







Health & Wellness Event Options

Featuring LifeStyle Cuisine & LifeStyle Cuisine Plus :

The WWF - Wellness with Fitness

Our *Wellness With Fitness* buffet is a great way to keep your group fueled and fit. Not only has Chef Simard and his culinary brigade developed a tantalizing healthy well-balanced menu, but in addition, each delegate will receive a pedometer to increase his or her fitness level while at the castle. Have some fun with this, develop contests for the most steps taken, group people in teams and have team winners...the fitness limits are endless.

Menu Description

• Chilled Cucumber and Green Grape Soup "Shooter"

Chef Attended Salad Bar - Our Chef will be waiting at the end of the path to toss your salad!

• Spinach, Kale, Mustard Leaf, Beet Leaves, Almonds, Pecans, Walnuts, Assorted Dried Fruits: including Blueberries, Cranberries and Raisins, Radishes, Beets, Carrots, Tomato, Cucumber, Chick Peas, Tofu, Toasted Grains: Flax, Sesame, Pumpkin, Sunflower, Assortment of Dressings

Lunch - Choice of 3 Entrées / Dinner - Selection of 4 Entrées

- Baked Local Rainbow Trout on Braised Savoy Cabbage
- Local Honey Glazed Chicken with a Warm Mustard Grain Potato Salad
- Grilled Hormone Free Skirt Steak, Cilantro & Jalapeño Marinade
- Farro Risotto, Almonds and Local Blueberry
- Blueberry and Cheese Paring Blueberry and Local Goat Cheese Cake, Blueberry Newton with Crumbled Feta Topping, Ricotta and Tarragon Blueberry Compote Cheese

Pricing Lunch: \$ 56.00 Per Person ++

Dinner: \$ 70.00 Per Person ++ Minimum of 50 guests required

All menu pricing is subject to a 15% Service Charge and 13% Harmonized Sales Tax

Fairmont Château Laurier

Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

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