CANYON BREEZE

AT RED MOUNTAIN RESORT

MORNING PLATES

FARM FRESH EGGS $15
Two Eggs Any Style, Breakfast Potatoes
Calories 215/Carbs 8g/Protein 13g/Fat 14g/Fiber 1g

HUEVOS RANCHEROS $16
Sunnyside-Up Eggs, Black Beans, Salsa Verde,
Cotija Cheese, Shaved Red Cabbage,
Vine-Ripened Tomato Pico de Gallo, Corn Tortillas
Calories 435/Carbs 50g/Protein 19g/Fat 18g/Fiber 7g

TOFU SCRAMBLE $15
Firm Tofu, Turmeric, Fresh Garlic, Red Pepper, Green Onion, Tamari,
Vine-Ripened Tomato Pico de Gallo, Corn Tortillas
Calories 305/Carbs 32g/Protein 13g/Fat 15g/Fiber 5g

LAVA LOOP OMELET $17
Farm Fresh Whole Eggs, Vine-Ripened Tomato,
Organic Baby Spinach, Red Peppers, Forest Mushrooms,
Maple Cured Ham, Cheddar-Jack Cheese
Calories 233/Carbs 9g/Protein 17g/Fat 14g/Fiber 1g

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

CANYON BREEZE

AT RED MOUNTAIN RESORT

BREAKFAST BUFFET

SEASONAL FRESH FRUIT
GF/DF

ASSORTED YOGURTS
GF

CANYON BREEZE MUESLI
1/2 cup = 270/55/10/5/7

FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL
1/2 cup = 100/13/5/2/5 V/GF/AI/DF

BREAKFAST POTATOES
1/2 cup = 70/13/2/2/1 V/GF/AI

FRESH VEGETABLE SCRAMBLE
1/2 cup = 144/3/11/10/1 GF

MULTIGRAIN PANCAKES
2 pancakes = 120/24/5/1/3

TURKEY SAGE SAUSAGE PATTY
2 oz. patty = 112/12/6/5/1 GF/DF

S

Nutrition Key: Calories/Carbohydrates (g)/Protein (g)/Fat (g)/Fiber (g)
GF=Gluten Free DF=Dairy Free AI=Anti-Inflammatory V=Vegan
Menu pricing applies to guests on à la carte packages.
A 15% gratuity will be added to all à la carte purchases.

CANYON BREEZE

AT RED MOUNTAIN RESORT

BREAKFAST BUFFET

SEASONAL FRESH FRUIT
GF/DF

ASSORTED YOGURTS
GF

CANYON BREEZE MUESLI
1/2 cup = 270/55/10/5/7

FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL
1/2 cup = 100/13/5/2/5 V/GF/AI/DF

SCRAMBLED EGGS WITH FRESH HERBS
1/2 cup = 120/1/9/8/0 GF

APPLE MAPLE CHICKEN SAUSAGE*
1 piece = 50/0/5/3/0 GF/DF *contains pork

CINNAMON RAISIN FRENCH TOAST
1 slice = 166/15/10/7/2 DF

HASH BROWNS
1/2 cup = 85/11/2/5/1 GF/V/AI

M

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CANYON BREEZE

AT RED MOUNTAIN RESORT

BREAKFAST BUFFET

SEASONAL FRESH FRUIT
GF/DF

ASSORTED YOGURTS
GF

CANYON BREEZE MUESLI
1/2 cup = 270/55/10/5/7

FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL
1/2 cup = 100/13/5/2/5 V/GF/AI/DF

BREAKFAST POTATOES
1/2 cup = 70/13/2/2/1 V/GF/AI

SCRAMBLED EGG, GREEN CHILE & CHEESE BREAKFAST QUESADILLAS
per piece = 148/11/11/4/4

BLUEBERRY OAT PANCAKES
2 pancakes = 78/22/7/trace/7

CHICKEN-TURKEY CHORIZO SAUSAGE LINK*
per piece = 50/0/5/3/0 GF/DF *contains pork

T

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CANYON BREEZE

AT RED MOUNTAIN RESORT

BREAKFAST BUFFET

SEASONAL FRESH FRUIT
GF/DF

ASSORTED YOGURTS
GF

CANYON BREEZE MUESLI
1/2 cup = 270/55/10/5/7

FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL
1/2 cup = 100/13/5/2/5 V/GF/AI/DF

SCRAMBLED EGGS
1/2 cup = 170/1/14/13/0 GF

HASH BROWNS
1/2 cup = 85/11/2/5/1 GF/V/AI

GLUTEN FREE BANANA PANCAKES
2 pancakes = 78/22/7/trace/7 GF

APPLEWOOD SMOKED BACON
per piece = 59/0/2/6/0 GF/DF

W

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CANYON BREEZE

AT RED MOUNTAIN RESORT

BREAKFAST BUFFET

SEASONAL FRESH FRUIT
GF/DF

ASSORTED YOGURTS
GF

CANYON BREEZE MUESLI
1/2 cup = 270/55/10/5/7

FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL
1/2 cup = 100/13/5/2/5 V/GF/AI/DF

SCRAMBLED EGG CHILAQUILES
1/2 cup = 180/10/11/11/1 GF

BREAKFAST POTATOES
1/2 cup = 70/13/2/2/1 V/GF/AI

PRETZEL BREAD FRENCH TOAST
per piece = 141/21/6/2/2

TURKEY BACON
per piece = 35/0/2/3/0 GF/DF

Th

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CANYON BREEZE

AT RED MOUNTAIN RESORT

BREAKFAST BUFFET

SEASONAL FRESH FRUIT
GF/DF

ASSORTED YOGURTS
GF

CANYON BREEZE MUESLI
1/2 cup = 270/55/10/5/7

FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL
1/2 cup = 100/13/5/2/5 V/GF/AI/DF

GARDEN VEGETABLE FRITTATA
1/2 cup = 143/4/11/10/2 GF

BREAKFAST POTATOES
1/2 cup = 70/13/2/2/1 V/GF/AI

SPROUTED GRAIN PANCAKES
2 pancakes = 170/33/5/2/3

ANDOUILLE CHICKEN SAUSAGE*
per peice = 50/0/5/3/0 GF/DF *contains pork

F

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CANYON BREEZE

AT RED MOUNTAIN RESORT

BREAKFAST BUFFET

SEASONAL FRESH FRUIT
GF/DF

ASSORTED YOGURTS
GF

CANYON BREEZE MUESLI
1/2 cup = 270/55/10/5/7

FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL
1/2 cup = 100/13/5/2/5 V/GF/AI/DF

SCRAMBLED EGGS
1/2 cup = 163/1/14/13/0

GRIDDLED HASH BROWNS
1/2 cup = 100/13/5/2/5 GF/V/AI

SWEET POTATO PANCAKES
2 pancakes = 128/26/5/1/3

APPLEWOOD SMOKED BACON
per piece = 59/0/2/6/0 GF/DF

Sa

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CANYON BREEZE

AT RED MOUNTAIN RESORT

SPECIALTY COFFEE FROM CANYON COUNTER

(Single/Double, Tall/Grande)

ESPRESSO $3/4

AMERICANO $3/4

MACCHIATO $4/5

CAPPUCCINO $4/5

CAFÉ LATTE $5/6

CHAI LATTE $5/6

FLAVORED LATTE $5/6

SMOOTHIES $6