

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 \mathcal{C} wellness.

LUNCH & DINNER

DASH/HEART HEALTHY		RAW	
Appetizer		Appetizer	
Vine Ripe Tomatoes & Goat Cheese Feta	14	Green Leaf Lettuce Wraps	14
Handmade Tapenade, Pine Nuts		Cranberry, Sunflower Seeds, Guacamole, Pineapp	le
Classic Chicken Noodle Soup	14	Agave Vinaigrette	
Oven Roasted Chicken Breast, Garden Vegetable	es		
		Entree	
Entrees		Zucchini "Spaghetti" Noodles	22
Grilled Pacific Salmon	35	Sun Dried Tomato and Basil Sauce, Pine Nuts,	
Wilted Spinach, Olives, Red Pepper Vinaigrette		Fresh Vegetables	
Herb-Marinated Chicken Breast	34		
Brown Rice Pilaf, Market Vegetables, Roast		Dessert	
Garlic & Thyme Jus		Banana Split	12
Surie et myme jus		Avocado "Ice Cream", Crushed Pecans, Macerate	
Dessert		Pineapple, Blueberries, Strawberries	u
Summer Berry Sorbet	11	Timeappie, Didebetries, Strawberries	
outline berry borber	11	MACDODIOTIC	
DIADETIC		MACROBIOTIC	
DIABETIC		Appetizer	
Appetizer	4.4	Miso Soup	10
Tomato Bruschetta	14	Silky Tofu, Japanese Pickles, Quinoa	
Whole Grain Crostini, Goat Cheese "Snow"			
Garden Greens & Hot Smoked Salmon	18	Entree	
Miso Yuzu Vinaigrette		Garlic Lemon Shrimp	30
		Vegetable Fried Brown Rice, Japanese Pickles	
Entrees		Wakame Salad	
Herb-Marinated Chicken Breast	34		
Steamed Vegetables, Toasted Quinoa &		Dessert	
Thyme Jus		Summer Berry Sorbet	11
Whole Wheat Pizza	18		
Grilled Chicken, Roasted Peppers, Scallions		GLUTEN FREE	
		Appetizers	
Dessert		Baby Spinach Salad	11
Splenda Cheesecake, Fresh Berries	12	Roasted Peppers, Crumbled Feta, Olive	11
1		Vinaigrette & Toasted Pine Nuts	
VEGAN		BC Mushroom Veloute	11
Appetizers		Enoki Mushrooms & Chive Cream	11
Southwestern Quinoa Salad	11	Elloki Wushioomis & Chive Cleam	
Roasted Corn, Black Beans, Bell Peppers &	11	Entropo	
Avocado		Entrees Ledion Proven Course	24
Garden Greens	10	Indian Prawn Curry	24
House Made Vinaigrette and Garden Vegetables		Steamed Basmati Rice, Raita	2 =
Trouse Made vinaigrette and Garden vegetables		Cedar Roasted Pacific Salmon	35
Entropo		Charred Leek Puree, Fingerling Potatoes	
Entrees	24	Artichokes & Tomato Compote	
Coconut Chickpea Curry	24	D .	
Basmati Rice, Tofu, Cauliflower & Golden		Dessert	
Pineapple	27	Traditional Vanilla Bean Crème Brulee	11
Mushroom Gyoza	27		
Forbidden Rice, Green Beans, Chili Oil &			
Sticky Soy			
Doggodt			
Dessert	1.1	BEVERAGES	
Chocolate-Soy Ganache Flan	11	Fairmont Wellness Tea Selection:	5
		Energy, Tranquility, Digestif, Equilibrium &	
WATER		High Antioxidant	
evian Evian Spring Water	8	Fruit Booster	7
Dylan opinig water	J	Raspberries, Peaches, Yogurt, Flax Seeds, FVA	
Badoit	8	Honey	
BADOIT		Elixir	7
Official Fairmont Lifestyle Cuisine Plus Water	er	FVA Honey, Ginger Puree, Lemon & Hot 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.