LIFESTYLE CUISINE *Plus*

The Fairmont Sonoma Mission Inn & Spa
Big 3
Lunch and Dinner

Fairmont HOTELS & RESORTS

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

Appetizers

Chilled Steamed Prawn $18.50
Cocktail Sauce and Fresh Horseradish

Hearty Chicken Noodle Soup Cup $7.00/Bowl $9.00

Entrées

Poached Filet of "Loch Duart" Salmon $24.50
Steamed Broccoli and Green Beans, Fresh Tomato Salsa

Roasted "Fulton Valley" Organic Chicken Breast $23.50
Sautéed Spinach, Organic Mushrooms, Natural Jus

Dessert

Vanilla & Pink Peppercorn Poached Pineapple $10.50
Passion Fruit Sorbet, Oat Crumble

DIABETIC

Appetizers

Sonoma Organic Mixed Field Greens $11.00
Cherry Tomatoes, English Cucumbers, Shaved Red Onions with Citrus and Extra Virgin Olive Oil Vinaigrette

Wood-fired Oven Kalamata Olive Flat Bread $15.50
"Point Reyes" Blue Cheese

Entrées

Sautéed Filet "Fish of the Day" $24.50
Short Grain Brown Rice, Sautéed Baby Spinach, Fresh Lemon

Grilled Shrimp and Vegetable Wrap $18.50
Organic Wheat Flour Tortilla, Avocado, Baby Greens, Fresh Salsa,

Dessert

Fresh Fruit Salad $10.50
Minted Agave-Orange Syrup

RAW

Appetizers

Sonoma Organic Mixed Field Greens $11.00
Cherry Tomatoes, English Cucumbers, Shaved Red Onions with Citrus and Extra Virgin Olive Oil Vinaigrette

Entrées

Cabbage and Granny Smith Apple Salad $11.50
Red Onion, Fresh Cilantro, Papaya, Red Bell Peppers, Apple Cider Vinaigrette

Dessert

Fresh Fruit Salad $10.50
Minted Agave-Orange Syrup

GLUTEN-FREE

Appetizers

Baby Spinach Salad $11.50
Granny Smith Apple, Red Onion, Candied Pecans, Goat Cheese with Honey and Balsamic Vinaigrette

Steamed Whole Artichokes $11.50
Lemon Dijon Mustard, Mâche Lettuces

Entrées

Seared Filet Mignon $30.50
Yukon Gold Garlic Mashed Potatoes, Glazed Blue Lake Beans, Asparagus, Baby Carrots

Grilled Filet of "Loch Duart" Salmon $24.50
Sonoma Organic Baby Green Salad of Cherry Tomatoes, English Cucumbers, Shaved Red Onions, Citrus and Extra Virgin Olive Oil Vinaigrette

Dessert

Triple Chocolate Semifreddo $10.50
Hazelnut Biscuit, Resort-Harvested Honey-Berry Compote

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.

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VEGAN

Appetizers

Baby Spinach Salad $11.50
Granny Smith Apple, Red Onion, Candied Pecans, Balsamic Extra Virgin Olive Oil Vinaigrette

Steamed Whole Artichokes $11.50
Garbanzo Hummus, Mâche Lettuces

Entrées

Classic Margarita Pizza $15.50
Fresh Basil and Tomatoes

Roasted Vegetable Wrap $16.50
Organic Wheat Flour Tortilla, Avocado, Baby Greens, Fresh Salsa

Dessert

Fresh Fruit Salad $10.50
Minted Agave-Orange Syrup

MACROBIOTIC

Appetizers

"Goma Wakame" Sea Salad $11.50
Sesame Sea Weed, Organic Soba Buckwheat Noodles, Black Bean Paste Vinaigrette

Miso and Seaweed Soup $10.50
Organic Tofu, Green Cabbage, Organic Mushrooms, Red Bell Peppers, Cilantro

Entrée

Steamed Alaskan Filet of Halibut $24.50
Short Grain Brown Rice, Vegetable Ratatouille, Sweet & Sour Sauce

Dessert

Vanilla & Pink Peppercorn Poached Pineapple $10.50
Passion Fruit Sorbet, Oat Crumble

BEVERAGES

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

Wellness Shakes $8.00
add Rhino Boost *$3.00*

WATER

Evian Spring Water $8.00

Badoit Sparkling Water $8.00

Official Fairmont Lifestyle Cuisine *Plus* Water

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