



**LIFESTYLE
CUISINE**
Plus

The Fairmont Sonoma Mission Inn & Spa

Big 3

Breakfast

*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.*



DASH/HEART HEALTHY

House-made Granola with Dried Fruit	\$8.50
Fresh Seasonal Fruit and Berries	\$16.50
Farmer's Market Omelet Organic Egg Whites & Fruit	\$16.50

DIABETIC

Apples, Strawberries, Low-fat Yogurt with Bircher Muesli	\$8.50
Fruit Salad with Cottage Cheese	\$10.50
Steel-cut Oatmeal with Berries and Low-fat Milk	\$10.50

RAW

Smoothie -Fresh Berries, Mint, Toasted Almond	\$8.50
Pineapple, Banana and Coconut Milk Smoothie	\$8.50
Fresh Seasonal Fruits & Berries	\$16.50

GLUTEN-FREE

New York Steak with Two Scrambled Egg Whites, Gluten-free Toast	\$19.50
Mushroom and Spinach Omelet with Jack Cheese and Breakfast Potatoes	\$16.50
Gluten-free Breakfast Burrito with Scrambled Eggs, Caggiano Ham, California Cheddar Cheese	\$16.50

VEGAN

Black Bean and Tofu Scramble Burrito with Avocado and Salsa Fresca	\$16.50
Steel-cut Oatmeal and Berries with Natural Vanilla Soy Milk	\$10.50
Tofu and Vegetable Scramble with Avocado and Salsa Fresca	\$15.50

MACROBIOTIC



Organic Tofu Scramble Whole Grain Wrap Black Turtle Beans, Scallions, Red Radish, Broccoli	\$15.50
Mushroom Miso Soup with Sautéed Cabbage and Raisins	\$10.50

BEVERAGES

Fairmont Wellness Tea Selection	\$3.00
Energy, Tranquility, Digestif, Equilibrium or High Antioxidant	

Wellness Shakes	\$8.00
<i>add Rhino Boost</i>	\$3.00

WATER

 Evian Spring Water	\$8.00
 Badoit Sparkling Water	\$8.00
Official Fairmont Lifestyle Cuisine <i>Plus</i> Water	

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.