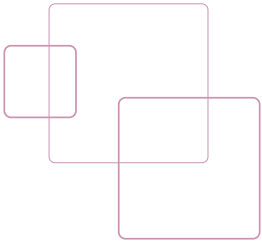


DINING IN



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

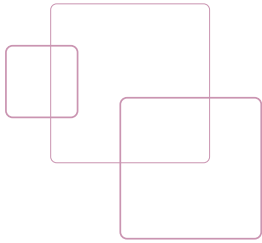
Healthy oils are unsaturated fats that can help lower the risk of heart disease. Our healthy choice in-room menu has substituted saturated fats with healthy oils that can help lower cholesterol and improve blood pressure.

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.



HEALTHY CHOICES

6:00PM – 10:00PM

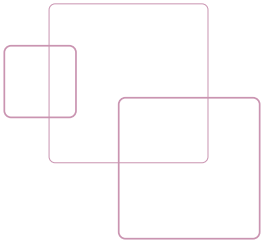
LIGHT MEAL

Chilled gazpacho soup	12.00
Low Kilojoule Low Salt Vegetarian	
Sliced smoked salmon and dill on rye with pickled red onion compote	19.00
High in Fibre High in Protein	
Grilled tandoori spiced chicken breast over mesclun with raita	18.00
Low carbohydrate High in Protein	
Hummus Vegetable Wrap	18.00
High in Fibre Vegetarian	

MAIN MEAL

Butternut pumpkin and udon noodles tossed with light coconut milk, lime and coriander	24.00
Low Fat Low Salt High in Fibre Vegetarian	
Penne pasta tossed with prawns, artichokes and tomato	26.00
High Protein High in Fibre	
Grilled lemon pepper chicken breast with thyme gremolata on steamed chats	32.00
Low Salt High in Protein Gluten Free Low Carbohydrate	
Roasted lamb rump with fresh herbs and garlic on roasted root vegetables	34.00
High in Fibre Low Salt Gluten Free	

Dial 4 to place your order



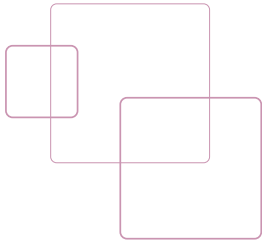
FROM THE RESTAURANT

6:00PM – 10:00PM

ENTREE

Soup of the day		14.00
Homemade Vietnamese style chicken salad with traditional sesame dressing		18.00
Dukka spiced blue swimmer crab cake served with fresh witlof & lime infused aioli		19.00
Crostini trio fresh melon, fetta & pinenuts, tomato infused mozzarella, roast pepper & olives		17.00
Tasmanian oysters freshly shucked	½ dozen	20.00
Natural, served chilled or smoked cheddar mornay	1 dozen	29.00
Seared scallop salad with candied bacon & radicchio, laced with vinnacotta dressing		19.00
Semi dried tomato & chevre ravioli finished with a red capsicum coulis, topped with parmesan cheese		17.00

Dial 4 to place your order



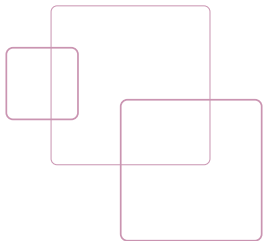
FROM THE RESTAURANT

6:00PM – 10:00PM

MAIN

Wild mushroom risotto with arugula, pecorino cheese & Kyneton olive oil	29.00
Chargrilled Wimmera region chicken breast basted with pineapple & chilli, resting on crispy herb potatoes with avocado aioli & petit salad	34.00
Gippsland beef tenderloin with wild vegetable timbale & roquette, finished with a horseradish jus	38.00
Char grilled barramundi fillet on roast capsicum & mint Israeli cous cous laced with garlic chermoula vinaigrette	38.00
Mount Leura lamb loin filled with bacon, spinach & ricotta, served on a bed of garlic and potato roesti with jus & avocado oil	37.00
Crispy skin Otway pork belly laid on a warm chorizo, green bean & chat potato salad, finished with organic apple syrup	36.00
Confit of half duck perched on a candied shallot and roma tomato salad with a pear & saffron chutney	36.00

Dial 4 to place your order



FROM THE RESTAURANT

6:00PM – 10:00PM

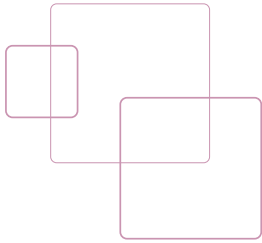
SIDE DISHES

Herb roasted Bintje potatoes	10.00
Roquette, pear & parmesan salad	10.00
Home style fries with aioli	10.00

DESSERT

Soft Italian meringue with muscat poached fruit & chantilly cream	14.00
Passionfruit bavaois with fruit syrup & caramel wafer	14.00
Bitter sweet chocolate pot accompanied with a mint crisp mascarpone and orange cointreau syrup	14.00
Selection of King Island cheese blue, brie and cheddar, matched with dried fruit, lavosh & spiced fig compote	16.00

Dial 4 to place your order

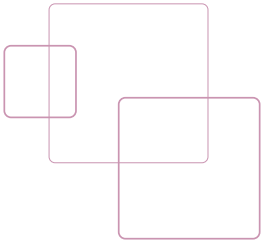


CLASSICS

11:00AM – 10:30PM

Soup of the day with a warm damper roll	14.00
Beef burger with bacon, grilled onion, egg, tomato chutney, cheese and fries	23.00
Club sandwich Turkish bread, smoked chicken, bacon, Swiss cheese, beetroot, egg, tomato, lettuce, mayonnaise and fries	23.00
Caesar salad smoked chicken, boiled egg, garlic croutons, anchovies and smoked bacon	21.00
Penne Carbonara tossed with kassler bacon through a creamy egg sauce	25.00
Fish of the Day fillet of fish, served with petit salad and homestyle chips	34.00
Gippsland Porterhouse Steak - 250g cooked to your liking and served with red wine jus and homestyle chips	34.00

Dial 4 to place your order



JUNIOR MENU

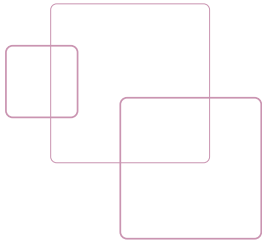
11:00AM – 10:30PM

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

ALL MAIN COURSES COME WITH MINI SALAD AND STEAMED BROCCOLI

Grilled chicken fingers in a pita pocket with cherry tomatoes	15.00
Boneless fish fillet with chunky chips	15.00
Tender lamb cutlets with green beans	15.00
Hamburger on a bun with lettuce and tomato	15.00
Grilled steak with baked potato and corn on the cob	15.00
Penne pasta with your choice of sauce, bolognaise or fresh tomato sauce or just with grated cheese	15.00

Dial 4 to place your order



JUNIOR MENU

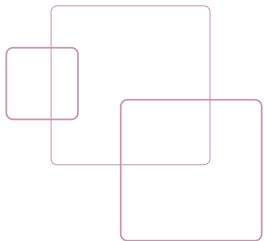
11:00AM – 10:30PM

DESSERTS

Large chunks of seasonal fruit served plain or with your choice of ice cream or frozen yoghurt	8.00
Ice cream or frozen yoghurt	8.00
Apple crumble with vanilla custard or ice cream	8.00

DRINKS

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

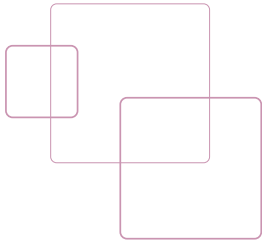


SLEEP WALKER MENU

11:00PM – 6:00AM

Soup of the day with a warm damper roll	14.00
Thai style fried rice with marinated chicken	26.00
Baked beef lasagne with a garden salad	22.00
Lamb in green curry accompanied by fragrant basmati rice	26.00
Chocolate tart with chocolate ice cream	16.00
Selection of King Island cheese blue, brie and cheddar, matched with dried fruit, lavosh & spiced fig compote	20.00

Dial 4 to place your order



BEVERAGE MENU

CHAMPAGNE

b / g

Moet et Chandon NV

120.00

Veuve Clicquot Yellow Lable Brut Piccolos (200ml)

60.00

SPARKLING WINE

Bancroft Bridge Brut

34.00 / 10.00

Orlando Trilogy Cuvee Brut

40.00 / 12.00

WHITE WINE

Jacobs Creek Riesling

36.00 / 10.00

Willowglen Chardonnay

34.00 / 10.00

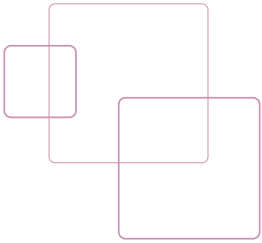
Bancroft Bridge Sem Sauv Blanc

34.00 / 10.00

Montana Marlborough Sauv Blanc

44.00

Dial 4 to place your order



BEVERAGE MENU

RED WINE

b / g

Pettavel Pinot Noir

44.00 / 11.00

Rymill the Yearling Cab Sauv

38.00 / 10.00

Jacobs Creek Merlot

36.00 / 11.00

Bancroft Bridge Shiraz Cabernet

34.00 / 10.00

Shingleback Redknot Shiraz

44.00 / 12.00

Wolf Balss Bilyara Shiraz

44.00 / 12.00

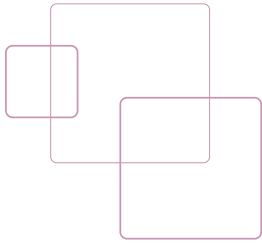
DESSERT WINE

Noble One

54.00 / 14.00

Joseph 'La Magia' Botrytis Semillon

85.00



BEVERAGE MENU

ESPRESSO COFFEE AND HERBAL TEAS

Cappuccino	5.00
Espresso	5.00
Cafe latte	5.00
Macchiato	5.00
T2 gunpowder green, earl grey, peppermint, sencha (green) lemongrass and ginger	6.00
Hot Chocolate	5.00

OTHER ALCOHOLIC AND NON-ALCOHOLIC BEVERAGES

Please dial 4 for other beverage options

