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

Roasted Chicken Breast Salad 21
artisan greens, tomatoes, grilled asparagus and red onions, pumpkin seeds, grainy mustard vinaigrette

Lemon Panna Cotta 12
gingered orange segments

DIABETES

8oz New York Steak 34
pomme frites, green peppercorn sauce

Strawberry Mint Salad 11
pear soup

VEGAN

Zucchini Spaghetti 16
creamy pine nut pesto sauce

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

RAW

Ahi Tuna 19
artisan greens, tomatoes, sesame seeds, lemon vinaigrette

Chocolate Coconut Fudge 12
orange gelato

MACROBIOTIC

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

Poached Pear with Lemon 11

GLUTEN FREE

Bourbon Marinated Grilled Shrimp and BC Candied Salmon 22
artisan greens, grilled asparagus and red onions, lemon chive crème fraiche dressing

Honey Roasted Pear 12
cherry soup with cashew ice cream

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.

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

12/09/2013