



### Room service





## 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 - 9.30pm

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### INBALANCE BY NOVOTEL WITH SALLY FITZGIBBONS

**Mexican spiced chicken breast salad [h,d]**

\$32.00

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

**Indian spiced salmon [h,d]**

\$34.00

with spiced green pea puree, grilled water melon and cucumber,  
coriander salad (contains nuts)

Dial 9 to place your order

[v] vegetarian [h] healthy choice [g] gluten free  
[d] dairy free [vg\*] can be made vegan



## CLASSICS

Available from 11.00am - 9.30pm

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### CLASSICS

**Double angus burger**

\$28.00

cheese, bacon, bbq sauce, tomato jam, jalapeno mayo and fries

**Signature club sandwich**

\$19.00

bacon, lettuce, fried egg

**Caesar salad**

cos lettuce, grilled pancetta, parmesan cheese, sourdough croutons

**traditional [v]**

\$16.00

**chicken or smoked salmon**

\$19.00

**Fish and chips**

\$28.00

fresh locally caught fish, panko crumbed, chips and tartare

**Antipasto**

\$24.00

truffle salami, San Daniele prosciutto, mortadella, marinated and pickled vegetable, olives, toasted ciabatta



**DON'T HESITATE TO CALL US**

We thank you for allowing a 30 min.  
service time after placing your order.



## FROM THE RESTAURANT

Available from 5.30pm - 9.30pm

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### ENTRÉES

<b>Garlic bread [v]</b>		\$8.00
<b>Oysters</b>		
Natural [g], Kilpatrick [g], Mornay	1/2Doz	\$22.00
	Doz	\$38.00
<b>Tempura prawns</b>		\$18.00
Patagonian king prawns, light tempura batter and cornichon salsa		

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### LIGHT MEALS

<b>Crab cocktail [g]</b>	\$20.00
blue swimmer crab meat cocktail with lemon dressed lettuce and Bloody Mary sauce	
<b>Risotto [v,vg*]</b>	\$18.00
mushroom, parmesan and truffle oil	

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### MAIN MEALS

<b>Southern fried chicken</b>	\$28.00
Brined corn fed chicken tenderloins, in a butter milk batter with corn, black bean and jalapeno salsa and sweet potato fries	
<b>Pork Chop in sour dough crumb, parsley and parmesan crust</b>	\$30.00
crumbed Berkshire range fed pork chop served with mashed potato and sautéed green beans	
<b>Sirloin 300g [g]</b>	\$38.00
with roast seasonal vegetables and red wine jus	
<b>Fish and chips</b>	\$28.00
fresh locally caught fish, panko crumbed, chips and tartare	

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## FROM THE RESTAURANT

Available from 5.30pm - 9.30pm

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### SIDES

Seasonal roast vegetables	\$8.00
Shoestring fries	\$8.00
Rocket, pear and parmesan house salad	\$8.00

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### DESSERTS

<b>Chocolate sundae</b>	\$14.00
chocolate brownie, salted caramel gelato, praline and chocolate fudge	
<b>Cheese platter</b>	\$21.00
Will Studd Brillat Savarin and Gabot Clothbound Cheddar, prune and walnut log and Muscatels on the vine	



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## JUNIOR MENU

Available from 5.30pm - 9.30pm

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### MAIN MEALS

Slow cooked beef brisket sliders with chips	\$12.00
Chicken nuggets and chips	\$12.00
Grilled fish with chips and salad	\$12.00
Fish and chips	\$12.00
Kids mac and cheese	\$12.00

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### DESSERTS

Ice cream sundae	\$5.00
Banana split	\$5.00

## SLEEP WALKER MENU

Available from 9.30pm - 6.00am

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### MAIN MEALS

Traditional caesar salad	\$16.00
Honey leg of ham, cheese and tomato toasted sandwich	\$16.00
Chicken and vegetable pie with potato crisps	\$15.00
Antipasto truffle salami, San Daniele prosciutto, mortadella, pickled vegetables, olives, toasted ciabatta	\$24.00
Mixed fruit salad	\$12.00

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## BEVERAGE MENU

Available from 11.00am - 9.30pm

### SPARKLING & CHAMPAGNE

	Glass	Bottle
<b>Bancroft Bridge NV Brut</b> Riverina, NSW	\$9.00	\$35.00
<b>De Beaurepaire 'Blanchefleur' Blanc de Blancs</b> Rylstone, NSW	\$15.00	\$68.00
<b>Dom Perignon Brut Vintage</b> Champagne, France		\$365.00

### WHITES

	Glass	Bottle
<b>Bancroft Bridge Semillon Sauvignon Blanc</b> Riverina, NSW	\$9.00	\$35.00
<b>Pennys Hill The Agreement Sauvignon Blanc</b> Adelaide Hills, SA	\$10.00	\$45.00
<b>The Pawn 'El Desperado' Pinot Gris</b> Adelaide Hills, SA	\$12.00	\$50.00
<b>Tumblong Hills Chardonnay</b> Gundagai, NSW	\$12.00	\$56.00



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## BEVERAGE MENU

Available from 11.00am - 9.30pm

### REDS

	Glass	Bottle
<b>Bancroft Bridge Shiraz Cabernet</b> Riverina, NSW	\$9.00	\$35.00
<b>Deakin Estate Cabernet Sauvignon</b> Murray Darling, VIC	\$10.00	\$42.00
<b>Hamelin Bay Merlot</b> Margaret River, WA	\$12.00	\$54.00
<b>Venta La Vega 'Aldea' Grenache Syrah</b> Alamansa, Spain	\$12.00	\$52.00

### BEERS

<b>Cascade Light</b>	\$6.50
<b>Toohey's Extra Dry</b>	\$7.00
<b>Pure Blonde</b>	\$7.00
<b>Kingfisher Premium Lager</b>	\$10.00
<b>Lord Nelson Three Sheets Pale Ale</b>	\$12.00
<b>Corona</b>	\$12.00

### SOFT DRINKS & JUICES

<b>Soft Drinks</b>	\$4.00
<b>Apple, Orange, Pineapple Juice</b>	\$4.80
<b>Capi Grapefruit 250ml</b>	\$5.00
<b>Capi Cranberry 250ml</b>	\$5.00
<b>Capi Blood Orange 250ml</b>	\$5.00

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