LIFESTYLE CUISINE *Plus*

DINNER 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

Pemberton Beet and Shaved Aged Goat Gouda Salad 14
sherry vinaigrette

Pan Seared Arctic Char 31
black truffle vinaigrette, carrot and fennel slaw, smashed olive oil potatoes

Cardamon Spiced Apple Crumble 11

DIABETES

Roasted Cauliflower and Potato Soup 12
hazelnut picada

Pan Seared BC Ling Cod 37
corn puree and pea coulis, smashed olive oil potatoes

Minted Orange Carpaccio 11
cashew ice cream

GLUTEN FREE

Pemberton Beet and Shaved Aged Goat Gouda Salad 14
sherry vinaigrette

Broiled 8 oz New York Steak 34
roasted Pemberton carrots & sautéed mushrooms

Warm Brownie 11
vanilla ice cream & strawberries

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.

RAW

Gazpacho Soup 11
roma tomatoes, cucumber and cilantro

Zucchini Spaghetti 16
creamy pine nut pesto sauce

Minted Orange Carpaccio 11
strawberry salad

MACROBIOTIC

Watercress Salad 11
green onions, cucumber, grapes and toasted pumpkin seeds, red wine vinaigrette

Vegan Spiced Lentil Dahl 16
grilled pappadums, quinoa vegetable fritters, apricot chutney

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

VEGAN

Compressed Pear and Dry Cranberry Salad 14
artisan greens,walnut bread croutons, white balsamic agave vinaigrette

Spiced Lentil Dahl 16
grilled pappadums, quinoa vegetable fritters, apricot chutney

Minted Orange Carpaccio 11
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

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.

12/09/2013