

GEELONG



ENTERTAIN
YOUR PALATE
AT NOVOTEL



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

INBALANCE BY NOVOTEL WITH SALLY FITZGIBBONS

- Indian spiced salmon [gf]** \$42.00
spiced green pea puree, grilled watermelon, cucumber and coriander salad
(contains nuts)
low fat | high protein | high fibre
- Mexican spiced chicken breast salad [gf]** \$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 [vegan] vegan
[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

ENTRÉES

Soup of the day [gf*] grilled sourdough	\$16.00
Crispy pork belly [gf] apple puree, frisse	\$26.00
Szechuan spiced calamari [gf] ginger and chilli mayonnaise, nori salad	\$22.00
South australian pan-fried scallops [gf] leek and spring onion fondue, broad bean salsa	\$18.00
Moroccan spiced vegetable fritters [v] tamarind ketchup, corn salsa	\$23.00
Vietnamese bao buns crispy hoisin chicken, asian herbs, slaw	\$23.00
Lamb koftas [gf] mint yoghurt, salad	\$24.00
Vegan options available on request	

MAIN MEALS

12 hour braised boneless sticky beef ribs [gf] mash, kaiserfleisch, confit shallots, broccoli, red wine jus	\$42.00
Apple cider soaked pork cutlet [gf] piperade, jus	\$42.00
Rib eye 300gm steak [gf] mash, winter vegetables, jus	\$46.00
Gnocchi [v] medley of mushrooms, wilted spinach, pecorino	\$33.00
Tomato risotto verdure [vegan, gf] sugo, mediterranean vegetables, wilted spinach	\$33.00

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FROM THE RESTAURANT

Available from 5:30pm - close

SIDES

Rustic potato chips [v] aioli	\$12.50
Mixed seasonal vegetables [v, gf] garlic herb butter	\$12.50
Garden salad [v, gf] lettuce, vegetables, lemon vinaigrette	\$12.50

DESSERTS

Knicker bocker glory [gf] crème chantilly, nuts, swiss meringue, berry sorbet	\$18.00
Chocolate and raspberry terrine chocolate soil, berries and cream	\$18.00
Sticky date pudding caramel sauce, hokey pokey ice cream	\$18.00
Cheese platter [gf*] three cheeses, lavosh, dried fruits, quince paste	\$24.00
Cheese plate [gf*] one cheese, lavosh, dried fruits, quince paste	\$18.00
Choice of ice-cream / sorbet hokey pokey, berry fruit sorbet, chocolate, vanilla [2 scoops - additional scoop \$4.50]	\$9.00

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FROM THE RESTAURANT

Available from 12:00pm - close

CLASSICS

Battered fillets of fish	\$22.00
salad, chips, tartare sauce, lemon wedge	
Chicken schnitzel	\$24.00
salad, chips	
Beef sliders	\$20.00
salad, chips	
Traditional spaghetti bolognese	\$20.00
basil, shaved parmesan	
Cajun inspired Caesar salad [gf]	\$22.00
boiled egg, anchovies	
add chicken	\$4.00
add smoked salmon	\$6.00

SLEEP WALKER MENU

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

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JUNIOR MENU

Available from 12:00pm - close

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

SIDES

Corn on the cob [gf]	\$2.50
French fries	\$4.50

DESSERTS

Ice cream [gf]	\$4.50
Chocolate and walnut brownie	\$5.50
Fruit salad [gf]	\$4.50

DRINKS

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

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BEVERAGE MENU

Available from 12:00pm - close

SPARKLING WINE

	Glass	Bottle
NV. Cool Woods Sparkling S.A.	\$9.00	\$42.00

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

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

BEER

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

HOT DRINKS

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

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

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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