

CANYON BREEZE

AT RED MOUNTAIN RESORT

LUNCH BUFFET

ROASTED RED MOUNTAIN FRIES

3 oz = 129/26/3/2/2 V/GF

RED MOUNTAIN CHILI OF THE DAY

GF

SOUTHWEST CORN BISQUE

1/2 cup = 52/6/1/21/1 GF/V

RED CHILE-PECAN COLESLAW

1/2 cup = 130/8/2/11/3 V/GF/DF

AVOCADO CHIPOTLE MACARONI SALAD

1/4 cup = 78/10/2/4/1 V

BEEF BURGER PATTIES

1/2 patty = 106/0/10/8/0 GF/DF

TURKEY BURGER PATTIES

1/2 patty = 100/0/13/9/0 GF/DF

VEGGIE BURGER PATTIES

1/2 patty = 55/8/3/2/2 V

DAILY DESSERT CREATION



Nutrition Key: Calories/Carbohydrates (g)/Protein (g)/Fat (g)/Fiber (g)

GF=Gluten Free DF=Dairy Free AI=Anti-Inflammatory V=Vegan

Guests on meal inclusive packages enjoy soup and salad, one entrée, vegetable and dessert.

Menu pricing applies to guests on à la carte packages. A 15% gratuity will be added to all à la carte purchases.

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RED MOUNTAIN CHILI OF THE DAY

GF

ROASTED VEGETABLE SOUP

1/2 cup = 35/6/1/1/1 GF/DF/AI

QUINOA TABBOULEH

1/2 cup = 100/15/3/3/2 GF/V/AI

SPINACH CRANBERRY SALAD

Toasted Almonds, Herbed Apple Cider Vinaigrette, 1/2 cup = 116/11/3/6/1 GF/V

SEAFOOD PAELLA

1/2 cup = 182/15/18/5/1 GF/DF

ROASTED CHICKEN SHAWARMA

190/19/19/4/0 GF/DF

FALAFEL

1 each = 32/4/2/1/1 GF/DF/V

BAKED EGGPLANT WITH TOMATOES & HERBS

1/2 cup = 21/5/1/trace/2 GF/AI/V

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TORTILLA SOUP

1/2 cup = 48/11/2/trace/1 GF/V

CHIPOTLE CHICKEN CAESAR SALAD

1/2 cup = 69/6/8/2/3 GF

NOPALE CACTUS, JICAMA & CITRUS SALAD

1/2 cup = 70/17/2/0/7 GF/V

CARNE ASADA

3 oz. = 100/1/16/3/trace GF/DF

NEW MEXICO GREEN CHILE PORK POSOLE

1/2 cup = 80/4/9/3/1 GF/DF

CALABACITAS VEGETABLES

Squash, Corn, Tomatoes, Onion, 1/2 cup = 38/5/2/1/3 GF/V

SPANISH RICE

1/2 cup = 100/22/2/1/2 GF/V/AI

BLACK REFRIED BEANS

1/2 cup = 100/19/6/7/5 GF/V/AI

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GF

SAAR INDIAN TOMATO SOUP

1/2 cup = 46/4/1/4/trace GF/AI/V

CURRIED CHICKEN SALAD LETTUCE WRAPS

1 lettuce cup = 98/4/9/5/trace GF

PILAU BASMATI RICE

1/2 cup = 112/22/3/1/2 GF/AI/V

LENTIL, OKRA & TOMATO DAHL

1/2 cup = 115/18/16/3/7 GF/AI/V

TURMERIC CITRUS CHICKEN BREAST

4 oz. = 153/5/22/4/trace GF

TANDOORI SPICED TOFU

2 pieces = 106/2/5/9/1 GF/AI/V

TOMATO CUCUMBER RAITA

1 oz. = 20/2/1/1/trace GF

MINT FRUIT SALAD

1/2 cup = 50/12/trace/trace/2 GF/AI/V

MADRAS GARBANZO BEAN SALAD

1/2 cup = 80/6/2/6/2 GF/AI/V

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GF

ROASTED YAM SOUP

1/2 cup = 78/15/1/2/2 GF/V/Al

SESAME CUCUMBER SALAD

1/2 cup = 69/10/4/2/2 GF/V/Al

PINEAPPLE COLESLAW

1/4 cup = 30/6/1/1/1 GF

COCONUT BROWN BASMATI RICE

1/2 cup = 128/14/2/8/1 GF/V

OVEN ROASTED KALBI PORK LOIN

Pineapple Pico de Gallo, 1/2 cup + 1 oz pico = 238/16/27/7/1 GF/DF

HULI HULI CHICKEN

Pineapple Pico de Gallo, 1/2 cup + 1 oz pico = 190/19/19/4/0 GF/DF

HONEY SRIRACHA GLAZED SOY TEMPEH

3 oz. = 177/24/13/4/7 GF/DF/V

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TOMATO BASIL SOUP

1/2 cup = 67/5/1/5/1 GF/V/AI

TOMATO PROVOLONE SALAD

1/2 cup = 110/3/7/8/1 GF/V

BABY KALE SALAD

Lemon Garlic Vinaigrette, Reggiano Parmesan, Crushed Red Pepper

1/2 cup serving = 212/12/10/15/trace GF/V

ZUCCHINI & YELLOW SQUASH 'NOODLES'

1/2 cup = 13/2/1/0/1 GF/V/AI

HERB GARLIC GRILLED CHICKEN

1/2 cup = 100/0/13/9/0 GF/AI

ROASTED PRIMAVERA VEGETABLE MEDLEY

1/2 cup = 13/2/1/0/1 GF/V/AI

PENNE PASTA

1/2 cup = 96/23/1/1/1 V/DF

MARINARA SAUCE

1/2 cup = 45/8/2/2/2 GF/V/AI

SPA ALFREDO SAUCE

1/2 cup = 110/5/7/7/5/0 GF

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BROCCOLI CHEDDAR SOUP

1/2 cup = 101/11/4/5/1 GF/V

BLACK EYED PEA SALAD

1/2 cup = 60/13/2/3/2 GF/V/AI

COLESLAW

1/2 cup = 60/10/2/2/2 GF/V

BBQ CHICKEN

3 oz = 134/8/16/3/trace GF

BBQ BEEF

3 oz = 164/5/11/11/trace GF

GARLIC HERB BROILED PORTOBELLO MUSHROOMS

3 oz = 25/3/2/1/1 GF/V/AI

OVEN ROASTED POTATOES

3/4 cup = 95/18/2/2/2 GF/DF/V

MAPLE CHIPOTLE BAKED BEANS

1/2 cup = 246/50/3/1/2 GF/V/AI

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