

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 —

HOUSEMADE TRAIL MIX 12
low fat vanilla yogurt. fresh berries.

EGG WHITE OMELET 18
sautéed spinach + broccolini. rye toast.

— DIABETIC-FRIENDLY —

STEEL-CUT OATS 12
herons oatmeal. fresh seasonal berries.

EGG WHITE OMELET 18
peppers, onions + spinach. sourdough loaf.

— VEGETARIAN —

KAJUALOO PARATHA 19
indian flatbread stuffed with potato + cashew.
mango pickle.

— VEGAN —

HERONS OATMEAL BRÛLÉÉ 12
brown sugar. honey. fresh berries.

— BEVERAGES —

EVIAN SPRING WATER (750ML) 6.5

BADOIT SPARKLING WATER (750ML) 7.5

BOTTLED VIVREAU WATER 3/PERSON
sparkling or still

— RAW —

BIRCHER MUESLI 8
housemade. fruit + nut.

FRESH BERRIES 8
soy yogurt.

— GLUTEN FREE —

GLUTEN FREE MUFFIN 3
blueberry flax or carrot ginger.

POACHED ORGANIC EGG 18
rooftop rosemary scented mushrooms.
grilled asparagus. fresh fruit salad.

— MACROBIOTIC —

MISO SOUP 16
tofu. watercress.

FAIRMONT WELLNESS TEAS 5.5
energy. tranquility. digestif.
high antioxidant.

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.