



GOLDEN AGES CHEF-CRAFTED DAILY MENUS

Full Buffet Breakfast Included in All Packages

Start Every Day with Freshness, Variety, and Vitality.

Every Golden Ages stay begins with a rich and nourishing full buffet breakfast—complimentary in all packages. Enjoy a wide selection of freshly prepared dishes designed to energize your day and support your wellness journey.



OPTIONAL MEAL PLANS

Flexible & Personalized Dining

For added convenience and complete peace of mind, guests can enhance their stay with optional meal plans tailored to their preferences:



Full Board Buffet

Lunch or Dinner



Half Board Buffet

Lunch or Dinner



Customized Wellness Meal Plans

Designed for specific dietary and health needs



All meal plans feature chef-crafted menus, fresh ingredients, and the flexibility to match your lifestyle and health goals.

"Nutrition Meets Culinary Excellence"



NOURISHMENT DESIGNED FOR WELLNESS, FLAVOR, AND LONGEVITY

At Golden Ages, every meal is more than dining—it's part of your wellness journey. Our chef-crafted daily menus are thoughtfully designed to balance nutrition, taste, and cultural richness.



What Makes Our Menus Exceptional:

Personalized Nutrition

Meals tailored to your dietary needs, health goals, and preferences—whether low-sodium, diabetic-friendly, heart-healthy, or high-protein.

Expert Culinary Team

Prepared by experienced chefs who specialize in wellness-focused cuisine, blending taste with nutritional science.

Fresh, Locally Sourced Ingredients

We prioritize organic produce, fresh seafood, and high-quality meats to ensure maximum nutrition and flavor.

Daily Variety & Seasonal Menus

Menus change daily to keep meals exciting, balanced, and aligned with seasonal ingredients.

International & Local Cuisine

Enjoy a rotating selection of Western favorites alongside authentic Vietnamese and Asian dishes—bringing comfort and discovery to every plate.

Health Monitoring Integration

Meals can be coordinated with your health data and wellness plan through our care team—ensuring optimal support for your lifestyle.

www.goldenages.ca