LIFESTYLE CUISINE *Plus*

BREAKFAST MENU

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

Orange, Apple or Pomegranate Juice 7

Poached Free Run Egg 16
sliced avocado, vine ripe tomato
lemon infused flaxseed oil, 12 grain toast

Cinnamon & Vanilla Scented Stone Fruit 6
light ricotta

DIABETES

Organic Carrot or Apple Juice 8

Poached Free-Run Egg 16
sliced avocado, vine ripe tomato
lemon infused flaxseed oil, twelve grain toast

Half Ruby Red Grapefruit 7

VEGAN

Orange, Apple or Pomegranate Juice 7

Seven Grain Hot Cereal 10
banana, toasted pecans & maple syrup

Fruit Smoothie 8
soy milk & berries flavored with fresh mint

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.

RAW

Vanilla Almond Nut Super Milk 8

Minted Fresh Fruit Salad 12
with agave syrup

Okanagan Berry-Berry Nut Bar 10

MACROBIOTIC

Honeydew Melon Juice 8

Organic Oatmeal 18
diced apples & toasted pumpkin seeds

Bancha Tea 5

GLUTEN FREE

Orange, Apple or Pomegranate Juice 6

French Toast 16
banana, maple syrup, toasted pecans
& chantilly cream

Minted Fruit Salad 12

Bread / Toast 5

BEVERAGES

Evian Spring Water 8

Badoit Sparkling Water 10

Official Fairmont Lifestyle Cuisine Plus Water

Fairmont Wellness Tea Selection 5
Energy, Tranquility, Digestif,
Equilibrium and High Antioxidant

Odwalla Smoothies 9
Mango Tango, Red Rhapsody, Strawberry C,
Berries Go Mega

Elixirs: Tired Traveler Refresher 8

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