







## LIVEWELL @ NOVOTEL

Each menu item has been analysed by dietitians at Good Health Solutions to ensure it adheres to the 4 key elements listed below :

### **1. RIGHT-SIZE PORTIONS**

By providing nutrient dense and energy controlled portions, you can enjoy your meal from our healthy choice in-room menu and finish feeling energised.

### **2. HEALTHY OILS**

Healthy oils are unsaturated fats that can help lower the risk of heart disease. Our healthy choice in-room menu has substituted saturated fats with healthy oils that can help lower cholesterol and improve blood pressure.

### **3. VEGIE ENERGY**

Vegetables are full of vitamins, minerals, fibre, antioxidants and are low in kilojoules. That's why we have included more of these superfoods on the healthy choice in-room menu prepared deliciously to help you reach your recommended five serves a day.

### **4. VARIETY FOR LIFE**

All foods contain a variety of nutrients that are unique. So the more different types of food consumed, the more nutrients your body absorbs. The healthy choice in-room menu offers combinations for optimal nutrition.



## HEALTHY CHOICES

Available from 5:30pm - close

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### INBALANCE BY NOVOTEL WITH SALLY FITZGIBBONS

#### **Indian spiced salmon**

\$42.00

green pea puree, grilled watermelon, cucumber, coriander salad  
(contains nuts)

low fat | high protein | high fibre

#### **Mexican spiced chicken breast**

\$38.00

roasted sweet potato, toasted corn, guacamole, baby cos leaves

low fat | high protein | high fibre

**Dial 4 to place your order**

**[v] vegetarian [gf] gluten free**

**[gf\*] can be adapted to be gluten free**

Please note that the restaurant trading hours may vary and the kitchen may be closed during lunch. Prices listed are GST inclusive. Please advise if you have any special dietary requirements, food allergies or food intolerances.

We thank you for allowing a 45 minutes service time after placing your order.



## FROM THE RESTAURANT

Available from 5:30pm - close

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### ENTRÉES

|  |         |
|--|---------|
| <b>Arancini balls [v]</b><br>beetroot and feta, orange aioli                             | \$18.00 |
| <b>Salt and pepper calamari</b><br>coriander mayonnaise, pineapple salsa                 | \$22.00 |
| <b>Duck spring rolls</b><br>vietnamese dipping sauce                                     | \$21.00 |
| <b>Vietnamese chicken noodle salad [gf]</b><br>spring onions, crispy shallots, Nuoc cham | \$26.00 |
| <b>Harissa spiced chicken tenderloins [gf]</b><br>harissa marinated chicken, tzatziki    | \$26.00 |
| <b>Oysters</b><br>natural (1/2 doz.) [gf]  | \$28.00 |
| kilpatrick (1/2 doz.)  | \$32.00 |
| red wine shallot vinaigrette (1/2 doz.) [g]  | \$30.00 |

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### MAIN MEALS

|  |         |
|--|---------|
| <b>Pea and mint risotto [v, gf]</b><br>spring peas, wilted spinach, shaved pecorino  | \$33.00 |
| <b>12 hour braised Wagyu Beef cheeks [g]</b><br>celeriac puree, grand mere (confit shallots, garlic, sautéed mushrooms),<br>red wine jus | \$42.00 |
| <b>Rib eye 300gm steak [g]</b><br>pommes puree, charred asparagus, jus   | \$46.00 |
| <b>Fettuccini norma [v]</b><br>eggplant, tomatoes, basil, ricotta cheese   | \$33.00 |

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## FROM THE RESTAURANT

Available from 5:30pm - close

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### SIDES

|   |         |
|---|---------|
| <b>Rustic potato chips [v]</b><br>aioli                               | \$12.50 |
| <b>Mixed seasonal vegetable [v, gf]</b><br>garlic herb butter         | \$12.50 |
| <b>Garden salad [v, gf]</b><br>lettuce, vegetables, lemon vinaigrette | \$12.50 |

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### DESSERTS

|   |                 |
|---|-----------------|
| <b>Chocolate cherry parfait</b><br>almond soil, macerated berries, double cream                                       | \$20.00         |
| <b>Low fat vanilla bean panacotta</b><br>mango salad, micro herbs   | \$20.00         |
| <b>Choice of ice-cream</b><br>vanilla, strawberry, chocolate, seasonal sorbets<br>[minimum 2 scoops]                  | \$4.5 per scoop |
| <b>Cheese platter [gf*]</b><br>selection of three cheeses, quince paste, dried nuts, lavosh                           | \$28.00         |
| <b>Single cheese plate [gf*]</b><br>selection of one cheese from daily selection, quince paste,<br>dried nuts, lavosh | \$20.00         |

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## FROM THE RESTAURANT

Available from 12:00pm - close

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### CLASSICS

|  |         |
|--|---------|
| <b>Battered fillets of fish</b><br>served with salad, chips, tartare sauce | \$22.00 |
| <b>Chicken schnitzel</b><br>served with salad, chips                       | \$24.00 |
| <b>Beef sliders</b><br>served with salad, chips                            | \$20.00 |
| <b>Traditional spaghetti bolognese</b><br>basil, shaved parmesan           | \$20.00 |
| <b>Cajun inspired Caesar salad [g]</b><br>boiled egg, anchovies            | \$22.00 |
| <b>add chicken</b>   | \$4.00  |
| <b>add smoked salmon</b>   | \$6.00  |

## SLEEP WALKER MENU

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For dining after hours, Reception can provide a menu for an external cafe.

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## JUNIOR MENU

Available from 12:00pm - close

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### MAIN MEALS

|                                     |        |
|-------------------------------------|--------|
| Novotel hamburger, French fries     | \$9.50 |
| Grilled chicken tenderloins         | \$9.50 |
| Fish and chips (crumbed or grilled) | \$9.50 |
| 6" Ham and pineapple pizza          | \$9.50 |

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### SIDES

|                 |        |
|-----------------|--------|
| Corn on the cob | \$2.50 |
| French fries    | \$4.50 |

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### DESSERTS

|                              |        |
|------------------------------|--------|
| Ice cream                    | \$4.50 |
| Chocolate and walnut brownie | \$5.50 |
| Fruit salad                  | \$4.50 |

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### DRINKS

|   |        |
|---|--------|
| Fruit juice                             | \$5.00 |
| Milkshakes                              | \$8.00 |
| vanilla, strawberry, chocolate, caramel |        |

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## BEVERAGE MENU

Available from 12:00pm - close

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### SPARKLING WINE

|                                     | Glass  | Bottle  |
|-------------------------------------|--------|---------|
| NV. Bennetts Lane Sparkling<br>S.A. | \$9.00 | \$42.00 |

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### WHITE WINE

|                             | Glass   | Bottle  |
|-----------------------------|---------|---------|
| Raven Park Sauvignon Blanc  | \$8.00  | \$38.00 |
| Hollick The Bard Chardonnay | \$8.00  | \$38.00 |
| Swan Bay Pinot Grigio       | \$10.00 | \$48.00 |
| Leo Buring Riesling         | \$9.00  | \$42.00 |

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### RED WINE

|                               | Glass   | Bottle  |
|-------------------------------|---------|---------|
| Nine Yards Shiraz             | \$9.00  | \$42.00 |
| Wine Knot Merlot              | \$11.00 | \$52.00 |
| Squealing Pig Pinot Noir      | \$10.00 | \$48.00 |
| Wanderlust Cabernet Sauvignon | \$12.00 | \$58.00 |

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## BEVERAGE MENU

Available from 12:00pm - close

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### BEER

|                    |         |
|--------------------|---------|
| Corona             | \$8.00  |
| XXXX               | \$8.00  |
| Hahn Premium Light | \$7.00  |
| Flying Brick Cider | \$10.00 |

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### HOT DRINKS

|  |        |
|--|--------|
| <b>Buondi café premium coffee</b><br>cappuccino, espresso, café latte, macchiato, long black, flat white                               | \$4.00 |
| <b>T Series by Dilmah</b><br>English breakfast tea, earl grey, green tea with jasmine,<br>pure peppermint, camomile, organic green tea | \$4.50 |
| <b>Hot chocolate</b>   | \$4.00 |

Served in a double wall take away cup with lid to stay hot all the way

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### COLD DRINKS

|   |             |
|---|-------------|
| Coke, coke zero, lemonade, lemon squash | \$4.50      |
| Lemon, lime and bitters                 | \$4.50      |
| Purezza Sparkling Water                 | \$6.00      |
| Spirits, liqueurs                       | from \$8.00 |

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