

JUST A FEW SELECTIONS FROM OUR EXTENSIVE MENUS

**ENJOY OUR HEALTHY
 CANYON RANCH BREAKFAST.
 CHOOSE FROM...**

Fresh Squeezed Fruit Juices
 Fresh Berries, Melons and Pineapple
 Stoneyfield Organic Yogurts
 Assorted Whole Grain Breads, Bagels
 and Low-Fat Muffins
 Fruit Preserves
 Steel Cut Oatmeal
 Cold Whole Grain Cereal Bar with
 Alpine Muesli & Granola
 Low-Fat & Skim Milk
 Eggs & Omelets
 French Toast or Whole Wheat
 Buttermilk Pancakes with Pure Maple
 Syrup
 Lox and Bagels with Low-Fat Cream
 Cheese, Sliced Tomato & Cucumber

...AND FOR LUNCH

Assorted cold and hot soups
 Gingered Peach[®], Melon-Berry[®],
 Strawberry, Mushroom, Ajiaco,
 Chicken Noodle, Vegetarian Vegetable,
 Miso, Vegetarian Chili

Salad Bar
 Assorted Mixed Greens, Assorted
 Vegetables, Carrots, Tomatoes, English
 Cucumbers, Cheeses, Homemade
 Canyon Ranch Dressings, Croutons

Assorted Cold Salads
 Chicken Salad, Asian Noodle Salad,
 Pasta Salad, Couscous Salad

Make Your Own Sandwich Bar
 Whole Grain Breads, Meat & Cheese
 Selections, All-Natural Peanut Butter,
 Assorted Toppings

Entrees
 Steak Fajitas, Grilled Cheese
 Sandwiches, Baked Ziti with Bolognese
 Sauce, Chicken Meatballs Sandwiches,
 Vegetarian Sloppy Joes, Meatball Subs,
 Turkey Burgers and Dogs, Baked
 Potatoes Bar, Quesadillas, Hoagies,
 Heroes and Reubens

Assorted Wraps: Cranberry Turkey,
 Tuna, Vegetarian Hummus

Assorted Pizzas

Assorted Fruits & Berries

Famous Canyon Ranch Cookies
 Chocolate Chip, Peanut Butter,
 Oatmeal, Double Chocolate, White
 Chocolate Macadamia Nut

DINNER TO FUEL YOUR BODY...

Assorted cold and hot soups
 Roasted Corn Chowder, Tomato Soup,
 Minestrone Soup, Pear-Apricot[®]

Salad Bar
 Assorted Mixed Greens, Assorted
 Vegetables, Carrots, Tomatoes, English
 Cucumbers, Cheeses, Homemade
 Canyon Ranch Dressings, Croutons

Entrees
 Chicken Quesadilla with Sautéed
 Peppers, Pasta Bar, Vegetarian Stuffed
 Zucchini, Vegetable Lasagna, Chicken
 Stuffed with Fresh Mozzarella, Beef
 Tenderloin with Horseradish Cream
 Sauce, Bean Burrito with Pico de Gallo,
 Raspberry Crusted Chicken, Roasted
 Herb Chicken, Mongolian BBQ Salmon
 and Tofu, Chicken Cacciatore, Sole
 Francais, Roast Turkey, Blackened Mahi
 Mahi with Creole Sauce

Delicious Side Dishes
 Homemade Cornbread, Steamed
 Vegetable Medley, Mashed Potatoes,
 Wild Rice Pilaf, Baked Potatoes,
 Roasted Asparagus, Steamed Green
 Beans with Slivered Almonds, Basmati
 Rice, Whole Wheat Cous-Cous,
 Roasted Eggplant

Assorted Fruits & Berries

Sweet Desserts
 Chocolate Kahula Cake with Fresh
 Organic Berries, Canyon Ranch Fudge
 Brownies, Crème Brulee with Fresh Fruit
 Salad, Warm Peach Cobbler, Orange
 Pound Cake with Sauce Anglaise