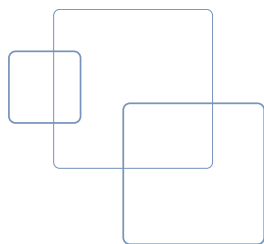


DINING IN



# 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

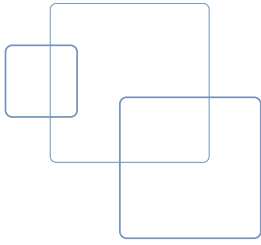
Healthy oils are unsaturated fats that can help lower the risk of heart disease. Our healthy choice in-room menu has substituted saturated fats with healthy oils that can help lower cholesterol and improve blood pressure.

## 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

## 5:30PM – CLOSE

### LIGHT MEAL

<b>Moroccan spiced grilled chicken salad (gf)</b>	20.00
high protein   low calorie	
<b>Smoked salmon bagel; onion, capers and cream cheese</b>	19.00
high fibre   high protein	
<b>Oregano and garlic marinated chargrilled calamari salad</b>	20.00
high protein   low carbohydrate	
<b>Grilled chilli and lime spiced prawns (gf)</b>	24.00
high protein   low carbohydrate   low calorie	

### MAIN MEAL

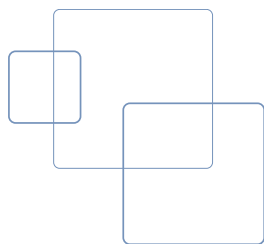
<b>Fish of the Day</b>	market price
low carbohydrate   nutrient rich	
<b>Chargrilled organic chicken breast stuffed with fig and mascarpone (gf)</b>	34.00
served with wild mushroom and marsala ragout	
low carbohydrate   high protein	
<b>MSA 250gms eye fillet (gf)</b>	45.00
served with salad, potato gratin and choice of sauce: red wine jus, peppercorn or mushroom	
high protein   nutrient rich	
<b>Grilled lamb kebabs</b>	31.00
tzatziki, pita bread, served with rocket, olive and feta salad	
high protein   high fibre	

Please note that the restaurant trading hours may vary and the kitchen may be closed during lunch.

Dial 4 to place your order. Prices listed are GST inclusive.

Please advise if you have any special dietary requirements, food allergies or food intolerances.

(gf) gluten free (v) vegetarian (vgf) vegetarian gluten free



## FROM THE RESTAURANT

5:30PM – CLOSE

### TAPAS

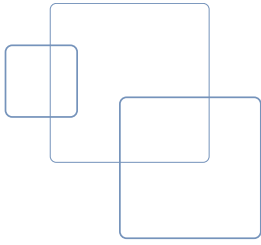
Garlic and herb bread; shaved parmesan	9.00
Oysters natural (1/2 dozen) (gf)	20.00
Oysters Kilpatrick (1/2 dozen)	22.00
Arancini balls; pesto, sun-dried tomato, cheese (v)	17.00
Slow cooked pork belly; ginger plum glaze (gf)	19.00
Salt and pepper calamari; citrus aioli	19.00
Middle Eastern spiced lamb koftas; tzatziki (gf)	21.00

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# FROM THE RESTAURANT

## 5:30PM – CLOSE

### MAIN

Medley of roasted pumpkin, mushroom and squash risotto (vgf) goats cheese, sage	25.00
Fish of the Day	market price
Penne chicken, bacon, mushroom, green peas, spinach, light chardonnay cream sauce, shaved parmesan	28.00
Chargrilled organic chicken breast stuffed with fig and mascarpone (gf) served with wild mushroom and marsala ragout	34.00
280gms scotch fillet (gf) served with salad, potato gratin and choice of sauce: red wine jus, peppercorn or mushroom	42.00

### SIDES

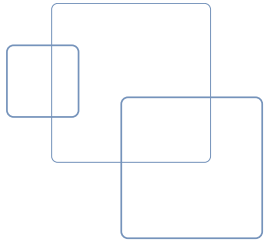
Rustic potato chips; aioli (v)	9.50
Mixed seasonal vegetables; garlic herb butter (vgf)	9.50
Garden salad; lettuce, vegetables, lemon vinaigrette (vgf)	9.50

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## FROM THE RESTAURANT

5:30PM – CLOSE

### DESSERT

<b>Tiramisu</b>	16.00
Baileys, Frangelico, coffee anglaise, chocolate pirouline	
<b>Blueberry cheesecake</b>	16.00
raspberry glaze, cream Chantilly	
<b>Choice of ice cream (2 scoops)</b>	9.00
vanilla, strawberry, chocolate, seasonal sorbets, speciality flavours	
<b>Waterfront cheese platter</b>	24.00
three varieties of cheese with crackers, berries, and quince paste	

## SLEEP WALKER MENU

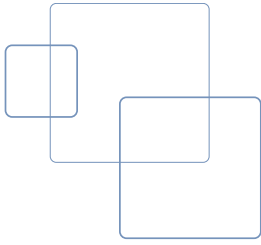
For dining after hours, Reception can provide a menu for an external cafe.

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## CLASSICS

12:00PM – CLOSE

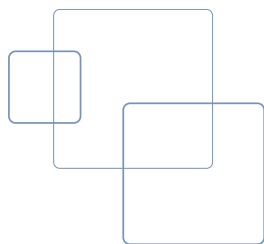
<b>Traditional club sandwich</b> chicken, bacon, lettuce, tomato, egg, ham, served with chips	24.00
<b>Battered fillets of fish</b> tartare sauce, served with salad and chips	22.00
<b>Chicken parmigiana</b> ham, cheese, Napoli, served with salad and chips	23.00
<b>Soup of the Day; sourdough</b>	14.00
<b>Chargrilled 250gms black angus burger</b> bacon, egg, aged cheddar, pickles, tomato, lettuce, dijonnaise, served with rustic chips	29.00
<b>Caesar salad (gf)</b> cos lettuce, poached egg, onion, croutons, parmesan	18.00
add chicken	4.00
add smoked salmon	6.00

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# JUNIOR MENU

## 12:00PM – CLOSE

Please note junior menu only

### ALL MAIN COURSES SERVED WITH SIDE SALAD OR VEGETABLES

Novotel hamburger and French fries	9.50
Grilled chicken tenderloins	9.50
Minute steak and mash potato	9.50
Fish and chips (crumbed or grilled)	9.50

### DESSERTS

Ice cream	4.50
Fruit jelly	4.50
Chocolate and walnut brownie	5.50
Fruit salad	4.50

### DRINKS

Fruit juice	4.50
Milkshakes	4.50
vanilla, strawberry, chocolate and caramel	

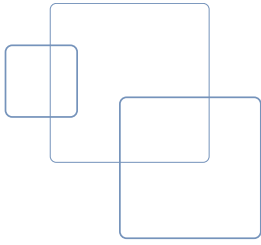
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# BEVERAGE MENU

## SPARKLING

G / B

**Angove Studio Series NV**, McLaren Vale, SA

8.00 / 38.00

## WHITE

**Swan Bay Chardonnay 2013**, Geelong, VIC

9.00 / 42.00

**Mount Riley Sauvignon Blanc 2013**, Marlborough, NZ

9.00 / 42.00

**Amberley Kiss & Tell Moscato**, Nannup, WA

7.00 / 32.00

## RED

**Swan Bay Shiraz 2012**, Geelong, VIC

8.00 / 38.00

**The Prince Cabernet Sauvignon 2012**, Pyrenees, VIC

9.00 / 42.00

**Thorn-Clarke Sandpiper Merlot 2012**, Barossa Valley, SA

9.00 / 42.00

## BEER

James Boags Premium

8.00

James Boags Light

7.00

Corona

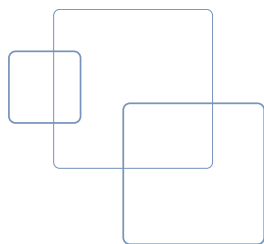
9.00

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# BEVERAGE MENU

## HOT DRINKS

<b>Buondi Café Premium Coffee</b>	4.00
cappuccino, espresso, café latte, macchiato, long black, flat white served in a double wall take away cup with lid to stay hot all the way.	
<b>T Series by Dilmah</b>	4.00
English breakfast tea, early grey, green tea with jasmine, pure peppermint, camomile, organic green tea	
<b>Hot Chocolate</b>	4.00

## COLD DRINKS

<b>Spirits and Liqueurs</b>	from 8.00
<b>Coke, Coke Zero, Lemonade, Lemon Squash</b>	3.50
<b>Lemon, Lime and Bitters</b>	3.50
<b>Mount Franklin Sparkling Water 750ml</b>	5.00
<b>Mount Franklin Still Water 750ml</b>	5.00

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