



*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.