



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.



## LUNCH AND DINNER

### DASH/HEART HEALTHY

#### ***Appetizer***

Fresh Fruit Kabobs with Honey and Lilikoi Yogurt \$10

Upcountry Baby Greens with Kula Strawberries, Edamame, Tomato, Cilantro-Lime Vinaigrette and Whole Grain Bread \$18

#### ***Entrees***

Shrimp and Asparagus with Whole Wheat Penne Pasta \$25

Grilled Fresh Catch of the day with Mango Salsa, Brown Rice and Upcountry Vegetables \$39

#### ***Dessert***

Local Berry Tartlets \$9

Citrus Angel Chiffon \$9

### SUGAR BALANCED

#### ***Appetizer***

Chilled and Grilled Shrimp with Spinach, Japanese Cucumber, Maui Onion, Tomato, Red Bliss Potatoes and Caper Vinaigrette \$25

Roasted Kula Tomato and Basil Soup with Fresh Baby Mozzarella, Micro Basil and Herb Crostini \$12

#### ***Entrees***

Grilled Volcano Spiced Ahi Sandwich with Asian Coleslaw, Wasabi Aioli and Edamame \$25

Stir Fry Chicken Breast with Fresh Vegetables and Brown Rice \$25

#### ***Dessert***

Agave Sweetened Cheesecake \$9

Banana Cake with Chocolate Mousse layers and Honey Cream Cheese Icing \$9

### VEGAN

#### ***Appetizer***

Grilled Vegetable medley of Kula Squash, Hamakua Ali'i Mushroom, Asparagus and Red Bell Pepper with Whole Wheat Pita Bread and Edamame \$15

Island Watercress with Caramelized Pear, Hearts of Palm, Tomatoes, Walnuts and Lilikoi Vanilla Vinaigrette \$18

#### ***Entrees***

Spicy Thai Coconut Curry with Kula Squash, Shiitake Mushroom, Molokai Sweet Purple Potato, Kabocha Pumpkin, Red Bell Pepper,

Maui Onion and Brown Rice \$24

Vegetable Fried Brown Rice with Edamame, Shiitake Mushroom, Cabbage, Cashew Nuts, Peas, Carrots and Tamari Sauce \$21

#### ***Dessert***

Classic Rich Dark Chocolate Cake with Cocoa Powder Icing \$9

### MACROBIOTIC MEAL \$32

#### ***Appetizer***

Miso Soup with Organic Tofu and Wakame

#### ***Entrees***

Brown Rice with Organic Tempeh, Edamame, Kabocha Pumpkin, Baby Spinach, Shiitake Mushroom, Molokai Sweet Purple Potato and Tamari Sauce

Bancha Tea

#### ***Dessert***

Apple Kula Strawberry Mint Kantan

### GLUTEN FREE

#### ***Appetizer***

California Roll with Crab Meat, Asparagus and Avocado in a Sesame Seed Wrap \$21

Ahi Sashimi, Brown Rice, Pickled Ginger, Wasabi and Tamari Sauce \$25

#### ***Entrees***

Grilled Island Catch with Tomato Ginger Butter Sauce, Jasmine Rice and Upcountry Vegetables \$39

Kula Tomato, Hamakua Ali'i Mushroom, Caramelized Maui Onion and Basil Pesto Pizza \$20

#### ***Dessert***

Flourless Red Velvet Chocolate Cake served with locally grown Maui Vanilla Bean Anglaise \$9

### RAW

#### ***Appetizer***

Kula Greens Salad with Tomatoes, Hearts of Palm, Pohole Fern Shoots, Cucumber, Pea Sprouts and Balsamic Vinaigrette \$18

#### ***Entrees***

Living Green Medley with Julienne Green Papaya, Cucumber, Summer Squash, Carrots, Green Kale, Pea Sprouts, Red Bell Pepper, Asparagus, Pohole Fern Shoots and Macadamia Nut Lemon Vinaigrette \$22

#### ***Dessert***

Raw Chocolate Truffle Cake \$9

Tropical Ice \$9

### BEVERAGES

#### ***Fairmont Wellness Tea Selection***

Energy, Tranquility, Digestif, Equilibrium or High Antioxidant \$4

#### ***Wellness Shakes***

Precision, Zen or Endurance \$12

#### ***Water***

Evian Spring Water \$5

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.