



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.

While Lifestyle Cuisine PLUS recipes have been evaluated by professional software, it is important to note that our chefs are not registered dietitians and cannot replace the advice of qualified professionals who should be consulted if you have specific individual dietary needs. If you require further details on the ingredients in any of our dishes, or have any special requirements with respect to their preparation, please notify us and a chef would be happy to speak with you. We ask that you advise us of any special requirements to prevent potential adverse reactions to allergens or specialty diet meals.

APPETIZERS

- Organic Green Salad (DASH)** 14.
Marinated cherry tomatoes, shaved fennel, cucumbers, Crystal Springs feta, rooftop honey and sherry vinaigrette
- Caprese Salad (Diabetes)** 15.
Vine ripened tomatoes, cow's milk mozzarella, shaved fennel, house grown basil, Okanagan balsamic, extra virgin olive oil
- Smoked Organic Tomato and Roasted Red Pepper Bisque (Vegan)** 14.
Black olive oil
- Local Summer Vegetable Gazpacho (Raw)** 12.
Basil oil and microgreens
- Lemongrass Scented Organic Chicken Broth (Gluten Free)** 10.
Poached chicken, local vegetables, shiitake mushrooms
- Sudo Farms Squash Soup (Macrobiotic)** 12.
Miso, ginger root, dried apricot, tart apple, toasted pumpkin seeds

MAIN COURSES

- Tanzania Spice Rubbed Chicken Breast (DASH)** 32.
Tabouleh salad, seasonal vegetables, Moroccan jus, yogurt dip
- Roasted Chicken Supreme (Diabetes)** 33.
Smoked gouda and B.C. mushroom barlotto, preserved lemon chicken jus, asparagus
- Allepey Vegetable Curry (Vegan)** 24.
Steamed cous cous, chickpeas
- Organic Raw Vegetable Salad (Raw)** 21.
Hummus, cucumbers, carrots, tomatoes, chickpeas, organic greens, arugula, sherry vinaigrette, guacamole
- Citrus Glazed Atlantic Salmon (Gluten Free)** 29.
Quinoa, green beans, tomatoes, charred peppers, fennel
- Steamed Black Cod (Macrobiotic)** 37.
Udon noodles, carrots, bok choy, Asian broth

DESSERTS

- Low Fat Orange and Grapefruit Frozen Yogurt (DASH)** 11.
Toasted almonds, whole grain crisp
- Sugar Free Panna Cotta (Diabetes)** 10.
Grapefruit, honey almonds
- Mango Cream Custard (Vegan)** 11.
Lime basil syrup
- Compressed Strawberries (Raw)** 11.
Lemon granité
- White Chocolate Cream Custard (Gluten Free)** 11.
Blood orange gel, chickpea sable
- Carob Cake (Macrobiotic)** 11.
Maple tofu cream