

CHEF'S DAILY SPECIALS

DINNER

CANYON RANCH SPA SELECTIONS

Rocket Salad with Roasted Tomatoes and Parmesan Cheese 95/5/3 (v)

Chicken Stuffed with Sausage Meat Served with Carrots, Steamed Bok Choy and Buttered Rice with a Fig Demi-glace 390/13/2

Linzer Cake and Raspberry Coulis 115/4/2

APPETIZERS AND SOUPS

Baby Prawn and Grapefruit Salad with Marie Rose Sauce

Pumpkin Soup with Roasted Seeds (v)

Minestrone Genovese (v)

Chilled Apple and Yoghurt Soup (v)

SALAD

Baby Spinach, Grapefruit, Orange, Pecan Nuts and Red Onion with French Vinaigrette or Marie Rose Dressing (v)

Dressings: French Vinaigrette, Marie Rose Dressing

ENTREES

Fillet of Cod with Snow Peas and Tomato, Turned Boiled Potatoes, Asparagus, Cauliflower Polonaise and a Warm Tomato and Chervil Vinaigrette

Seared Citrus and Speck-cruste Sea Scallops, Three Onion Potato Rösti, Caper Beurre Blanc*

Creole Grilled Seafood and Blackened Sirloin Steak with Chimichurri Sauce and Jambalaya Style Rice*

Portobello Mushroom with Provecçal Vegetables, Tomato Sauce and Mozzarella Cheese (v)

FRESH SELECTION OF VEGETABLES

Medley of Steamed Vegetables

Mashed Potatoes, Baked Potato, Parsley New Potato, French Fries

DESSERTS

Chocolate Marquise with Bitter Orange Coulis

Bacardi Lemon Crème Brûlée

Warm Apple Strudel with Brandy Sauce

Low Sugar Cranberry and Pecan Pie with Vanilla Sauce

Coconut and Honey and Ginger Ice Creams with Champagne Sorbet and Mango Sauce

Nutrition Key : Calories / Fat Grams / Fibre Grams (V) Indicates dishes suitable for Lacto-ovo-vegetarians

* Public Health services have determined that eating raw, undercooked or partially cooked meats, seafood, shellfish, eggs, milk, or poultry may present a health risk to the consumer and may increase your risk for food borne illness especially if you have certain medical conditions.

These menu items are individually marked by an asterisk.

