



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

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



CLASSICS

Available from 11.00am - 9.30pm

Angus beef burger gruyere cheese, pickle, fries	\$19.00
Signature club sandwich bacon, lettuce, fried egg	\$19.00
Fish and chips tartar sauce, lemon and fries	\$21.00
Seafood curry king prawns, crab, fish and organic Sōmen noodles	\$38.00
Caesar salad traditional	\$19.00
chicken	\$25.00



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

ENTRÉES

- | | |
|---|---------|
| Rustic garlic bread [v] | \$8.00 |
| Lime & pepper crust silken tofu [v]
served with a yellow bean sauce | \$13.00 |

LIGHT MEALS

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|---|---------|
| Fried calamari [g]
served with orange aioli | \$19.00 |
| Pappardelle
lamb ragu and pecorino | \$20.00 |

MAIN MEALS

- | | |
|--|---------|
| Sirloin bone in 350g [g]
duck fat roasted potatoes, truss tomatoes and red wine jus | \$42.00 |
| Vegetarian fried rice [v] | \$18.00 |
| Potato gnocchi [v]
tomato, basil and ricotta | \$32.00 |
| Portuguese bbq half chicken [g]
duck fat roasted potatoes, truss tomatoes and red wine jus | \$32.00 |

Dial 9 to place your order

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FROM THE RESTAURANT

Available from 5.30pm - 9.30pm

SIDES

- | | |
|--|--------|
| Mixed green leaves
with honey mustard dressing | \$8.00 |
| Roasted pumpkin [g,v]
with pepita and Persian feta | \$8.00 |
| Shoestring fries [v] | \$8.00 |
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DESSERTS

- | | |
|--|---------|
| Flourless chocolate cake [g]
chocolate chip biscotti and sour cherry sorbet | \$12.00 |
| White chocolate and ginger cheese cake
salted caramel ice cream | \$12.00 |
| Homemade ice creams & sorbets
vanilla, chocolate, spiced rum, coconut, sour cherry | \$12.00 |



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JUNIOR MENU

Available from 5.30pm - 9.30pm

MAIN MEALS

Slow cooked beef brisket sliders	\$12.00
Fish and chips	\$12.00
Chicken nuggets and chips	\$12.00
Grilled fish and salad	\$12.00
Beef lasagne	\$12.00

DESSERTS

Ice cream sundae	\$12.00
Banana split	\$12.00

SLEEP WALKER MENU

Available from 9.30pm - 6.00am

MAIN MEALS

Honey leg of ham, cheese & tomato toasted sandwich served with crisps	\$18.00
Traditional caesar salad baby cos, prosciutto waffle, shaved parmesan, croutons, anchovy dressing	\$16.00
Vegetarian fried rice [v]	\$18.00
Beef lasagne	\$22.00
Mixed fruit salad	\$12.00

Dial 9 to place your order

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BEVERAGE MENU

Available from 11.00am - 9.30pm

SPARKLING & CHAMPAGNE

	Glass	Bottle
Moët & Chandon Brut Impérial Champagne NV Champagne, France		\$105.00
Delamotte Rosé Champagne NV Champagne, France		\$155.00
Joseph Cattin Cremant D'Alsace Brut Alsace, France	\$14.00	\$60.00
Molly's Cradle Sparkling NV Premium Brut Hunter Valley, NSW	\$12.00	\$50.00
Bancroft Bridge NV Brut Riverina, NSW	\$9.00	\$35.00

WHITES

	Glass	Bottle
Bancroft Bridge Semillon Sauvignon Blanc Riverina, NSW	\$9.00	\$35.00
Little Pebble Sauvignon Blanc Marlborough, NZ	\$12.00	\$45.00
Molly's Cradle Chardonnay Hunter Valley, NSW	\$10.00	\$44.00



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BEVERAGE MENU

Available from 11.00am - 9.30pm

REDS

	Glass	Bottle
Bancroft Bridge Shiraz Cabernet Riverina, NSW	\$9.00	\$35.00
Zeppelin 'Big Bertha' Shiraz Barossa, SA	\$10.00	\$42.00
Indigo 'Secret Village' Shiraz Beechworth, Victoria		\$82.00
Sticks Cabernet Sauvignon Yarra Valley, Victoria	\$12.00	\$55.00

CIDERS

Bulmers Original Cider		\$10.00
Cheeky Rascal MEXICAN (Apple, Lime, Mint & Chilli) 500ml		\$18.00
Cheeky Rascal VIETNAMESE (Lychee, Strawberry & Pear) 500ml		\$18.00

BEERS

Cascade Light		\$6.50
Toohy's Extra Dry		\$7.00
Pure Blonde		\$7.00
Kingfisher Premium Lager		\$10.00
Pirate Life Pale Ale (Can)		\$12.00
Hobo Brewing Session Ale (Can)		\$12.00

SOFT DRINKS & JUICES

Coke, Coke No Sugar, Lift, Sprite		\$4.00
Apple, Orange, Pineapple juice		\$4.80
Capi Grapefruit 250ml		\$5.00
Capi Cranberry 250ml		\$5.00
Capi Blood Orange 250ml		\$5.00

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