



LUNCH & DINNER

DASH/HEART HEALTHY

Appetizer

- Vine Ripe Tomatoes & Goat Cheese Feta** 14
Handmade Tapenade, Pine Nuts
- Classic Chicken Noodle Soup** 14
Oven Roasted Chicken Breast, Garden Vegetables

Entrees

- Grilled Pacific Salmon** 35
Wilted Spinach, Olives, Red Pepper Vinaigrette
- Herb-Marinated Chicken Breast** 34
Brown Rice Pilaf, Market Vegetables, Roast Garlic & Thyme Jus

Dessert

- Summer Berry Sorbet 11

DIABETIC

Appetizer

- Tomato Bruschetta** 14
Whole Grain Crostini, Goat Cheese “Snow”
- Garden Greens & Hot Smoked Salmon** 18
Miso Yuzu Vinaigrette

Entrees

- Herb-Marinated Chicken Breast** 34
Steamed Vegetables, Toasted Quinoa & Thyme Jus
- Whole Wheat Pizza** 18
Grilled Chicken, Roasted Peppers, Scallions

Dessert

- Splenda Cheesecake, Fresh Berries 12

VEGAN

Appetizers

- Southwestern Quinoa Salad** 11
Roasted Corn, Black Beans, Bell Peppers & Avocado
- Garden Greens** 10
House Made Vinaigrette and Garden Vegetables



Entrees

- Coconut Chickpea Curry** 24
Basmati Rice, Tofu, Cauliflower & Golden Pineapple
- Mushroom Gyoza** 27
Forbidden Rice, Green Beans, Chili Oil & Sticky Soy

Dessert

- Chocolate-Soy Ganache Flan 11

WATER

-  **Evian Spring Water** 8
-  **Badoit** 8
- Official Fairmont Lifestyle Cuisine Plus Water

RAW

Appetizer

- Green Leaf Lettuce Wraps** 14
Cranberry, Sunflower Seeds, Guacamole, Pineapple
- Agave Vinaigrette

Entree

- Zucchini “Spaghetti” Noodles** 22
Sun Dried Tomato and Basil Sauce, Pine Nuts, Fresh Vegetables

Dessert

- Banana Split** 12
Avocado “Ice Cream”, Crushed Pecans, Macerated Pineapple, Blueberries, Strawberries

MACROBIOTIC

Appetizer

- Miso Soup** 10
Silky Tofu, Japanese Pickles, Quinoa

Entree

- Garlic Lemon Shrimp** 30
Vegetable Fried Brown Rice, Japanese Pickles
- Wakame Salad

Dessert

- Summer Berry Sorbet 11

GLUTEN FREE

Appetizers

- Baby Spinach Salad** 11
Roasted Peppers, Crumbled Feta, Olive Vinaigrette & Toasted Pine Nuts
- BC Mushroom Veloute** 11
Enoki Mushrooms & Chive Cream

Entrees

- Indian Prawn Curry** 24
Steamed Basmati Rice, Raita
- Cedar Roasted Pacific Salmon** 35
Charred Leek Puree, Fingerling Potatoes
- Artichokes & Tomato Compote

Dessert

- Traditional Vanilla Bean Crème Brulee 11

BEVERAGES

- Fairmont Wellness Tea Selection:** 5
Energy, Tranquility, Digestif, Equilibrium & High Antioxidant
- Fruit Booster** 7
Raspberries, Peaches, Yogurt, Flax Seeds, FVA
- Honey
- Elixir** 7
FVA Honey, Ginger Puree, Lemon & Hot Water