

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

SALAD NIÇOISE16
- entrée

GRILLED BEEF TENDERLOIN35

fingerling potatoes. red wine jus.
- dessert

SPICED APPLE CRUMBLE12

— DIABETIC-FRIENDLY —

- appetizer

ASPARAGUS CRAB SALAD17

parmesan. miso dressing. poached egg.
- entrée

GRILLED CHICKEN BREAST28

farro risotto.
- dessert

RASPBERRY FROZEN YOGURT12

with vanilla fruit.

— VEGAN —

- appetizer

BEET CARPACCIO14

with solid olive oil and pistachio.
- entrée

SOBA NOODLES22

tofu. bok choy. kombu broth. kim chee.
- dessert

SPICED APPLE CRUMBLE12

— RAW —

- appetizer

BEET CARPACCIO14

with solid olive oil and pistachio.
- entrée

ZUCCHINI NOODLES29

creamy pine nuts. basil pesto.
- dessert

ORANGE GELATO11

— MACROBIOTIC —

- appetizer

ROASTED GINGER SQUASH SOUP9

toasted pumpkin seed sourdough crouton.
- entrée

SOBA NOODLE BOWL22

tofu. bok choy. kombu broth. kim chee.
- dessert

MAPLE POACHED PEAR12

almonds. raspberry.

— GLUTEN FREE —

- appetizer

ORGANIC MESCLUN SALAD12

rooftop honey vinaigrette. pine nuts.
- entrée

GRILLED BEEF TENDERLOIN35

garlic mashed potato. red wine jus.
- dessert

MAPLE POACHED PEAR12

almonds. raspberry.

— BEVERAGES —

- EVIAN SPRING WATER (1L)6.5

BADOIT SPARKLING WATER (750ML)7.5

FAIRMONT WELLNESS TEAS5.5

energy. tranquility. digestif. high antioxidant.

HAPPY PLANET ENERGY ELIXIRS6

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.