

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 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 305 / 2 / 13 \$6

Vegetarian chili served with pico de gallo

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

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

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

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

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

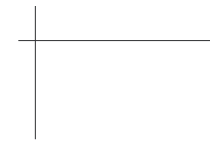
calories / fat / fiber, tr = Trace (less than 1 gram) * Please ask your server for today's selection

** 1 pat of butter adds 65 calories, 6 grams of fat and 0 fiber grams

We offer a variety of fresh prepared gluten-free items (no wheat, rye or barley).

However, our kitchens are not gluten-free environments.

2/10



CANYONRANCH | grill™

breakfast/lunch

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 specialty 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 & omeletes

Omeletes 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

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

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 FRUIT MUFFIN* (2) 260 / 7 / 3 \$3

ALVARADO STREET SPROUTED-GRAIN BAGEL \$3

FRESH FRUIT BOWL 140 / 1 / 5 \$7

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 \$5
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

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

grill favorites

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

ASIAN BISON SHORT RIBS 395 / 10 / 1 \$20
Soy and ginger braised, with baby bok choy and brown rice

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

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