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.

Fairmont HOTELS & RESORTS

Breakfast

DASH/HEART HEALTHY

Poached Eggs on Whole Wheat English Muffin, Tomato, Grilled Asparagus, Oliana Fused Olive Oil — $16

Low Fat Berry Yogurt, Honey Granola, Seasonal Berries — $10

DIABETES

Egg White Frittata, Shiitake Mushrooms, Baby Spinach, Bell Peppers & Feta Cheese — $16

Low-Fat Yogurt Parfait Walnuts & Seasonal Berries — $9

VEGAN

Breakfast Burrito, Flour Tortilla, Lettuce, Tomato, Spicy Black Beans, Salsa Garcia — $12

Tofu & Market Vegetable Scramble — $14

RAW

Avocado, Orange & Garden Mint Parfait Goji Berries & Coconut — $8

Fresh Fruit Salad Pomegranate & Blueberries — $9

MACROBIOTIC

Gluten Free Pancakes, Strawberries & Agave Syrup — $14

Grilled Pacific Salmon, Radish Sprouts, Pickled Onions & Brown Basmati Rice — $25

GLUTEN FREE

Udi's Granola, Fresh Fruit, Roof-Top Honey & Dates — $8

Toasted Almond French Toast with OC Marmalade & Seasonal Berry Compote — $15

WATER	**Sm.**	**Lg.**
Evian Spring Water	$4	$6
Badoit Sparkling Water	$4	$6

FAIRMONT WELLNESS TEA SELECTION:
Energy, Tranquility, Digestif, Equilibrium and High Antioxidant — $5

WELLNESS SHAKES $8

Orange County "Oomph"

Newport Pier Protein

Zen-sational

ELIXIRS $9

Flu-Fighter

Immune-enhancer

Matcha-Your Power

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.