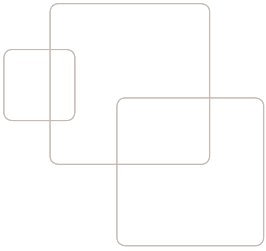


DINING IN



# 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.

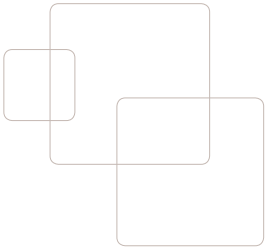
## 3. VEGIE ENERGY

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.

*Dial 5 to place your order of tasty food presented in environmentally friendly disposable containers - a value for money alternative to traditional room service*



# HEALTHY CHOICES

11:00AM - 10:30PM

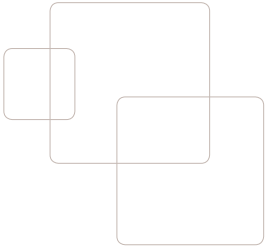
Roasted vegetable and lentil soup with yoghurt 12.00  
Low Kilojoule | Low Fat | Low Salt | Nutrient Rich | Gluten Free | Vegetarian

Grilled chicken salad with cos lettuce, spanish onion, cherry tomatoes, local olives,  
cucumber and chickpeas with herb dressing 16.00  
High Protein | Nutrient Rich | Gluten Free | Healthy Oils

Smoked ocean trout salad with green beans, local olives, cherry tomatoes, egg, rocket,  
onion and olive oil dressing 18.50  
High Protein | Low Carbohydrate | Gluten Free | Healthy Oils

Fettuccini with rocket, basil pesto, tomato, roasted capsicum, olives and fresh shaved  
parmesan 28.00  
Low Fat | Vegetarian | High in Fibre | Nutrient Rich

*Dial 5 to place your order of tasty food presented in environmentally friendly disposable containers -  
a value for money alternative to traditional room service*



# FROM THE RESTAURANT

## 6:00PM - 9:30PM

### MAIN MEAL

Braised beef cheeks set on mash potato dressed with caramelized onion and thyme	32.00
Adelaide market fish braised cannellini beans with local chorizo and tomato, sauce romesco	32.00
Roasted chicken breast on cumin and honey roasted carrots	30.00

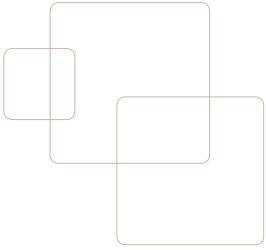
### SIDES

Wedges served with with sour cream and sweet chilli sauce	10.00
Thick-cut fries accompanied by green onion and caper mayonnaise	7.50

### DESSERTS

White chocolate pannacotta with raspberry sauce and roasted hazelnuts	16.50
Cheese platter Selection of soft and semi hard cheese with local dried fruit, nuts and walnut bread	18.00

*Dial 5 to place your order of tasty food presented in environmentally friendly disposable containers - a value for money alternative to traditional room service*

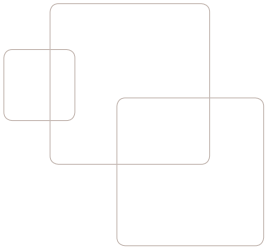


# CLASSICS

11:00AM - 10:30PM

<b>Beef burger</b> with grilled bacon, onion, egg, beetroot, salad and fries	16.50
<b>Steak sandwich</b> scotch fillet, onion, salad and fries	16.50
<b>Club sandwich triple decker</b> with lachschenken, fried egg, chicken, tomato and lettuce	16.00
<b>Damper roll</b> filled with smoked trout, avocado, lettuce, red onion and lemon mayonnaise	14.00
<b>Grilled chicken Caesar salad</b> with cos lettuce tossed with bacon, parmesan, croutons and traditional dressing	18.00

*Dial 5 to place your order of tasty food presented in environmentally friendly disposable containers - a value for money alternative to traditional room service*



# JUNIOR MENU

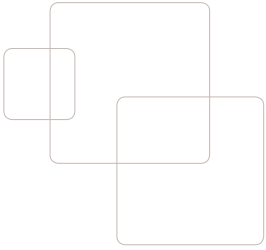
11:00AM - 10:30PM

Balanced healthy and delicious menu for kids aged 12 years and under

**ALL MAIN COURSES COME WITH CHERRY TOMATOES, CARROT STICKS, LETTUCE OR BROCCOLI**

Grilled chicken fingers in a pita wrap	9.50
Grilled boneless fish fillet with thick chips	9.50
Grilled fillet steak with baked potato and corn on the cob	9.50
Spaghetti Bolognese	9.50
Hamburger on a bun with lettuce and tomato	9.50
Pizza with ham, pineapple and cheese	9.50
Sandwich with your choice of two fillings: chicken, ham, avocado, cheese, tomato, lettuce, vegemite or peanut butter	5.50

*Dial 5 to place your order of tasty food presented in environmentally friendly disposable containers -  
a value for money alternative to traditional room service*



# JUNIOR MENU

11:00AM - 10:30PM

## DESSERT

Seasonal fresh fruit  
served plain or with your choice of ice cream or frozen yoghurt 5.50

Ice cream or frozen yoghurt  
your choice of 1 or 2 scoops served in a bowl 5.50

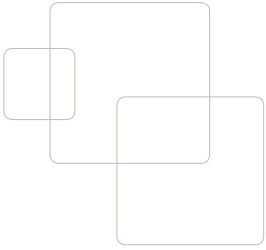
## DRINKS

Milkshakes  
chocolate, strawberry, caramel or vanilla 4.00

Banana Smoothie 5.00

Apple, orange or pineapple juice 2.50

*Dial 5 to place your order of tasty food presented in environmentally friendly disposable containers - a value for money alternative to traditional room service*

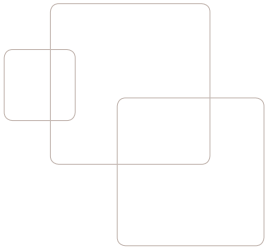


# SHARED MENU

## Available 24 Hrs

<b>Barossa platter</b>	18.00
with Maggie Beer pate, Domenic's olives, lachschen, mettwurst, Zimmys relish and Apex Bakery bread	
<b>Cheese platter</b>	18.00
selection of soft and semi hard cheese with local dried fruit, muscatels, nuts and walnut bread	
<b>Vegetarian platter</b>	17.00
with mushroom pate, capsicum pate, marinated mushrooms, grilled vegetables, local olives, vintage cheddar and Apex Bakery bread	

*Dial 5 to place your order of tasty food presented in environmentally friendly disposable containers - a value for money alternative to traditional room service*



# BEVERAGE MENU

**ALL WINE PRICES ARE PER BOTTLE**

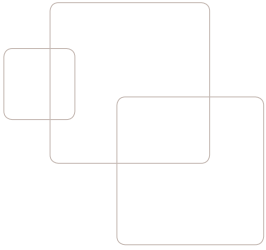
## **SPARKLING WINE**

Jacobs Creek Cuvee Brut	32.00
Trevor Jones The Boot Black Cuvee	35.00
Wolf Blass Gold Label Pinot Noir Chardonnay	60.00

## **WHITE WINE**

Penfolds Koonunga Hill Autumn Riesling	42.00
Squealing Pig Sauvignon Blanc, Marlborough, NZ	44.00
Whistler Audrey May Semillon Sauvignon Blanc	43.00
Grant Buge GB Range Chardonnay (187ml)	10.00
Jacobs Creek Chardonnay	32.00

*Dial 5 to place your order*



# BEVERAGE MENU

## RED WINE

Vinecrest Merlot	45.00
Grant Buge Gb Range Cabernet Shiraz (187ml)	10.00
Jacobs Creek Shiraz Cabernet	32.00
Penfolds Koonunga Hill 76 Shiraz Cabernet	42.00
St Hallett Faith Shiraz	50.00
Jacobs Creek Reserve Cabernet Sauvignon	44.00

*Other wines available on request*

## BEERS

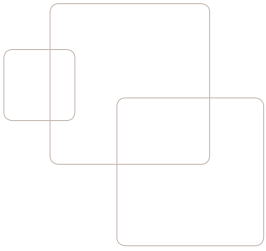
Cascade Premium Light	6.50
Crown Lager	8.00
Corona	9.00

## SOFT DRINK

Cans of Soft Drink	3.50
--------------------	------

*Dial 5 to place your order*





*Dial 5 to place your order of tasty food presented in environmentally friendly disposable containers -  
a value for money alternative to traditional room service*