




# THE WELLNESS CLUB MENU

Available 11:00am - 8:30pm




## SUPERFOOD SMOOTHIES

-  **Strawberry Glow-Up (V/VE/GF), 15**  
Strawberry, banana, collagen builder, vanilla pea protein, medjool date, coconut water, coconut milk
-  **Super Green (V/VE/GF), 15**  
Kale, spinach, avocado, banana, lime, ginger, medjool date, coconut water
-  **Almost Chocolate (V/VE/N/GF), 15**  
Banana, almond butter, cacao powder, cacao nibs, maca, medjool date, almond milk

## SALADS & HANDHELD

-  **Nourish Greens Salad (V/VE/GF), 21**  
Glorious organic greens, grilled asparagus, fennel, sunflower seeds, citrus-lemon dressing  
*organic grilled chicken, 11*  
*BC spring salmon, 14*  
*grilled beef sirloin, 16*
-  **Tuna Tataki Spinach Salad (GF), 28**  
Seared ahi tuna, baby spinach, avocado, asian pear, yuzu citrus vinaigrette
-  **Grilled Chicken Pesto Wrap, 25**  
Grilled chicken breast, nut-free pesto, shaved lettuce, sun-dried tomato, cucumber, basil, soft flour tortilla, served with green salad
- House-Made Falafel Burger (V/VE\*), 28**  
Lettuce, parsley, cilantro, pickled onion, lemon herb sauce, toasted bun, fresh-cut fries

## HARVEST BOWLS

-  **Wild Pacific (GF), 29**  
Yellowfin tuna & salmon sashimi, ginger-steamed whole grain rice, avocado, cucumber, mango, radish, sesame seed, citrus-kosho dressing
-  **Mother Earth (V/VE/GF/N), 23**  
High fiber quinoa, grilled broccoli, beets, avocado, radish, basil, mint, sunflower seeds, cashew crema, tahini-cider dressing
-  **Mediterranean Crunch (V/VE\*/GF), 23**  
Crispy herbaceous falafel, marinated chickpeas, tomato, cucumber, arugula, mint, dill, light feta, lemon-yogurt dressing

### Add ons:


- organic grilled chicken, 11*
- BC spring salmon, 14*
- grilled beef sirloin, 16*

## SOMETHING SWEET

- Bittersweet Chocolate Caramel Tart (V/N), 17**  
Dark chocolate ganache, salted caramel, roasted hazelnut ice cream
- Pear & Honey Tart, 17**  
Anjou pear compote, graham cracker crumble, wildflower honey ice cream
- Summer Berry Tart (V/VE/GF), 17**  
Raspberry, blueberry, strawberry curd, lychee raspberry sorbet
- Trio of House-Baked Cookies (V), 12**  
Oatmeal cranberry, classic chocolate chunk, snickerdoodle

## RAWBAR ROLLS

- California (GF), 24**  
Dungeness crab, avocado, cucumber, toasted sesame seeds
- Salmon Avocado (GF), 22**  
King salmon, avocado, cucumber, toasted sesame seeds
- Spicy Tuna (GF), 21**  
spring onions, spicy sauce
- Spicy Tofu (V/GF), 21**  
Pickled vegetables, cucumber, mango, avocado

 Highlights chef-selected dishes thoughtfully crafted to nourish, energize, and support overall wellbeing

(V) - Vegetarian (P) - Contains pork  
(VE) - Vegan (N) - Contains nuts  
(VE\*) - Vegan with modifications (GF) - Gluten-friendly

To order these items please see spa reception. Last call for spa orders is 8:30pm.

Prices subject to applicable taxes and 18% gratuity. Please notify us of any allergies or special requests at time of ordering.

Proudly serving locally sourced artisan ingredients & sustainably certified seafood, teas, and coffee.

FAIRMONT PACIFIC RIM  
WELLNESS CLUB



# BEVERAGES

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## SPARKLING 5oz / bottle

### Casa di Prosecco, 16 / 70

Glera, Veneto, Italy

### Red Rooster, 21 / 100

Sparkling Brut Rosé, Malbec, Okanagan, BC, Canada, NV

### Moët & Chandon, 45 / 190

Brut Impérial, Épernay, Champagne, France

## ROSÉ

### Tantalus, 18 / 80

Cabernet Franc, Kelowna, BC, Canada

## WHITES

### Tantalus, 18 / 80

The Bear, Chardonnay, Kelowna, BC, Canada

### La Spinelli, 18 / 80

Pinot Grigio, Abruzzo, Italy

### Hubert Brochard, 25 / 110

Sauvignon Blanc, Chavignol, Sancerre, Loire Valley, France

## REDS

### Tantalus, 18 / 80

Pinot Noir, Okanagan Valley, BC, Canada

### Antinori, 23 / 95

Il Bruciato, Guado Al Tasso, Cabernet/Merlot, Tuscany, Italy

### Osoyoos Larose, 35 / 150

Le Grand Vin, Cabernet/Merlot, Okanagan Valley, BC, Canada

## BEER

### Peroni Nastro Azzurro, 330ml, 12

### Ridgerunner Pilsner, 473ml, 12

### Superflux Colour and Shape Hazy IPA, 473ml, 12

### 33 Acres of Sunshine French Blanche Ale, 330ml, 12

## CIDER

### Merridale, Cowichan Dry and Crisp Apple, 473ml, 12

### Sunday Cider, Sunday Rose, 355ml, 12

## COCKTAILS

### The Lobby Lounge Old Fashioned, 23

Premium whiskey, demerara, aromatic bitters

### The Lobby Lounge Negroni, 23

Tanqueray gin, campari, cinzano rosso

### Espresso Martini, 23

Vodka, kahlúa, espresso

### Blanco Margarita, 23

Blanco tequila, cointreau, clarified lime, saline

### Geisha, 23

Vodka, strawberry, chambord, elderflower, lime

## FREE-SPIRITED COCKTAILS

### Amaro Mule, 16

NOA spirit-free amaro, ginger beer, lime, mint

### Pandan Sling, 22

Pandan, pineapple, lime, soda, bamboo

## FREE-SPIRITED BEER & WINE

### Nonny Czech Pilsner 0%, 10

### Strange Fellows, Nevertheless, IPA 0%, 10

### Oddbird Spumante, Sparkling 0%, 20

## BEVERAGES

### Cold-Pressed Super Juice (V/VE/GF), 14

**Recover**, pineapple, tart cherry, orange, lemon, turmeric, black pepper, vitamin D, BCAAs, glutamine

**Digestive**, cucumber, apple, celery, spinach, lemon, parsley

**The Red**, carrot, apple, beet, lemon, kale, parsley

### Chilled Juice (V/VE/GF), 12

Apple, grapefruit, cranberry

### Kombucha, 14

### Sparkling Water

*Small Perrier, 8*

*Large San Pellegrino, 12*

### Still Water

*Large Evian, 12*

## HAND-CRAFTED COFFEE

Available 11:00am - 8:30pm

### Specialty Coffees, 8

latte, cappuccino, americano, espresso