

Sites & Sightings

Vacation is often an excuse to order the fettuccine carbonara or finish off the chocolate cake. But for travelers with food allergies or special diets, eating away from home can be a source of stress—and a health risk. Now, hotels and resorts are catering to this growing crowd with custom dishes and menus.



Hyatt Hotels and Resorts

A dish from Hyatt Hotels and Resorts

Health-Conscious Meals at Hyatt

Last year, Hyatt Hotels and Resorts created 100 new recipes for guests on gluten-free, vegan and other restricted diets, integrating the dishes into its hotel and resort menus. Think pan-seared salmon with roasted vegetables and kalamata pesto, and grilled pork tenderloin with charred vegetable coulis, corn custard and broccolini. hyatt.com



Fairmont Hotels

Friendly Fare at Fairmont

Fairmont Hotels & Resorts has a new menu for guests with health issues such as celiac disease or diabetes, or diets like raw or macrobiotic. Dishes are available from New York to Nairobi, and include gluten-free baked tofu with bean noodles at the Fairmont Sonoma Mission Inn & Spa in California, and macrobiotic arame with sunflower seeds, chives and mustard at Fairmont Beijing. fairmont.com



The Breakers Palm Beach

Gluten-free vegetable quinoa pasta, petite eggplant, zucchini, olives, grilled artichokes, hand-picked tomato sauce, fresh basil

Custom Chow at the Breakers

Executive chef Anthony Sicignano and his team increasingly create guest-specific menus for the nine restaurants at this Palm Beach, Fla., landmark. Quinoa pasta with vegetables, tomato sauce and fresh basil satisfies vegans; blueberry pancakes can be made gluten-free. The hotel also uses separate equipment to prevent cross-contamination. thebreakers.com

Photos: On the Menu



Aura Restaurant

See more menu items

An Eye on Ingredients in Whistler

Aura at Nita Lake Lodge in British Columbia can adjust dishes to almost any dietary need. According to chef Owen Foster, recipes are allergen-free until the last minute, when nuts or shellfish can be added. Pan-seared cauliflower custard with farro wheat and nut salad works for many diets, as does the roasted king oyster mushroom with Reggiano and winter vegetables. nitalakelodge.com

—Lisa Lubin

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