• LIFESTYLE CUISINE Plus

herons

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 —		- VEGAN -	
ROASTED TOMATO BISQUE tomato concasseé. rooftop basil. olive oil.	10	ROASTED TOMATO BISQUE tomato concassé. clipped chives.	10
ORGANIC ARUGULA + FRISÉE SALAD orange. okanagan goat cheese crumble. pistachio honey lemon dressing.	15	ORGANIC GREEN SALAD dried tomatoes. avocado. 100km crisp. balsamic.	13
THAI CHICKEN CURRY steamed rice. eggplant. lemongrass. ginger.	29	TOFU TEMPURA tofu. shitake mushrooms. watercress salad. garlic ginger soy.	14
PAN-SEARED SPRING SALMON herb roasted fingerling potatoes. broccolini. sauce vierge.	33	THAI TOFU CURRY steamed rice. eggplant. lemongrass. ginger.	22
SPICED APPLE CRUMBLE	11	MAPLE POACHED PEAR toasted almonds. raspberry coulis.	11
- DIABETIC-FRIENDLY -		— GLUTEN FREE —	
CLASSIC CAESAR SALAD garden basil roasted tomato. anchovy parmesan dressing.	14	WEDGE SALAD butter lettuce. double smoked bacon. confit tomatoes. shaved onion. beddis blue rooftop herb dressing.	16
BUTTER CHICKEN FLATBREAD chicken breast. yogurt coriander drizzle. red on	16 ion.	BRITISH COLUMBIA SALMON TASTING vodka + beets. pastrami. pickled vegetables. waterfront rooftop honey lemon.	18
GRILLED BONELESS SKINLESS CHICKEN BR du puy lentil ragout. rooftop thyme natural chicken jus.	EAST 29	SAUTÉED JUMBO SCALLOPS cauliflower risotto with double smoked bacon. pacific mushrooms.	36
PAN-SEARED SPRING SALMON herb roasted fingerling potatoes. broccolini. sauce vierge.	33	GRILLED BEEF TENDERLOIN roasted garlic pommes purée. heirloom beets.	39
SPICED APPLE CRUMBLE	11	cabernet jus. MAPLE POACHED PEAR toasted almonds. raspberry coulis.	11
— MACROBIOTIC —			
TOFU TEMPURA tofu. shitake mushrooms.	14	– RAW –	
watercress salad. garlic ginger soy.		ORGANIC ARUGULA + FRISÉE SALAD orange. pistachio honey lemon dressing.	15
MISO GLAZED COD soba noodles. kombu scallion broth. broccolini.	33	BRITISH COLUMBIA CURED SALMON TRIO	18
MAPLE POACHED PEAR toasted almonds. raspberry coulis.	11	vodka + beets. pastrami. rooftop honey. pickled vegetables.	
		RASPBERRY SORBET berry mélange.	8
– BEVERAGES –			
EVIAN SPRING WATER (750ML)	6.5	FAIRMONT WELLNESS TEAS	5.5
BADOIT SPARKLING WATER (750ML)	7.5	energy. tranquility. digestif. high antioxidant.	
BOTTLED VIVREAU WATER sparkling or still	4/PERSON	WATERFRONT ENERGY ELIXIRS	6

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.