LIFESTYLE CUISINE *Plus*

LUNCH 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

"Pot au Feu" of Free Range Chicken Breast 29
young organic vegetables & herbs

Lemon Panna Cotta 12
gingered orange segments

DIABETES

Roasted Chicken Garden Salad 21
skinless organic chicken breast, musclun greens, organic baby carrot ribbons, cherry tomatoes, cucumbers & radish dressed in red wine vinaigrette with fresh thyme & olive oil

Strawberry Mint Salad 11
pear soup

VEGAN

Beluga Lentils 23
grilled baby leek, fava beans, Pemberton carrots & beets

Baked Apple & Raisin en Papillote 11
with toasted walnuts & raspberry sauce

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

Garden Salad 12
spinach, musclin greens, red cabbage, carrots, cucumbers, avocado, cherry tomatoes & sun-dried raisins with bee pollen pomegranate vinaigrette

Zucchini Spaghetti 21
creamy pine nut pesto sauce

Chocolate Coconut Fudge 12
orange gelato

MACROBIOTIC

Steamed Brown Rice with Edamame 21
broccoli, carrots, cauliflower, diakon & cabbage

Poached Pear with Lemon 11

GLUTEN FREE

Spinach Chicken Salad 21
baby spinach, strawberries, walnuts, goat cheese, pickled shallots, white balsamaic and agave vinaigrette

Honey Roasted Pear 12
cherry soup with cashew ice cream

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

Lakefront New Grist Lager, gluten free 9

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