



breakfast

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 local 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 & omelets

Omelets 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

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 MUFFIN (2)** 260 / 7 / 3 \$3
Using fresh seasonal fruits

ALVARADO STREET SPROUTED-GRAIN BAGEL \$3

FRESH FRUIT BOWL 140 / 1 / 5 \$7

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.

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



lunch

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 \$7
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

grill favorites

- MONGOLIAN BBQ SALMON** 380 / 14 / 4 \$20
Organic farm raised salmon, brown rice and stir-fry vegetables
- 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
- ASIAN BISON SHORT RIBS** 395 / 10 / 1 \$20
Soy and ginger braised, with baby bok choy and brown rice

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, and feta, with white grape dressing
- QUINOA SALAD** 205 / 3 / 4 \$8
With red grapes, microgreens, and aged balsamic

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

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

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 focaccia
- 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** 365 / 10 / 4 \$12
Avocado, roasted peppers, and jalapeño cream cheese

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

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

545 / 9 / 18 \$13

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

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.