



Windstar Cruises Announces New Whole-Food, Plant-Based Menu in Partnership with the National Health Association

What Started as a Special Offering for Groups and Charters Has Morphed into a Fleet-Wide Initiative Beginning June 2023

MIAMI, FL, March 14, 2023 -- [Windstar Cruises](#) has partnered with the [National Health Association](#) (NHA) to create a new vegan menu on board all six of the small ship line's yachts. The offerings are not only plant-based but also prepared without added salt, oil, and sugar and are gluten-free.

Windstar has begun training its culinary team on the new menu and plans to roll out the program fleetwide in June. Vegetarian options, as well as the line's existing omnivore menu items, will continue to be served as usual.

"The National Health Association points out that vegetarian and vegan diets are not always healthy, and for meals to be truly health-promoting, they also need to be minimally processed and prepared," explains Windstar's Director of Hotel Operations Peter Tobler, who oversees food and beverage operations. "We've seen an increased demand for whole-food, plant-based dishes from our customers, and we're really excited to work with the NHA to bring them something that's nutritious and delicious. As a side benefit, plant-based foods also reduce our environmental footprint – a major goal of Windstar's – allowing us to tread more lightly on this planet."

Sample dishes from the new menu include:

- Daily Smoothies at Breakfast
- Roasted Butternut Squash Velouté with Baked Pumpkin Seeds
- Baked Cauliflower Croquettes with Salsa Verde and Sautéed Spinach
- Penne Rigate Pasta, with Crisp Vegetables and Espelette Pepper Sauce
- Veggie Enchiladas with Black Bean & Cilantro Sauce
- Chia Seed Truffles with Dates & Coconut Sauce

- Tahini Brownies with Fresh Strawberries

Wanda Huberman, executive director of the National Health Association, worked closely with the Windstar culinary team to share NHA expertise and discuss Windstar-developed recipes that meet the organization's standards for an exclusive whole-plant food diet and lifestyle.

"The Windstar culinary team has knocked it out of the park in executing the specific requirements of our meals," Huberman says. "Every meal is absolutely delicious and served in a beautiful presentation with so much variety that no one will leave a meal feeling hungry or less than satisfied."

The menu evolved out of hosting several plant-based groups, which have grown significantly in popularity since the start of the pandemic. Lisa McCarl, a former open heart recovery nurse turned travel advisor, has booked several plant-based groups on Windstar and says there is a huge demand for healthy travel options.

"More people are changing the way they eat to prevent and reverse diet-related disease. Why not make it easy for them to continue that healthy lifestyle while sailing on the trip of a lifetime? Windstar is doing a phenomenal job in making healthy cruising a reality."

For more details on Windstar Cruises, visit www.windstarcruises.com.

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About Windstar Cruises

Windstar Cruises operates a fleet of six boutique all-suite and sailing yachts carrying 148-342 guests. Small ship cruises sail throughout Europe; the Caribbean; Costa Rica and the Panama Canal; Asia; Alaska and British Columbia; New England and Eastern Canada; the U.S. West Coast and Mexico; Arabia, and the South Pacific, including a ship year-round in Tahiti.

Windstar launched the *\$250 Million Star Plus Initiative* to transform the three all-suite Star Plus Class yachts with new suites, restaurants, and a world-class spa and fitness center. The award-winning line is known for immersive experiences, destination authenticity, port-intensive itineraries, exceptional service, and an innovative culinary program. Windstar Cruises is part of the Xanterra Travel Collection, a group of global hospitality and travel companies, one of which traces its history back over a hundred years of operating our country's iconic national parks, including Grand Canyon, Yellowstone, Glacier, Death Valley, and many others. Xanterra Travel Collection is owned by The Anschutz Corporation, the ultimate owner of the Broadmoor, Sea Island, and entertainment giant AEG, Anschutz Entertainment Group.

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For more details on The National Health Association (NHA), visit www.healthscience.org

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About National Health Association

The National Health Association (NHA) is a non-profit organization that promotes the benefits of a whole-food, plant-exclusive diet. The Association provides an advertisement-free quarterly magazine sent to its members titled *Health Science*, educational materials, educational events, and services to thousands of people around the world. More at <https://www.healthscience.org/>.