



in-room dining

B O D Y A N D S O U L



BODY AND SOUL

Sticking to a diet when you're travelling can be tough. Finding nutritious food you actually want to eat, or keeping your resolve to stick to an eating plan, is always harder when you're away from home.

By dipping into the Crowne Plaza Body and Soul in-room dining menu, you'll be selecting from a range of restaurant-quality meals that don't sacrifice flavour to help you eat well. Thanks to input from a group of leading Australian dietitians, Body and Soul offers you a selection of nutritious, portion-controlled meals designed to appeal to your taste and nutrition preferences.

Our chefs use fresh, seasonal and local ingredients for their Body and Soul creations, inspired by global cuisine and catering to a range of tastes and dietary requirements. Of course, no in-room dining menu would be complete without the traditional favourites – so Body and Soul also offers a selection of classics for when you just need to reward yourself.

We hope you enjoy it and would love your feedback.



Gavin Robertson
Executive Chef – Body and Soul
Crowne Plaza Hotels & Resorts

LF Lower Fat

g Gluten Free

Ω³ Omega-3

F Higher Fibre

P High Protein

V Vegetarian

GL Lower GI Carbohydrates

🕒 24 Hours

All menu items are available between 11am and 11pm.

For orders after 11pm please refer to menu items marked as "24 Hour Availability".

A service charge applies to each delivery of \$5.00 to Hotel Rooms and \$10.00 to Villas.

Please note a merchant service fee of 1.5% will apply to all credit card payments.

You are welcome to change your preferred method of payment upon checkout to cash or EFTPOS, if you wish to avoid the credit card surcharge.



CROWNE PLAZA
HOTELS & RESORTS

starters

LOBSTER BISQUE

Lobster bisque with crustacean oil and saffron crème fraiche

\$22.00



CRUSTED SEARED TUNA

Sesame wakame crusted seared tuna with wasabi, melon caviar and glass noodle salad

\$23.00



SMOKED QUAIL

Green tea smoked quail on white bean purée, baby endive with citrus ponzu reduction

\$23.50



SWEET POTATO, GOATS CHEESE AND THYME RAVIOLI

Sweet potato, goats cheese and thyme ravioli with ginger caramel, red pepper chutney and fried leek

\$19.50



KING PRAWN SALAD

Fresh king prawn salad with green paw paw, cashew and crisp vegetable with a light nam jim

\$22.50



mains

CORN-FED CHICKEN SUPREME

Grilled corn-fed chicken supreme with pickled ginger risotto, wilted greens and a teriyaki reduction

\$32.50



GRILLED VEGETABLE AND FETA TERRINE

Grilled vegetable and feta terrine, truffled crème fraiche and micro herb panaché

\$27.50



WHITE PYRENEES LAMB LOIN

White Pyrenees lamb loin, summer bean cassoulet, Congo potato purée and balsamic jus

\$37.00



PAN FRIED BLUE EYE COD

Pan-fried blue eye cod on creamy mashed potato with preserved lemon, caper berry butter sauce, pickled fennel and baby spinach

\$36.50



CONFIT DUCK LEG

Confit duck leg with creamed balsamic lentils and spring baby vegetables

\$33.50



Please inform us of any special dietary or allergen requirements

All prices are inclusive of GST

YOUR WAY

grill

sides

CHOOSE FROM...

- 200gm Salmon fillet
- 200gm Blue eye cod fillet
- 250gm Organic corn-fed chicken breast
- 350gm Grainge beef rib eye on the bone
- 250gm Grainge beef sirloin

CHOOSE

1

ACCOMPANIED BY

- New potatoes with butter and fresh garden herbs
- Creamy garlic mashed potato
- Chunky chips
- Steamed broccolini
- Seasonal vegetables

CHOOSE

2

FINISH WITH...

- Creamy mushroom sauce
- Hunter merlot jus
- White anchovy butter
- Pink peppercorn jus
- Teriyaki reduction

CHOOSE

1

\$39.50

Please inform us of any special dietary or allergen requirements

TOMATO FETA SALAD

Red chard, truss tomato and Persian feta salad

\$8.00

V

GARDEN SALAD

Mixed lettuce leaves with tomato, cucumber, Spanish onions and vinaigrette

\$8.00

V

NEW POTATOES

New potatoes with butter and fresh garden herbs

\$8.00

G

MASHED POTATOES

Creamy mashed potato

\$8.00

V

CHUNKY CHIPS

Chunky chips with garlic aioli

\$8.00

L

STEAMED BROCCOLINI

Steamed broccolini, sea salt and butter

\$8.00

LF G

SEASONAL VEGETABLES

Chef's selection of seasonal vegetables

\$8.00

V G

classics

HERB AND GARLIC BATARD

Roast garlic and parsley butter
\$8.00

CAESAR SALAD

Cos lettuce, croutons, crispy bacon, free range egg, shaved parmesan tossed with anchovy based mayonnaise dressing
\$19.00 With char-grilled chicken breast **\$23.50**

CROWNE CLUB SANDWICH 🕒

Smoked turkey breast, bacon, egg, avocado, lettuce, tomato, mayonnaise and chunky chips
\$21.00

GRILLED BEEF BURGER

Angus beef pattie, fried egg, cheddar cheese, tomato, cos lettuce, beetroot, onion jam and chunky chips
\$23.50

GRILLED CHICKEN BURGER

Chicken breast, cheddar cheese, bacon, avocado, cos lettuce, tomato, mayonnaise, chilli jam and chunky chips
\$22.00

FISH AND CHIPS 🕒

Tempura fish fillets, chunky chips, lemon and tartare sauce
\$25.50

TOASTED CHEESE SANDWICH

Cheddar cheese on toasted white or wholemeal bread with additional choice of tomato, ham or chicken
\$16.00

VEGETARIAN PIZZA 🍃

Italian tomato sauce, zucchini, eggplant, Spanish onion, semi dried tomato, feta, basil and mozzarella cheese
\$19.50

MARGHERITA PIZZA 🕒 🍃

Italian tomato sauce, fresh tomato, basil and mozzarella cheese
\$16.50

PASTA BOLOGNAISE 🕒

Spaghetti with lean beef mince, tomato and fresh basil sauce, shaved parmesan
\$24.50

BUTTER CHICKEN 🕒

Creamy butter chicken served with jasmine rice
\$25.00

SEAFOOD PAPPARDELLE 🍷

Fresh pappardelle pasta with marinated Fremantle octopus, Cloudy Bay clams, blue mussels and seasonal fish tossed in extra virgin olive and blistered cherry truss tomato
\$38.00

desserts

CHEESE PLATE 🕒

Hunter Valley washed rind, Binnorie brie, Harrigans cheddar or Pokolbin club blue served with assorted crackers, dried fruits and quince paste. *Please choose two of the above cheeses per plate*
\$22.00

SEASONAL FRUIT PLATE 🕒 LF

Fresh seasonal fruits, natural yoghurt and passionfruit sauce
\$12.50

VANILLA PANNA COTTA

Vanilla bean panna cotta with mojito jelly, pineapple crisp and candied lime zest
\$15.00

SUMMER PUDDING

Summer berry pudding with morello and wild Italian cherries, boysenberry foam and clotted cream
\$15.00

BLOOD ORANGE BRULÉE TART

Blood orange brulée tart with pistachio praline and kaffir lime leaf sorbet
\$15.00

kid's menu

mains

FISH AND CHIPS

With tartare sauce and garden salad

LEAN BEEF BURGER

On white bun with lettuce, tomato, cheddar cheese and tomato sauce served with chips

PASTA BOLOGNAISE

Spaghetti with lean beef mince, tomato sauce and shaved parmesan

PIZZA

With ham, pineapple and mozzarella cheese

CHICKEN TENDERLOINS

With chips, ranch dipping sauce and garden salad

TOASTED SANDWICH

On white or wholemeal bread with ham, tasty cheese and chips

KID'S STEAK

With mashed potato and seasonal vegetables

desserts

VANILLA ICE CREAM CUP

CHOCOLATE MUD CAKE

With chocolate sauce

FRUIT SALAD

Fresh seasonal fruit salad with natural yoghurt

STRAWBERRIES, JELLY AND CUSTARD

Strawberries and jelly with vanilla custard

KID'S MENU \$15.00

Inclusive of dessert and a can of soft drink or bottled water / fruit juice

Please inform us of any special dietary or allergen requirements

beverages

WINE

Sparkling

Yellowglen "Yellow" Sparkling, NV, South
Eastern Australia, 200ml \$9.50

White

Brancott Estate Sauvignon Blanc \$9.00
Marlborough NZ, 187ml

Wyndham Estate 222 Chardonnay \$8.50
Multi Regional Australia, 187ml

Red

Wyndham Estate 555 Shiraz \$8.50
Multi Regional Australia, 187ml

Wyndham Estate 444 Cabernet Sauvignon \$8.50
Multi Regional Australia, 187ml

Please ask us for more wine selections available by the bottle

BEER

Stella Artois \$9.00

Corona \$9.00

Crown Lager \$9.00

Cascade Premium Light \$5.00

Low Carb

Carlton Pure Blonde \$6.50

JUST SQUEEZED JUICE

Orange, 300ml \$4.00

Apple, 300ml

Pineapple, 300ml

COFFEE & TEA

Espresso Varieties

Espresso | Cappuccino | Flat White | Café Latte \$4.00

Tea

Refresh – Green Tea & Lemon \$4.00

Calm – Chamomile

Uplift – Earl Grey

Relax – Rooibos & Vanilla

Restore – Green Tea & Jasmine

Chai Latte \$4.00

Hot Chocolate \$4.00

Iced Coffee \$5.00

SMOOTHIES & MILKSHAKES

Lite Banana Smoothie \$6.00

LF

Milkshakes: Chocolate, Strawberry, Vanilla \$5.00

SOFTDRINKS

Coke | Diet Coke | Coke Zero | Sprite | Fanta | Lift, 375ml \$4.00

Cascade Ginger Beer, 375ml \$5.50

Acqua Panna Mineral Water, 500ml \$7.00

San Pellegrino Sparkling Mineral Water, 500ml \$7.00



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CROWNE PLAZA

HOTELS & RESORTS

THE PLACE TO MEET.