

BODY AND SOUL

IN-ROOM DINING



FIVE STEPS TO BETTER NUTRITION

01 HEALTHY EATING ON THE ROAD

Eating when you travel can challenge the waistline as well as good nutrition sense. At Crowne Plaza Hotels, eating well, keeping fit and feeling good isn't a problem. In fact, it's one of our specialties. Simply try one of the delicious starters or main meals on our BODY AND SOUL in-room dining menu and combine it with a 30 minute session in the gym. It's a sure fire way to refresh the body and mind and give you the energy to take on the challenges that lay ahead.

02 SMART CARBS

Often feel fatigued and hungry just one hour after eating? To help avoid this, include some low glycemic index (GI) foods in your meals. Low GI foods are digested slowly and provide a sustained release of energy to the body, which helps keep energy levels high and hunger pangs at bay. Pasta, noodles, legumes (e.g. beans, split peas & lentils), sweet potato and corn on the cob are some examples of low GI foods. Many of the choices on the BODY AND SOUL menu are based on low GI choices to help keep you going throughout the day and even well into those busy evenings.

03 FAT MATTERS

As they say, 'oils ain't oils' - some fats are good for the heart, whereas others are not. The 'good fats' include monounsaturated fats (found in avocado, olive & canola oil, nuts and seeds) and polyunsaturated fats (found in oils like sunflower & soybean, fish, nuts and seeds). The key is to enjoy the 'good fats' in moderation - for example, enjoy fish at least twice a week, choose lean meats and meals with the good fats and use margarine spreads instead of butter. Our BODY AND SOUL menu incorporates a variety of the 'good fats' to help keep you healthy on the inside.

04 VEG OUT

The magic 5 - that's how many serves of vegetables nutritionists recommend you eat every day to help keep the body in prime shape. A sample 'serve' of vegies is 1 cup of cooked vegetables; 1 cup of cooked dried beans, peas or lentils; 1 cup of salad vegetables; or 1 potato. The key is to eat a wide variety every week, as every vegetable provides a unique benefit. On our BODY AND SOUL menu, there are several delicious vegetable and salad selections to choose from, to help you reach your goal of 5 a day.

05 SIZING UP HEALTHY SERVINGS

Ever wondered what proportion of different foods should make up a healthy main meal? Picture a dinner plate with one half of it filled with vegetables or salad, one quarter filled with lean meat, fish or legumes and the other quarter filled with a carbohydrate food like rice, noodles or pasta. For a tasty, healthy meal which follows these principles, take a look at our BODY AND SOUL in-room dining menu.

BODY AND SOUL

REVITALIZE YOURSELF WITH PROPER NUTRITION

The BODY AND SOUL in-room dining menu has been exclusively developed for Crowne Plaza Hotels and Resorts with input from leading nutritionists. These meals have been designed with three things in mind – food to nourish the body, refresh the mind and fulfil the soul. Many different elements of good nutrition are captured in this menu, like low GI carbohydrates for sustained energy, omega-3 fatty acids for a healthy heart and quality fresh vegetables for good health and wellbeing. It's the ideal choice for those who wish to eat right while still enjoying the full flavours of a chef-prepared meal. We invite you to savour the flavour and reap the benefits!

SIT DOWN TO DINE WITH AN OLD FAVOURITE

Sometimes we all feel like something a little more familiar, so Crowne Plaza also offers a selection of traditional chef-prepared meals, ranging from beef rib eye to a light Caesar salad. After all, there's nothing like a classic every now and again.

Breakfast orders

Please refer to the breakfast order form hanging from your guest room front door.

All menu items are available between 10am and 9pm.

For orders after 9pm please refer to our late night menu items. A \$4.50 service charge applies to all orders.

Late night menu items are available between 9pm and 11pm. These are the items indicated by * on the individual items.

STARTERS

SMOKED TASMANIAN SALMON

with potato pancake, nashi pear, pickled Spanish onion and grilled asparagus

478 CALORIES*	OMEGA-3	\$13.50
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GRILLED PRAWN SALAD *

with ciabatta croutons, tomato, witlof and avocado, basil and tarragon salsa

354 CALORIES*	LOW FAT	\$13.50
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HONEY PUMPKIN AND CASHEW SALAD *

with Persian feta, roquette, deep fried shallots, Spanish onion and honey mustard dressing

246 CALORIES*	VEGETARIAN	GLUTEN FREE	\$15.50
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MAINS

PUMPKIN AND CHILLI RAVIOLI GRANDE

with romesco, reduced balsamic and crispy fried eggplant skin

644 CALORIES*	VEGETARIAN	\$18.00
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PAN FRIED LOCAL SNAPPER

on risotto with ruby grapefruit and fennel salad

694 CALORIES*	OMEGA-3	\$25.50
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FROM THE GRILL

Cooked to your liking with your choice of side dish as an accompaniment:

BARRAMUNDI

with salsa verde

LAMB RUMP

with Tuscan relish

100-DAY GRAIN FED BEEF RUMP

with braised oyster mushrooms

FREE RANGE CHICKEN BREAST

watercress tabbouleh and lemon olive oil

\$32.00

* Available between 9 -11PM

All values are per serve approximates and may vary according to seasonal variability.

SIDES

ASIAN STEAMED GREENS

including Chinese broccoli, bok choy, snake beans served with kecap manis

127 CALORIES*	LOW FAT	VEGETARIAN	\$8.00
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GARDEN SALAD *

with mesclun greens, snowpea tendrils, cress, mung beans and soft herb vinaigrette

159 CALORIES*	LOW FAT	VEGETARIAN	\$8.00
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STEAMED ASPARAGUS

with pistachio dressing

233 CALORIES*	VEGETARIAN	\$8.00
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CHUNKY CHIPS *

with aioli

971 CALORIES*	\$8.00
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CLASSICS

GRILLED CIABATTA

with Persian fetta, Cobram estate extra virgin olive oil and dukkah (v)

	\$10.00
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WARMED PUMPKIN BREAD

marinated gordal olives and vincotto (v)

	\$8.00
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CAESAR SALAD *

baby cos lettuce, parmesan, croutons, anchovies, maple bacon, aioli and a soft poached egg

Entree	\$15.50
Entree, with chargrilled free range chicken breast	\$16.50

GRILLED BLACK ANGUS STEAK SANDWICH *

on Turkish bread with Tuscan relish and thick cut chips

	\$15.00
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SALT AND PEPPER SQUID

with herb salad, house made sambal and aioli

	\$18.50
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* Available between 9 -11PM

DESSERTS

SEASONAL FRUIT PLATTER

with passionfruit pulp, spear mint leaves and King Island cinnamon yoghurt

	\$12.00
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TIRAMISU *

layered with espresso soaked sponge, mascarpone & liqueur. Finished with macerated cherries and biscotti

	\$12.00
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COCONUT AND PASSIONFRUIT TART *

with marscarpone, toasted coconut and caramalised citrus zest

	\$12.00
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CHEESE SELECTION *

Kingaroy brie, Gallozola blue with pear paste, dried fruit and crackers

	\$12.00
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KIDS MENU

KIDS LINGUINI BOLOGNAISE

	\$10.00
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KIDS CHICKEN NUGGETS AND CHIPS

	\$10.00
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KIDS FISH BITES AND SALAD

	\$10.00
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KIDS TOASTED HAM AND CHEESE SANDWICH

	\$10.00
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All kids meals served with ice cream and choice of toppings or fruit and sorbet

* Available between 9 -11PM

BEVERAGES

COFFEE

To order your fresh espresso coffee dial room service.

Per serve	\$4.00
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BEER

Pure Blonde Low Carb Beer
(70% lower in kilojoules than standard beer)

Hahn Premium Light

Tooheys New

Cascade Premium Light

	\$5.50
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SPARKLING

Chandon NV: Yarra Valley, Vic

By glass	\$9.00
By bottle	\$49.00

Moët & Chandon Brut Imperial: Epernay, France

By bottle	\$110.00
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WHITE

Paulettes Polish Hill River Reisling: Clare Valley, SA

By glass	\$9.00
By bottle	\$45.00

Sirromet "Seven Scenes" Chardonnay: Granite Belt. QLD

By glass	\$8.00
By bottle	\$40.00

Summerhouse Sauvignon Blanc: Marlborough, NZ

By glass	\$9.00
By bottle	\$45.00

Chapel Hill Verdelho: McLaren Vale, SA

By bottle	\$38.00
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RED

Stumpy Gully Pinot Noir: Mornington Peninsula, VIC

By glass	\$8.00
By bottle	\$45.00

Norfolk Rise Merlot: Mt Benson, SA

By glass	\$7.50
By bottle	\$35.00

Jim Barry Coverdrive Cabernet Sauvignon: SA

By glass	\$8.00
By bottle	\$45.00

Mountadam Shiraz: Barossa Valley, SA

By glass	\$7.50
By bottle	\$35.00



CROWNE PLAZA®

HOTELS & RESORTS