LIFESTYLE CUISINE *Plus*

Nutritious meals designed around select dietary needs and diet-dependent requirements. Created using fresh and nutritionally balanced ingredients, Fairmont Lifestyle Cuisine Plus dishes contribute to optimal health & wellness.

DASH

Dietary Approaches to Stop Hypertension requires a very similar diet to Heart Healthy and is aimed to maintain cardiovascular health.

Heart Healthy

A diet that will maximize intake of magnesium, calcium, fiber, potassium & "good" fats The Heart Healthy eater will also work to minimize cholesterol, sodium & saturated fats

Diabetes

Type II diabetes is a chronic condition that affects the way the body metabolizes glucose, our main source of fuel. People who have diabetes cannot tolerate foods with a high sugar content. Most cases of Type II diabetes can be controlled by diet alone. A diet that includes saturated fat, cholesterol, and fibre and works to minimize the intake of sugar, alcohol and refined grains.

Vegan

Veganism is a diet and a lifestyle that seeks to avoid the use or consumption of all animal products (food, clothing, etc.) By extension, it promotes the development and use of animal-free alternatives for the benefit of humans and the environment.

Raw

In the Raw food diet, also known as the living food diet, between 60% to 80% of the foods consumed are unprocessed and uncooked. When preparing raw food menu items, ingredients should not be heated over 116 °F. It is imperative that a raw recipe contains a protein source, nuts and seeds are ideal.

Gluten Free

Gluten sensitivity is treated in the same manner as a food allergy. A gluten free diet is most commonly chosen for those with celiac disease. Celiac is a lifelong digestive disorder in which individuals cannot tolerate products containing gluten, a form of protein present in specific grains and in all forms of wheat.

Macrobiotic

The macrobiotic diet and philosophy were developed by George Ohsawa, a Japanese educator who believed that simplicity was the key to optimal health. The word "macrobiotic" has Greek roots and means "long-life." This diet is a low-fat, high-fibre diet that is predominantly vegetarian.

THE Fairmont
JASPER PARK LODGE

Appetizers

Organic Baby Spinach Salad (DASH) 14.
Seasonal berries, Valencia orange,
Fairwinds Farm goat cheese, whole grain croutons,
pumpkin seeds, peppermint vinaigrette

Marinated Artichoke and
Tomato Salad (Diabetes) 14.
Gathered artisan greens, english cucumber,
aged balsamic and olive oil

Black Bean and Chickpea Pakora (Vegan) 14.
Medjool date, tamarind sauce

Gathered Organic Artisan Greens (Raw) 14.
Carrots, cucumber and bell pepper, miso flax oil dressing

Lemongrass Scented Organic
Chicken Broth (Gluten Free) 11.
Poached chicken, navy beans, local vegetables

Sudo Farms Squash Soup (Macrobiotic) 13.
Miso, ginger root, dried apricot,
tart apple & toasted pumpkin seeds

Entrées

Pecan Crusted Chicken Breast (DASH) 34.
Cinnamon and red wine braised antioxidant cabbage,
steamed asparagus, apricot preserve,
orange scented sweet potato purée

B.C. Forest Mushroom
Stuffed Chicken (Diabetes) 35.
Grizzly Gouda barlotto,
rosemary infused natural chicken reduction, asparagus

Alleppey Vegetable Curry (Vegan) 26.
Steamed cous cous & chickpeas

Tofu Pavé (Vegan) 26.
Red kidney bean rice paper roll, cilantro & flax seed sauce

Vegetable Lettuce Wrap (Raw) 23.
Tahini, hummus, lentils, cucumber,
avocado & bell peppers

Coconut Curry Prawns (Gluten Free) 35.
Asparagus, cauliflower & quinoa

Steamed Black Cod (Macrobiotic) 40.
Wild rice & pecans, braised Napa cabbage,
dashi broth, ginger miso glaze

Desserts

Low Fat Orange
& Grapefruit Frozen Yogurt (DASH) 12.
Toasted almonds, whole grain crisp

Sugar Free Panna Cotta (Diabetes) 12.
Grapefruit, honey almonds

Mango Cream Custard (Vegan) 12.
Lime basil syrup

Compressed Strawberries (Raw) 12.
Lemon granité

White Chocolate Cream (Gluten Free) 12.
Blood orange gel, chickpea sable