spices served with mango chutney
- MOJAVE TURKEY WRAP 365/10/4 \$12
Avocado, roasted peppers and jalapeño cream cheese in a whole-wheat tortilla
- TOMATO & MOZZARELLA SANDWICH 375/18/6 \$12
With tomato spread, fresh mozzarella, fresh basil and baby arugula on a whole-wheat baguette



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
Brown sugar, apples, almonds, cranberries and spices mixed with a blend of rice
Served with low fat yogurt

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

lunch

KALE CHIPS
With classic ranch dressing

BAR 10 RANCH BEEF BURGER***
Served with special sauce, lettuce, tomato and onion

BERRY BOWL
650 / 22 / 10 \$25

express square meal

SOUTHWEST BLACK BEAN CHILI
Vegetarian chili served with pico de gallo

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

STRAWBERRY CHARLOTTE
545 / 9 / 18 \$13

ORGANIC EDAMAME BEANS GF
With Japanese spiced dipping sauce

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

CHOCOLATE MOUSSE GF
575 / 25 / 9 \$30

Please let your server know your time restrictions. 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.