

PRINCESS GRILL

Breakfast

CHILLED JUICES

Choice of Fresh Orange, Fresh Grapefruit, Cranberry, Apple, Prune, Pineapple, Tomato, V8

FRESH FRUIT & COMPOTE

Half Sectioned Grapefruit

Fresh Melon Platter

 Fresh Fruit Salad 65/0/2

Tropical Fruit with Low-Fat Yoghurt or Cottage Cheese

Seasonal Berries & Cream

Compote of Stewed Prunes, Grapefruit Segments & Kadota Figs

HOT & COLD CEREALS

Choice of Oatmeal, Cream of Wheat,

Choice of Corn Flakes, All Bran, Raisin Bran, Special K, Rice Crispies, Total, Shredded Wheat, Swiss Muesli, Alpen, Weetabix

YOGHURTS & SMOOTHIES

Choice of Plain or Mixed Fruit Available as Regular, Low-Fat or Non-Fat

Strawberry/Banana Smoothie

FRESH FROM THE BAKERY

Croissants, Brioche, Assorted Danish Pastries, French Bread, All Bran & Blueberry Muffins, Toasted English Muffins, Toasted Bagels, White & Whole Wheat Toast, Rye Bread, Pumpkinnickel, White Rolls, Banana Bread

 Fruit Crisp 160/3/3

PRESERVES & SPREADS

Orange Marmalade, Strawberry, Blackberry, Apricot, Cherry, Honey, Peanut Butter

PANCAKES & WAFFLES

Blueberry Pancakes with Pure Maple Syrup

 Whole Wheat or Buttermilk Pancakes with Pure Maple Syrup 315/7/2

Golden Waffles with Fresh Fruit & Maple Syrup

French Toast

BREAKFAST ENTRÉES

Fried Eggs, English Bacon, Mushrooms, Wiltshire Sausage, Baked Beans, Grilled Tomato, Sautéed Potatoes

Scrambled Eggs, American Bacon, Corned Beef Hash, Link Sausages, Hash Brown Potatoes

Omelette with Ham, Cheese & Mushrooms

 Egg White Omelette with Onions, Peppers, Tomato & Cheese 140/7/1

Eggs Benedict on English Muffin & Canadian Bacon with Hollandaise Sauce

Shirred Eggs with Sevruga Caviar

Toasted Bagel with Smoked Salmon, Crème Cheese, Red Onion & Capers

Grilled Scottish Kippers with Sautéed Potatoes

Smoked Finnian Haddock with Melted Butter

Petit Fillet Mignon with Fried Eggs & Hash Brown Potatoes

Lamb Chop with Open-Faced Vegetable Omelette

(Please ask your server for low cholesterol egg alternatives)

ASSORTED COLD CUTS & CHEESE

Black Forest Ham, Smoked Turkey, Roast Beef, Italian Salami, Liver Pâté,

Cheese – Emmentaler, Camembert, Cottage, Cream, Blue

 Indicates dishes created & recommended by Canyon Ranch SpaClub Nutrition Key : Calories / Fat Grams / Fiber Grams

PRINCESS GRILL

Lunch
Wednesday 30th September, 2009

CANYON RANCH SPA SELECTIONS

Appetizer — Fennel Soup with Celeriac 90/4/1
Entrée — Baked Cod with Macaroni and Cheese 405/12/6
Dessert — Freshly Sliced Watermelon 120/tr/6

APPETIZERS & SOUPS

Assorted Cooked Sushi, Wasabi & Kikkoman
Baby Shrimp Cocktail, Marie Rose Dressing & Pumpkin Seed Biscuit
Fennel Soup with Celeriac
Chilled Tomato Soup with Gin & Basil

SALADS

Butter Lettuce, Romaine, Choice of Dressings & Canyon Ranch Signature Dressing (V)
Queen Mary 2 Club Sandwich
A Selection of Cold Meats is always available

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ENTRÉES

Fusilli Pasta Caponata, Little Neck Clams, Smoked Bacon, Navy Beans
Jerk Spiced Basa, Dirty Rice, Cilantro & Lime Dressing
Chicken Masala, Kashmiri Pulao & Poppadom
Moroccan Vegetable Stew with Couscous & Harissa Sauce
Steak & Potato Hash, Roasted Brussels Sprouts & Fried Egg

DESSERTS

Baba au Rhum, Tropical Fruit Salad
Spotted Dick with Custard
Sugar-free Iced Coffee Strasbourg
Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce

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Dinner

CANYON RANCH SPA SELECTIONS

Appetizer — Artichoke Salad 65/5/2 (V)
Entrée — Sausage Stuffed Chicken with Fig Demi Glace 390/13/2
Dessert — Poppy Seed Cake 160/8/tr

APPETIZERS & SOUPS

Symphony of Salmon Tartar, Shrimp Ceviche on Trumpet Mushroom & Green Asparagus
Sturgeon Caviar on Buckwheat Blini
Crab & Baby Shrimp Thermidor in a Parmesan Brioche
Cream of Broccoli & Stilton with Scallions
Beef Consommé with Herbed Pancake Strips
Chilled Artichoke Velouté

SALADS

Baby Spinach Salad, Walnut & Crispy Bacon Bits, Balsamic & Grape Dressing
Endive Salad with Asparagus, Honey Ginger Dressing (V)

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ENTRÉES

Pan-roasted Halibut, Forked Potato, Orange & Lime Marmalade, Vanilla Beurre Blanc
Lobster Américaine Flambé with Cognac, Truffle, Wild Mushroom Risotto
Roast Duck à L'Orange, Pommes Amandine
Châteaubriand, Larded Peas & Gratin Dauphinoise Potatoes
Grilled Vegetables, Parmesan Whipped Potatoes & Garlic Spinach (V)

DESSERTS

Cassis Champagne Mousse, Wild Berry Coulis
Mango & Passion Fruit Crème Brûlée
Baked Alaska with Flambéed Morello Cherries
Chocolate and Raspberry Crêpe Soufflé with Oranges, Vanilla Sauce
Sugar-free Strawberry Tart with Fresh Berry Salad
Butter Pecan and Chocolate Ice Creams with Vanilla Frozen Yoghurt, Peach Sauce
A Selection of International Cheeses from the Cheese Trolley is Served at your Table