



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

Appetizer

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| Scottish Smoked Salmon, Lemon and Wholegrain Toast | \$18 |
| Nicoise Salad with Yellowfin Tuna, Olives and Potatoes | \$19 |

Entrée

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| Thai Chicken Noodle Salad, Cilantro Cucumber and Chili Soy | \$14 |
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Dessert

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| Exotic Fruit Salad with Surgarless and Creamless Banana Ice Cream | \$9 |
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DIABETES

Appetizer

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| Homemade Hummus with Peppers and Olives, Pita Bread | \$8 |
| Warm Chicken and Pork Dumplings, Soy Dipping Sauce | \$7 |

Entrée

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|---|------|
| Supreme of Salmon with New potatoes and fresh Asparagus | \$29 |
| 4oz Chicken Breast, Tomato Sauce, Fingerling Potatoes | \$26 |

Dessert

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| Splenda Vanilla Custard with Fresh Berries | \$9 |
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VEGAN

Appetizer

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| Miso Soup with Scallions | \$10 |
| Chopped Salad, Apple and Pomegranate Dressing | \$13 |

Entrée

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|---|------|
| Bento Box of Waldorf salad, Chick Pea Salad and Pineapple Granola | \$19 |
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Dessert

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|----------------------------|-----|
| Creamless Banana Ice Cream | \$9 |
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RAW

Appetizer

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| Trio of Dips with Tapenade, Guacamole and Tomato | \$11 |
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Entrée

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|--|------|
| Chopped Salad, Pumpkin seeds, Apples, Pomegranate Dressing | \$14 |
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Dessert

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| Agave Marinated Fruit with Sorbet | \$9 |
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MACROBIOTIC

Appetizer

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| Miso Soup | |
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Entrée

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|---|------|
| Thai Shrimp Noodle Salad, Cilantro Cucumber and Chili Soy | \$18 |
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Dessert

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| Watermelon with Granola Crumble | \$9 |
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GLUTEN FREE

Appetizer

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| Roasted Beets with Goat's Cheese and Honey Dressing | \$15 |
| Antipasti Plate of Organic Serrano Ham, Peppers and Olives | \$14 |

Entrée

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|--|------|
| Gluten Free Turkey BLT Panini, Ranch Dressing and Swiss Cheese | \$17 |
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Dessert

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|--|-----|
| Flourless Chocolate Mousse Cake, Raspberry Jelly | \$9 |
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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.