

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.



Matcha-Your Power

Lunch and Dinner

DASH/HEART HEALTHY				RAW		
Appetizer Lemon & Garlic Grilled Prawns, Baby Spinach & Endive \$14 Toasted Almonds, Roof-Top Honey-Yuzu Vinaigrette				Appetizer Cucumber Noodles with Lime & Cilantro \$14 Cayenne Spiced Pecans, Pico De Gallo		
Entrée Poached Local Halibut with Vegetable Nage, Red Quinoa Swiss Chard, Baby Carrots, Cracked Coriander Oil				Radish Sprouts, Green Beans, Carrots, Micro Greens, Yellow Pepper Emulsion		\$20
1 11 "			\$11	Dessert Raisin-Nut Vanilla Coconut Bar \$11 Raw Chocolate "Brownie" with a Flaky Coconut Layer		
DIABETES Appetizer Salinas Valley Greens Pesto Grilled Asparagus, \$14 Hearts of Palm, Shaved Pecorino, Lemon Vinaigrette Entrée				MACROBIOTIC Appetizer Sautéed Asparagus, Tofu, Wakame, \$1 Brown Rice, Pickled Radish, Miso Soup		
Cast Iron Seared Pacific Salmon, Pickled Fennel \$33 Haricot Vert & Fingerling Potato Sauté, Oliana Lemon Oil Dessert				Entrée Salinas Valley Salad, Togorashi Spiced Ahi Tuna, \$28 Pickled Radish & Sprouts, Edamame, Wakame, Toasted Sesame, Miso Vinaigrette		
Vanilla Tapioca & Milk Chocolate Crēmeux \$10 VEGAN Appetizer				Desserts Apple and Dried Fruit Timbale \$12 Layers of Sliced Fresh Apple, Warm Dried Fruit		
Soba & Sesame Carrot Salad, \$14 Edamame, Spinach, Radish Sprouts, Toasted Peanuts, Forbidden Rice Cracker, Soya Vinaigrette Entrée Saffron Sofrito Paella, Ventura Mushrooms, Baby Vegetables Toasted Cashews, Fried Chickpeas Dessert Raisin-Nut Vanilla Coconut Bar \$11				Compote Served on its Natural Juice GLUTEN FREE Appetizer Santa Barbara Smoked Salmon, Granny Smith \$17 & Celeriac Salad, Gribiche Sauce		
				Entrée Jidori Chicken Breast, Braised Cabbage, Sautéed Spinach, Baby Vegetables, Thyme jus		\$29
Raw Chocolate "Brownie" with a Flaky Coconut Layer				Dessert Vanilla Tapioca & Milk Chocolate Crēmeux		\$10
WATER	Sm.	Lg.		WELLNESS SHAKES \$8	ELIXIRS \$9	
Evian Spring Water	\$4	\$6		Orange County "Oomph"	Flu-Fighter	
Badoit Sparkling Water	\$4	\$6		Newport Pier Protein	Immune-enhance	er

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.

\$5

FAIRMONT WELLNESS TEA SELECTION:

Energy, Tranquility, Digestif, Equilibrium

and High Antioxidant

Zen-sational