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.

BREAKFAST

DASH/HEART HEALTHY
Bircher Muesli $10
Yogurt, Lavender Honey & Anahola Tropical Granola $12
Whole Grain Pancakes with Fresh Seasonal Berries $18
Soymilk, Hemp Protein and Papaya Shake $12

SUGAR BALANCED
Toasted Macadamia Nut Waffles $18
Kula Onion, Tomatoes and Baby Spinach Frittata $23
Hamakua Mushroom Omelet $24
Spa Bloody Mary $12

VEGAN
Apple Macadamia Nut Pancakes $18
Banana French Toast $18
Tofu Scramble with Upcountry Vegetables $23
Tropical Smoothie $12

BEVERAGES
Fairmont Wellness Tea Selections
Tranquility, Digestif, Equilibrium, Energy or High Antioxidant $4

Wellness Shakes
Precision, Zen or Endurance $12

Water
Evian Spring Water $5

RAW
Avocado-Apple Mash with Almonds $10
Tropical Fruit Platter with Granola $18
Apple Cinnamon Granola & Almond Nut Milk $12
Melon Frappe $12

MACROBIOTIC MEAL $24
Miso Soup with Wakame and Daikon
Toasted Nori Strips
Whole Oats with Raisins
Pickled Cucumber
Crisp Brown Rice Cereal
Amasake-Rice Milk
Boiled Chinese Cabbage
Bancha Tea

GLUTEN FREE
Banana Muffins/ Blueberry Scone $6
Steel Cut Oatmeal with Fresh Berries $10
Egg White Omelet with Smoked Salmon, Home Fries and Rice Bread Toast $24
Blueberry Pancakes with Agave Syrup $18

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.