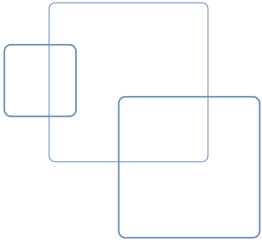


DINING IN



in room A FRESH START
breakfast
6:00AM – 10:30AM

French Toast 18.00

Served with berries and maple syrup

Low fat

Rise and shine omelette 18.00

Your choice of filling combination

Mushroom, tomato, fresh herbs, ham and cheese

Served with grilled tomato and hash brown

Buttermilk Pancakes 18.00

Stacked with hazelnut praline butter

Scrambled free range eggs with olive flutes 18.00

Accompanied with spicy chorizo and rocket salad

Sunrise Breakfast 25.00

Two free range eggs cooked to your liking, bacon, chipolata sausages, tomato, sautéed mushrooms and hash browns

Bakery Basket 15.00

Butter croissant, Danish pastry, fruit muffin and jam donut

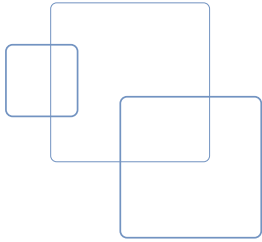
With your choice of marmalade, jams, honey and butter

Bircher Muesli 12.00

Served with berry compote, almonds and low fat yoghurt

Low GI | nutrient rich | high fibre

Please dial 4 before midnight and your breakfast will be delivered at your requested time



in room A FRESH START
breakfast
6:00AM – 10:30AM

Smoked Salmon Bagel 18.00

Served with red onion, cream cheese, caper berries & rocket salad

Low fat | high protein

Tropical fruit Salad 15.00

Served with low fat vanilla yogurt

Low fat | low kilojoules | high fibre

SIDES each 5.00

Roasted tomatoes, bacon, chipolata sausages, mushrooms, hash browns

DRINKS

Coffee 5.00

Cappuccino, café latte, long black, flat white, macchiato, short black

Hot Chocolate 5.00

Tea by T2 6.00

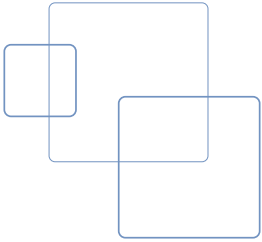
Smoothies 8.00

Banana, mixed berry

Selection of Juices 5.00

A choice of orange, apple, grapefruit, tomato or pineapple

Please dial 4 before midnight and your breakfast will be delivered at your requested time



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

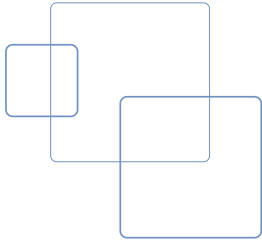
Healthy oils are unsaturated fats that can help lower the risk of heart disease. Our healthy choice in-room menu has substituted saturated fats with healthy oils that can help lower cholesterol and improve blood pressure.

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

6:00PM – 10:00PM

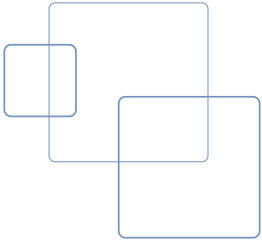
LIGHT MEAL

- Roasted vegetable and lentil soup with yoghurt** 14.00
Low Kilojoule | Low Fat | Low Salt | Nutrient Rich | Gluten Free | Vegetarian
- Grilled tandoori spiced chicken breast over mesclun with raita** 22.00
Low Carbohydrate | High Protein
- Thai Beef Salad served with rice noodles, chilli, basil, mint, cashew nuts and drizzled with Nam Jim Dressing** 22.00
Low Fat | High Protein
- Chilled prawn salad served on baby lettuce leaves topped with a roasted corn and tomato salsa** 24.00
Low Kilojoule | Low Fat | High in Fibre | Nutrient Rich

MAIN MEAL

- Grilled salmon nicoise salad with green beans, steamed chats, black olives, roma tomato, boiled eggs and anchovies** 36.00
High Protein | Low Carbohydrate | Gluten Free | Healthy Oils
- Fettuccine with zucchini, rocket, basil, tomatoes, lemon and pine nuts** 24.00
Low Fat | Vegetarian | High in Fibre | Nutrient Rich
- Baked blue eye cod with a fresh herb crust served in a saffron broth with asparagus, leek, fennel and tomato** 38.00
Low Fat | High Protein | High in Fibre | Nutrient Rich
- Roasted lamb rump with fresh herbs and garlic on roasted root vegetables** 36.00
High in Fibre | Low Salt | Gluten Free

Dial 4 to place your order



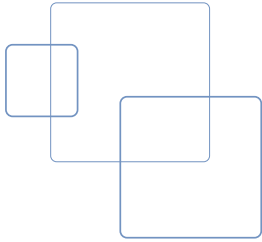
FROM THE RESTAURANT

6:00PM – 10:00PM

ENTREE

Soup of the day		14.00
Tasmanian oysters	½ doz	22.00
Served natural, smoked cheddar mornay or kilpatrick	1 doz	40.00
Roast pumpkin, caramelised shallot and goats cheese tart		20.00
Accompanied by a wild rocket, almond salad and a dash of truffle oil		
Smoked salmon and potato galette		23.00
On a bed of sautéed baby spinach & topped with beurre blanc sauce		
Crab ravioli		23.00
with a creamy tomato and fresh herb sauce		

Dial 4 to place your order



FROM THE RESTAURANT

6:00PM – 10:00PM

MAIN

Pumpkin and basil pesto risotto	30.00
Duck confit with bean and chorizo cassoulet Served with baked kipfler potatoes & red wine jus	38.00
Pork and mushroom wellington on bacon & leek potato rubble, dressed with tarragon jus	39.00

FROM THE GRILL

All steaks served with a choice of herb roasted potatoes, french fries or creamy potato mash
Optional accompaniments: red wine jus, creamy mushroom sauce or seeded mustard jus

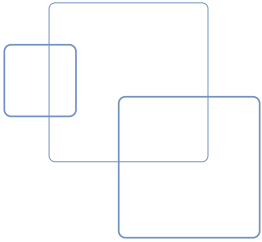
Local Gippsland beef tenderloin 200g	38.00
Grass fed porterhouse steak 300g	36.00
Grain fed rib eye steak 300g	42.00

SIDE DISHES

each 10.00

Herb roasted potatoes; roquette, pear & parmesan salad; french fries;
steamed panache of seasonal vegetables; fresh garden salad

Dial 4 to place your order



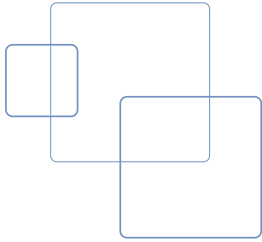
FROM THE RESTAURANT

6:00PM – 10:00PM

DESSERT

Chocolate fondant with Movenpick hazelnut ice cream	14.00
Trio of ice cream smooth Movenpick ice cream, a scoop each of lush flavoured strawberries, a classic pairing of rum & raisin and aromatic cappuccino For the ice cream lover who wants a little more	10.00 extra scoop 2.50
Crème caramel accompanied by citrus salad	14.00
Lemon meringue pie & raspberry fool finished with raspberry coulis	14.00
Apple and rhubarb flan with saffron mascarpone and berry compote	14.00
Selection of King Island cheese brie, blue and cheddar with quince paste, water crackers, lavosh & dried fruit	16.00

Dial 4 to place your order

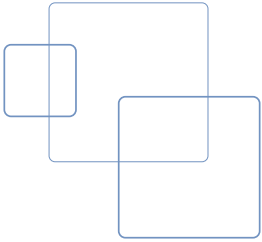


CLASSICS

11:00AM – 10:30PM

Soup of the day	14.00
Beef Burger With bacon, egg, caramelised onion, tomato chutney, cheese and fries	25.00
Club Sandwich Turkish bread, smoked chicken, bacon, swiss cheese, beetroot, egg, tomato, lettuce, mayonnaise and fries	24.00
Penne Carbonara Penne tossed through creamy white wine sauce with bacon, onion, garlic, egg yolk & parmesan	24.00
Steak Sandwich Turkish bread, caramelised onion, tomato chutney, egg, bacon, cheese & fries	26.00
Chicken Pizza Chicken, mushroom, olives, onion and basil pesto	24.00
Caesar salad Smoked chicken, boiled egg, garlic croutons, anchovies and crispy bacon	22.00

Dial 4 to place your order



JUNIOR MENU

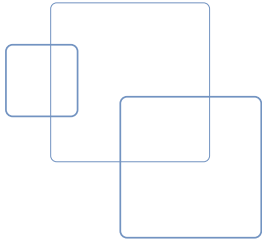
11:00AM – 10:30PM

*Please note junior menu available for children up to 12yrs

ALL MAIN COURSES COME WITH MINI SALAD OR STEAMED VEGETABLES

Ham and pineapple pizza	16.00
Junior Pasta Bolognaise sauce, Napoli sauce or Carbonara sauce	16.00
Junior Hamburger with tomato, lettuce & cheese	16.00
Beef lasagne	16.00
Grilled Steak with roast vegetables	18.00
Fish and chips with tartare sauce	16.00

Dial 4 to place your order



JUNIOR MENU

11:00AM – 10:30PM

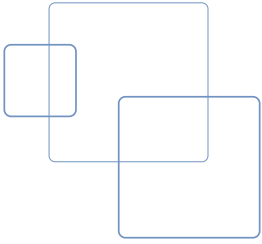
DESSERTS

Seasonal fruit salad	8.00
served plain or with your choice of ice cream or frozen yoghurt	
Ice cream or frozen yoghurt	8.00
Apple crumble	8.00
with chantilly cream or ice cream	

DRINKS

Banana smoothie	6.00
Milk shakes	6.00
Chocolate, caramel, strawberry and vanilla	
Fresh Juice	6.00
Apple, orange or pineapple juice	
Glass of milk	5.00

Dial 4 to place your order

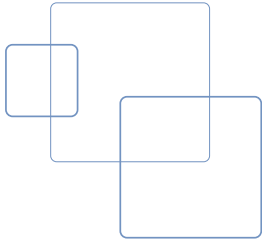


SLEEP WALKER MENU

11:00PM – 6:00AM

Soup of the day	14.00
Nachos Corn chips topped with mild tomato salsa, cheese, sour cream & guacamole	22.00
Beef lasagne with garden salad	24.00
Chicken Pizza Chicken, mushroom, olives, onion and basil pesto	26.00
Thai style vegetarian fried rice	26.00
Selection of King Island cheese brie, blue and cheddar with quince paste, water crackers, lavosh & dried fruit	16.00
Apple and rhubarb flan with saffron mascarpone and berry compote	14.00

Dial 4 to place your order



BEVERAGE MENU

CHAMPAGNE

g / b

Moët and Chandon Brut Imperial NV – France

125.00

SPARKLING WINE

Bancroft Bridge Brut – New South Wales

9.00 / 32.00

Chandon Brut NV - Yarra Valley, VIC

12.00 / 58.00

WHITE WINE

Bancroft Bridge Chardonnay – New South Wales

9.00 / 32.00

Swan Bay Pinot Grigio – King Valley, VIC

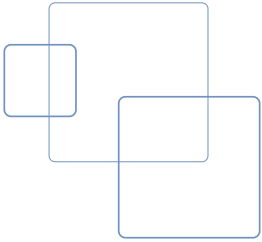
10.00 / 48.00

The Ned Sauvignon Blanc – Marlborough, NZ

10.00 / 48.00

Coldstream Hills Chardonnay - Yarra Valley, VIC

60.00



BEVERAGE MENU

RED WINE

g / b

Bancroft Bridge Shiraz Cabernet – New South Wales

9.00 / 32.00

Jacobs Creek Merlot – Barossa Valley, SA

9.50 / 35.00

Gulf Station Pinot Noir – Yarra Valley, VIC

10.00 / 38.00

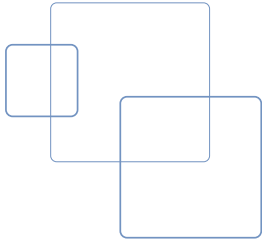
Pikes Eastside Shiraz – Clare Valley, SA

60.00

DESSERT WINE

Noble One Botrytis Semillon – Bilbul, NSW

14.00 / 54.00



BEVERAGE MENU

HOT DRINKS

Cappuccino	5.00
Espresso	5.00
Café Latte	4.00
Chai Latte	5.00
Hot Chocolate	5.00
Herbal Tea	4.00

COLD DRINKS

Soft Drink Selection	4.00
Bottled Beer Selection	from 8.00
Milk Shake	8.00

Please dial 4 for other beverage options

Dial 4 to place your order

