



# Well & Being<sup>®</sup>

Spa & Wellness

AT FAIRMONT SCOTTSDALE PRINCESS

## HEALTHY CUISINE MENU

EAT WELL

At Well and Being, nutrition is essential to your health journey, but so is relaxing and communal eating. It's why we've partnered with our on-site restaurants to keep your path to optimal well-being fueled throughout your stay. The menu items we've highlighted are designed to marry the best of culinary flavor with premium fuel for your body. The carbohydrates featured come from unprocessed natural sources: vegetables, berries and legumes, optimizing your metabolism, blood sugar and energy.

### OUR ROADMAP FOR OPTIMAL NUTRITION INCLUDES:

- A moderate amount of calories supplied by real, whole foods.
- A balance of unrefined, plant-sourced carbohydrates, lean protein and healthy fats. Fueling and satisfying healthy fats from real food sources like olive oil and avocado.
- A lean toward lower carbohydrate, particularly those from refined sweeteners and floured grains.
- A muscle supporting and building protein foundation from sources like eggs, poultry and seafood.

**Please mark your choices on the reverse side.**  
**Food delivery available until 9 pm.**

Guest Name \_\_\_\_\_

Room Number \_\_\_\_\_

Preferred Dining Time \_\_\_\_\_

*Menu items include choice of iced tea. Complimentary fruit-infused waters, flavored hot teas, regular and decaffeinated coffee are available outside the spa atrium.*

## MORNING MENU

- **YOGURT PARFAIT • 12**  
Low-fat cinnamon vanilla yogurt, granola, fresh berries  
*Calories 471 • Fat 10.5g • Carbs 77g • Protein 21g*
- **WELL & BEING GRANOLA • 10**  
Dried cranberries, flax seeds, toasted almonds, walnuts, raspberries, balsamic reduction, soy or low-fat milk  
*Calories 301 • Fat 7g • Carbs 28g • Protein 11g*
- **QUINOA ENERGY BREAKFAST • 10**  
Gluten-free quinoa, dried apricots, macadamia nuts, honey, coconut oil, soy or low-fat milk  
*Calories 538 • Fat 16.5g • Carbs 85g • Protein 14g*

## AFTERNOON • EVENING MENU

- **ROASTED HEIRLOOM BEET SALAD • 14**  
Baby arugula, radish sprouts, shaved fennel, apple and citrus chia seed vinaigrette  
*GF, V • Calories 391 • Fat 20.8g • Carbs 49.9g • Protein 7.2g*
- **TUSCAN KALE TONNATO CAESAR SALAD • 15**  
Gluten-free croutons, Parmigiano-Reggiano, strawberries, pomegranate seeds  
*GF, P, E, PA • Calories 442 • Fat 19.5g • Carbs 54.5g • Protein 21.2g*
- **THREE QUINOA CRAB CAKES • 15**  
Green papaya-avocado salad, cilantro-lime vinaigrette  
*GF, P • Calories 538 • Fat 28.6g • Carbs 41.6g • Protein 31g*
- **SIGNATURE CHICKEN BREAST LETTUCE WRAPS • 15**  
Yogurt, raisins, green apples, butter lettuce,  
*Calories 493 • Fat 9.6g • Carbs 43.2g • Protein 58.7g*
- **\*KING SALMON SUPER FOOD • 22**  
Red quinoa salad, kimchi relish, radish sprouts, edamame puree, sweet chili glaze  
*GF, P • Calories 681 • Fat 42.9g • Carbs 27.4g • Protein 49.2g*
- **GRILLED SHRIMP & EDAMAME SUCCOTASH • 20**  
Romesco sauce, edamame, sweet corn, fingerling potatoes, pickled onion, cilantro-lime yogurt  
*GF, P • Calories 353 • Fat 17.6g • Carbs 20.7g • Protein 29.6g*
- **BLACK BEAN & QUINOA BURGER • 16**  
Panko bread crumbs, bell pepper, yellow onion, chimichurri mushrooms, whole wheat bun, vegetable slaw  
*V • Calories 650 • Fat 38.9g • Carbs 64.7g • Protein 12.7g*
- **GRILLED CHICKEN BREAST COBB SALAD • 18**  
Mixed greens, avocado, blue cheese, bacon, grape tomatoes, hard-boiled egg, herb vinaigrette  
*GF • Calories 697 • Fat 48.9g • Carbs 17.9g • Protein 47.5g*

GF = Gluten-Free • P = Pescatarian  
E = Eggless • PA = Paleo • V = Vegan

*Tax added to all orders. Gratuity is not included.*

*\*Consuming raw or undercooked meat, fish, shellfish, eggs or poultry can increase your risk of food-borne illness.*