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## Pyramid's Lifestyle Cuisine Plus Menu Shines a Flattering Light on Gluten-free, Macrobiotic, Vegan Recipes



Watermelon and tofu salad (left) and avocado soup (right). (Both dishes shown in amuse portions, not actual portions.)

The last time we checked in with **chef Andre Natera**, it was during his [World Master Chefs Society](#) induction. Yesterday, I visited him at [Pyramid](#) to find out about the Fairmont's new **Lifestyle Cuisine Plus** program. According to Fairmont corporate, the goal was to create a fresh and nutritionally balanced array of meals for guests with diet-dependent conditions such as diabetes, heart disease and celiac, as well as those who choose macrobiotic, raw and vegan diets.

"The Fairmont's Lifestyle Cuisine has five different categories, and the nice thing is that you can find the same categories (but different recipes) across the globe in all the Fairmont hotels," chef Natera said. "We have three to four items in every category and they all comply with the nutritional guidelines for that category. For example, no matter where you go, a vegan dish is going to have 10 percent protein, 40 percent fat, and 50 percent carbohydrates. As long as it falls within that criteria I have flexibility to create. And because, in many of the options, salt is limited so we have to find other flavoring options like miso."



Chef Natera's hearty and healthy lentil and mushroom soup with fresh watercress from the diabetes-friendly portion of the menu.



Salmon with tomatoes, raisin & squash caponata, and roasted red pepper coulis (left); endive salad with fermented miso dressing and peanuts from the macrobiotic menu (right)



Poached pears, strawberries, and raspberries in a cranberry-stevia sauce. The stevia is grown on the Fairmont's rooftop garden.

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