

*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 |         |

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**VEGAN**

***Appetizers***

|   |         |
|---|---------|
| Baby Spinach Salad  | \$11.50 |
| Granny Smith Apple, Red Onion, Candied Pecans,<br>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,<br>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,<br>Black Bean Paste Vinaigrette |         |
| Miso and Seaweed Soup  | \$10.50 |
| Organic Tofu, Green Cabbage, Organic Mushrooms, Red<br>Bell Peppers, Cilantro    |         |

***Entrée***

|  |         |
|--|---------|
| Steamed Alaskan Filet of Halibut                                     | \$24.50 |
| Short Grain Brown Rice, Vegetable Ratatouille,<br>Sweet & Sour Sauce |         |

***Dessert***



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

**BEVERAGES**

|   |        |
|---|--------|
| <b>Fairmont Wellness Tea Selection</b>                            | \$3.00 |
| Energy, Tranquility, Digestif, Equilibrium<br>or High Antioxidant |        |

|                        |        |
|------------------------|--------|
| <b>Wellness Shakes</b> | \$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.