SUNDAY 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/Vegetarian

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  Vegetarian

DAILY DESSERT CREATION
MONDAY LUNCH BUFFET

RED MOUNTAIN CHILI OF THE DAY
GF

ROASTED VEGETABLE SOUP
1/2 cup = 38/7/1/1/2  GF/AI/V

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

NEW ZEALAND LEG OF LAMB
3 oz. = 154/trace/15/10/trace  GF/AI

BEYOND MEAT “CHICKEN” PICCATA
3 oz. = 110/5/21/2/2  V/GF

BAKED EGGPLANT WITH TOMATOES & HERBS
1/2 cup = 21/5/1/trace/2  GF/AI/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.
CANYON BREEZE
AT RED MOUNTAIN RESORT

TUESDAY LUNCH BUFFET

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

CHARRO BEANS
1/2 cup = 100/19/6/0/7  GF/V/AI

DAILY DESSERT CREATION

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WEDNESDAY LUNCH BUFFET

RED MOUNTAIN CHILI OF THE DAY
   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 GARLANZO BEAN SALAD
   1/2 cup = 80/6/2/6/2  GF/AI/V

DAILY DESSERT CREATION
THURSDAY LUNCH BUFFET

RED MOUNTAIN CHILI OF THE DAY
GF

ROASTED YAM SOUP
1/2 cup = 78/15/1/2/2  GF/V/AI

SESAME CUCUMBER SALAD
1/2 cup = 69/10/4/2/2  GF/V/AI

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

KALUA PORK
Ginger BBQ Sauce, 1/2 cup + 1 oz sauce = 206/9/17/11/1  GF/DF

HULI HULI CHICKEN
Grilled 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/Vegetarian

DAILY DESSERT CREATION

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FRIDAY LUNCH BUFFET

TOMATO BASIL SOUP
1/2 cup = 67/5/1/5/1  GF/V/Al

TOMATO PROVOLONE SALAD
1/2 cup = 110/3/7/8/1  GF/Vegetarian

BABY KALE SALAD
Lemon Garlic Vinaigrette, Reggiano Parmesan, Crushed Red Pepper
1/2 cup serving = 212/12/10/15/trace  GF/Vegetarian

ZUCCHINI & YELLOW SQUASH ‘NOODLES’
1/2 cup = 13/2/1/0/1  GF/V/Al

HERB GARLIC GRILLED CHICKEN
1/2 cup = 100/0/13/9/0  GF/Al

ROASTED PRIMAVERA VEGETABLE MEDLEY
1/2 cup = 13/2/1/0/1  GF/V/Al

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

MARINARA SAUCE
1/2 cup = 45/8/2/2/2  GF/V/Al

SPA ALFREDO SAUCE
1/2 cup = 110/5/7/7/5/0  GF

DAILY DESSERT CREATION

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

SAVORY ONION SOUP
1/2 cup = 52/6/2/1/trace  GF/Vegetarian

BLACK EYED PEA SALAD
1/2 cup = 60/13/2/3/2  GF/V/AI

GERMAN POTATO SALAD
1/2 cup = 110/16/3/4/1  GF

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

BBQ BEEF BRISKET
3 oz = 164/5/11/11/trace  GF

GARLIC HERB BROILED PORTOBELLO MUSHROOMS
3 oz = 25/3/2/1/1  GF/V/AI

EDAMAME SUCCOTASH
1/2 cup = 100/15/5/4/4  GF/V

RED MOUNTAIN CHILI
GF

DAILY DESSERT CREATION