

# CANYONRANCH | grill™

## breakfast

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

### specialties

Served with fresh fruit

- FRITTATA DEL GIORNO\*** 285 / 9 / 4 \$14  
A baked Italian omelet with local vegetables and cheese
- BREAKFAST RELLENO** 330 / 14 / 4 \$13  
Poblano chili, organic eggs, chorizo, served over polenta
- CHORIZO & EGGS** 280 / 8 / 5 \$12  
Homemade chorizo scrambled with organic eggs
- 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 \$12  
With organic eggs and vegetables, wrapped in a sprouted whole-wheat tortilla
- SWEET POTATO HASH** 230 / 7 / 5 \$13  
Served with natural ham, poached egg
- "HEALTHY ELVIS"** 375 / 9 / 8 \$8  
Grilled peanut butter and banana sandwich
- SONORAN SCRAMBLE** 315 / 14 / 6 \$13  
Tomato, corn, chili, chorizo, onion, garlic, avocado, cilantro, tortilla strips, cheddar, mmmm.....

### organic eggs & omelets

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

- THREE EGG WHITES** 225 / 5 / 4 \$12
- WHOLE EGG** 245 / 9 / 4 \$12  
Plus an egg white
- TWO EGGS ANY STYLE** 255 / 11 / 3 \$10
- TOFU SCRAMBLE** 270 / 10 / 7 \$12  
Vegan breakfast choice, with scallions and bell peppers

### accompaniments

- FRESH BAKED SCONES\*** 300 / 11 / 4 \$4  
Served with cashew butter, lowfat yogurt
- BREAKFAST SAUSAGE PATTY (2)** 75 / 3 / tr \$4
- ORGANIC PEANUT BUTTER** 95 / 8 / 1 \$1
- NATURAL CASHEW BUTTER** 95 / 8 / 1 \$1
- LOW-FAT ORGANIC COTTAGE CHEESE** 50 / 1 / tr \$2
- A SELECTION OF TOAST WITH BUTTER** 235 / 9 / 4 \$3
- FRESHLY BAKED BREAD ASSORTMENT\*\*** \$3
- FRESHLY BAKED BANANA BREAD (1 slice)** 155 / 3 / 3 \$2
- WHOLE-WHEAT MUFFIN\*\* (2)** 260 / 7 / 3 \$3  
Using fresh seasonal fruits
- ALVARADO STREET SPROUTED-GRAIN BAGEL** \$3
- FRESH FRUIT BOWL** 140 / 1 / 5 \$7  
calories / fat / fiber

### cereals & grains

- ORGANIC STEEL-CUT OATMEAL** 155 / 3 / 4 \$6  
With milk, brown sugar, raisins and nuts 300 / 8 / 5
- BREAKFAST RICE PORRIDGE** 215 / 9 / 2 \$6  
Maple, apples, almonds, cranberries, and spices mixed with a blend of rice, served with lowfat yogurt
- ALPINE MUESLI** 220 / 9 / 6 \$7  
This Swiss favorite comes to Vegas
- NATURE'S PATH CEREALS** \$5  
Multigrain Flakes, Corn Flakes and ZEN®
- HOMEMADE GRANOLA WITH FRESH FRUIT & YOGURT** 385 / 7 / 10 \$9

### pancakes & french toast

Served with fresh fruit

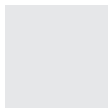
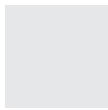
- WHOLE-WHEAT FRESH BERRY PANCAKES** 365 / 8 / 4 \$11  
Served with maple syrup or syrup of the day
- CARIBBEAN FRENCH TOAST** 315 / 4 / 3 \$11  
Rum-flavored French toast with banana, pineapple and maple syrup

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

We offer a variety of fresh prepared gluten-free items (no wheat, rye or barley). However, our kitchens are not gluten-free environments.



# lunch

## starters

- CHICKEN SATAY 135 / 5 / 1 \$8  
Skewered chicken marinated in Mongolian BBQ sauce and served with a spicy peanut sauce
- RATATOUILLE 75 / 4 / 3 \$7  
A new twist on this French classic
- FRESH LUMP CRAB CAKES 110 / 6 / 1 \$9  
Served with roasted pepper purée
- LEBANESE DOUBLE DIP 170 / 3 / 6 \$8  
Hummus, baba ganoush, bagel chips and lavosh
- CEVICHE 290 / 9 / 7 \$9  
Traditional ceviche of halibut, shrimp, tomato and avocado
- SHRIMP OR CHICKEN POTSTICKERS (3) ask server \$8  
With teriyaki or red chili dipping sauce

## grill favorites

- MONGOLIAN BBQ SALMON 380 / 14 / 4 \$20  
Organic farm raised salmon, brown rice and stir-fry vegetables
- SPACLUB VEGETABLE STIR-FRY 245 / 6 / 6 \$12  
Soy pomegranate sauce served over organic brown rice
- with tofu 360 / 14 / 7 \$16
- with chicken 385 / 9 / 6 \$18
- with shrimp 365 / 8 / 6 \$20
- ASIAN BISON SHORT RIBS 395 / 10 / 1 \$20  
Soy and ginger braised, with baby bok choy and brown rice

## salads

All salads are made with organic greens

- HOUSE CAESAR SALAD 160 / 5 / 6 \$9  
Chopped romaine hearts and tomatoes with homemade Caesar dressing
- SPINACH ARUGULA FIG SALAD 210 / 10 / 5 \$9  
With candied pecans, blue cheese, dried figs, and balsamic vinaigrette
- MEDITERRANEAN CHOPPED SALAD 135 / 6 / 2 \$9  
Chick peas, cucumber, tomato, olives, prunes, onion, pine nuts, and feta, with white grape dressing
- QUINOA SALAD 205 / 3 / 4 \$8  
With red grapes, microgreens, and aged balsamic

## sides

- CHARBROILED CHICKEN 140 / 3 / tr \$6
- GRASS-FED ROAST BEEF 175 / 8 / tr \$6
- STEAMED SHRIMP 120 / 2 / tr \$8
- GRILLED ORGANIC SALMON 175 / 11 / tr \$9
- ORGANIC TOFU 115 / 8 / 1 \$4

## soup & chili

- SOUP OF THE DAY\* \$6  
Original Canyon Ranch recipes, made fresh daily
- SOUTHWEST BLACK BEAN CHILI 305 / 2 / 13 \$6  
Vegetarian chili served with pico de gallo

## 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 and served with mango chutney
- BAR 10 RANCH GRASS-FED BEEF BURGER 405 / 12 / 4 \$14
- PORTOBELLO SANDWICH 300 / 14 / 5 \$11  
With grilled onions, peppers and herb mayonnaise on foccacia
- CHICKEN SALAD 465 / 16 / 5 \$11  
Traditional chicken salad served on homemade raisin walnut bread
- GRILLED AHI TUNA SANDWICH 370 / 15 / 3 \$16  
Served open faced on focaccia with avocado, Swiss cheese, tomato and onion
- BAR 10 RANCH GRASS-FED ROAST BEEF SANDWICH 515 / 16 / 10 \$14  
Roasted, chilled and sliced roast beef topped with arugula and a horseradish sauce, served on ciabatta bread
- MOJAVE TURKEY WRAP 365 / 10 / 4 \$12  
Avocado, roasted peppers, and jalapeño cream cheese

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-soaked French toast with banana, pineapple and maple syrup

BREAKFAST SAUSAGE PATTY (1)

FRESH SQUEEZED ORANGE JUICE (8 OZ.)

500 / 7 / 9 \$16

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

Maple, apples, almonds, cranberries, and spices mixed with a blend of rice

SMOOTHIE OF THE DAY WITH PROTEIN POWDER (12 OZ.)

530 / 16 / 12 \$11

lunch

FRESH LUMP CRAB CAKES

Served with roasted pepper purée

GRILLED AHI TUNA SANDWICH

Served open faced on focaccia with avocado, Swiss cheese, tomato and onion

BERRY BOWL

530 / 21 / 9 \$27

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

RASPBERRY CHARLOTTE

545 / 9 / 18 \$13

CHICKEN POT STICKERS

With red chili dipping sauce

MONGOLIAN BBQ SALMON

Organic farm raised salmon, organic brown rice and Japanese stir-fry vegetables

BLUEBERRY MOUSSE

630 / 22 / 5 \$30