

# LUNCH

## FRESH & HEALTHY | SOUPS & SALADS

**MARKET SOUP** Created Fresh Daily **\$5 cup \$8 bowl**

**GREEN CHILE PORK STEW** Slow Simmered Pork, Tomatillos, Poblano Chilies, Hominy, Cilantro, Shaved Red Cabbage, Cotija Cheese, Cumin Scented Corn Tortilla Strips. GF **\$8 cup \$12 bowl**

**CANYON BREEZE SALAD** Mixed Seasonal Greens, California Walnuts, Tart Green Apple, Blue Cheese, Applewood Bacon, Tomato, Beets, Herb Balsamic Vinaigrette **\$12 GF/ Vegan available. Add Grilled Chicken, Smoked Turkey, Ham or Tofu \$5; Salmon or Steak \$8**

**SUPERFOOD CAESAR SALAD** Baby Kale, Romaine, Peruvian Rainbow Quinoa, Crushed Red Pepper, Crisp Reggiano Parmesan Wafer, Multigrain Croutons tossed with Lemon, Garlic & Dijon Mustard Dressing **\$12 GF/Vegan available Add Smoked Turkey, Ham, Grilled Chicken or Tofu \$5; Salmon or Steak \$8**

**SOUTHWEST CARNE ASADA SALAD** Southwest Spice Grilled Utah Beef, Seasonal Mixed Greens, Roasted Peppers, Fresh Corn, Black Beans, Cotija Cheese, Avocado, Cumin Scented Corn Tortilla Strips tossed with Red Chile Vinaigrette **\$14 GF**

---

## RELAXED LUNCHES

*Choice of Warm Corn Tortilla Chips & Charred Tomato Salsa, Salad with House Made Dressing, or Cup of Market Soup*

**SMOKED TURKEY BLT & AVOCADO** Crisp Applewood Bacon, Leaf Lettuce, Vine Ripened Tomato **\$12 Served on Toasted Wheat Bread or as a Wrap on Whole Wheat Tortilla.**

**BAR 10 RANCH GRASS FED BEEF BURGER** Local Beef Burger, Sliced Tomato, Leaf Lettuce served on a Fresh Baked Bun. **\$14 Turkey or Plant Based Burger available on request**

**CHICKEN SALAD LETTUCE CUPS** Slow Cooked Chicken, Red Grapes, Celery, Onion with Savory Dressing. **\$12 GF Can also be served on Toasted Wheat Bread or as a Wrap on Whole Wheat Tortilla.**

**DAILY ARTISAN FLATBREAD PIZZA** Our Chef's creation each day, using garden fresh ingredients on a fresh Housemade crust. **\$14**

**BEVERAGES \$2.50 – ORGANIC DOMA ROASTING DRIP COFFEE, REGULAR/DECAF, RISHI ICED TEA, HOT TEA  
LEMONADES \$4.00 - MINT LEMONADE, PRICKLY PEAR LEMONADE, PASSION TEA PALMER**

## À LA CARTE

### SMOOTHIES \$6

**GREEN MACHINE** Spinach, Kale, Apple, Celery, Banana, Chia Seed, Lemon, Lime & Ginger

**BERRY BREEZE** Seasonal Mixed Berries, Apple, Banana

**MANGO PEACH** Orange, Pineapple, Banana, Apple, Coconut Milk

### QUICK BITES

**STONEGROUND CORN TORTILLA CHIPS** Charred Tomato Salsa Fresca & Housemade Guacamole **\$7**

**GARDEN FRESH VEGGIES & HUMMUS** Served with Warm Grilled Pita **\$8**

**SWEET POTATO FRIES & Spicy Sambal Mayo \$6**

Guests on meal inclusive retreats may select 1 lunch choice and 1 beverage.

All Canyon Counter Items are À la Carte. For your convenience a 15% gratuity will be added to a la carte purchases.

Canyon Breeze is not a Gluten-Free Kitchen. Please alert your server to severe food allergies.