LIFESTYLE CUISINE *Plus*

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

pickled pear salad, grapes, endive, arugula, parmesan, hazelnut dressing $16
lobster Waldorf salad, mango, walnuts, apple, celery, yogurt dressing $17

Entrée

grilled atlantic salmon, succotash, fingerling potatoes, gremolata $29
grilled mahi mahi, tomato olive caper casserole, fennel slaw $29

Dessert

exotic fruit salad with sugarless and creamless banana ice cream $11

DIABETES

Appetizer

seasonal garden salad, cherry tomatoes, onion, avocado, lemon dressing $14
lobster waldorf salad, mango, walnuts, apple, celery, yogurt dressing $17

Entrée

grilled atlantic salmon, succotash, fingerling potatoes, gremolata $29
grilled mahi mahi, tomato olive caper casserole, fennel slaw $29

Dessert

splenda vanilla custard with fresh berries $11

VEGAN

Appetizer

pickled pear salad, grapes, endive, arugula, hazelnut dressing $16
seasonal garden salad, cherry tomatoes, onion, avocado, lemon dressing $14

Entrée

roasted tomato tart with eggplant, arugula, balsamic, olive oil $23
chickpea and seasonal vegetable cassoulet, tomato and basil ragout $28

Dessert

cream less banana ice cream $9

RAW

Appetizer

Seasonal Garden Salad, cherry tomatoes, onion, avocado, lemon dressing $14

Entrée

Steak Tartar, quail egg, shallots, pickles $19
Salmon Sashimi, tomato salsa, capers, lemon $19

Dessert

Agave Marinated Fruit with Sorbet $11

MACROBIOTIC

Appetizer

pickled pear salad, grapes, endive, parmesan, hazelnut dressing $16
seasonal garden salad, cherry tomatoes, onion, avocado, lemon dressing $14

Entrée

waldorf salad, mango, walnuts, apple, celery, yogurt dressing $17
chickpea and seasonal vegetable cassoulet, tomato and basil ragout $28

Dessert

Watermelon with Granola Crumble $10

GLUTEN FREE

Appetizer

baby spinach salad, devilled eggs, crisp pancetta, sherry dressing $15
lobster waldorf salad, mango, walnuts, apple, celery, yogurt dressing $17

Entrée

grilled atlantic salmon, succotash, fingerling potatoes, gremolata $29
10 oz striploin, roasted marrow, seasonal vegetables, mash potatoes $34

Dessert

flourless chocolate mousse cake, raspberry jelly $14

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.