

APPETIZERS

Roasted Garlic and Red Pepper Crostini, Catalan Style with Anchovies and Egg Salad ✓

Spanakopita with Tzatziki and Bell Pepper Salad ✓

Panache of Crisp Mixed Greens with Your Choice of Dressing ✓

Fresh Seasonal Fruit Cup ✓

SOUPS

Soupe au Pistou

French Vegetable Soup with Beans and Basil Pesto

Chilled Andalusian Gazpacho ✓

TASTE OF THE WORLD

OUR EXECUTIVE CHEFS INVITE
YOU TO ENJOY THE FLAVORS OF

GREECE

Stuffed Vine Leaves; Spanakopita; Tzatziki; Eggplant Salad;
Lamb Bourekaki; Greek Salad and Pita Bread

Served as a main course or sampler for two

CANYON RANCH

HEALTHY LIVING CHOICES

APPETIZER

Vegetable Soup with Beans and Basil Pistou [130 / 9 / 2] ✓

MAIN COURSE

Open-Faced Turkey and Cranberry Salad Sandwich
on Whole Wheat Bread [485 / 16 / 9]

DESSERT

Fruit Cup [70 / 0 / 2] ✓

[Calories / Fat Grams / Fiber Grams]

*By following Canyon Ranch's Healthy Living Choices for each meal,
you will be nourished with a wide variety of fresh fruits and vegetables,
healthy fats, whole grains and lean proteins.*



Recommended Wines

White — Pine Ridge Vineyards Chenin Viogner
California

Red — Spellbound by Michael Mondavi
Petite Sirah, Napa Valley, California

MAIN COURSES

ENTRÉES

Orecchiette alle Verdure ✓

*Orecchiette Pasta sautéed with Shallots and Crisp Baby Vegetables
in a Light Creamy Sauce*

Zarzuela

Spanish Fish and Seafood Stew with Tomato-Saffron Broth

Lasagna alla Bolognese

Oven-Baked Pasta Dish layered with Meat and Tomato Sauce

*Roasted Leg of Lamb with Pesto and Feta Crust

TODAY'S CHEF SALAD

Israeli Chopped Salad ✓

Marinated Vegetables with Mint and Lemon Dressing

SALAD ENTRÉES

The Jacques Signature Niçoise Salad with Your Choice of:

*Grilled Tuna, *Salmon or *Halibut Filet ✓

Oceania's Caesar Salad with Your Choice of:

Grilled or Blackened Chicken Breast or *Shrimp ✓

SANDWICHES

French Riviera Pan Bagnat ✓

Tuna Salad in a Freshly Baked Bread Loaf

Barbecued Pork Burger served with Rashers of Bacon,
Coleslaw and French Fries

✂ Always Available ✂

Assorted Crudités served with Tartar Sauce ✓

Chicken Consommé with Vegetable Julienne and Dumpling

*Black Angus Hamburger or Cheeseburger with Fries and Coleslaw

Grilled All-Beef Hot Dog served with Fries and Coleslaw

Grilled Chicken Breast or *Flap Sirloin Steak

SIDE DISHES

Assorted Steamed Vegetables — Spinach — String Beans



DESSERTS

Strawberry and White Chocolate Mousse Tart

Apple Ginger Cake

Vanilla Apricot Mousse

TODAY'S ICE CREAM

Pêche Melba: Poached Peaches, Vanilla Ice Cream, Cherry Sauce and
Toasted Almonds

Vanilla – Chocolate – Milk Chocolate Brownie – Rum Raisin

No-Sugar-Added Mango Ice Cream

Cassis Sorbet

✓ Vegetarian or available as a vegetarian option

*Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions