



**CROWNE PLAZA**<sup>®</sup>  
HOTELS & RESORTS



**IN-ROOM DINING  
BODY AND SOUL.**

# 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.

Executive Chef – Body and Soul  
Crowne Plaza Hotels & Resorts

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 Lower Fat


 Gluten Free

 Omega-3


 Higher Fibre

 High Protein

 Vegetarian

 Lower GI Carbohydrates

 Contains Nuts

All menu items are available between 11am and 10pm. For orders after 10pm please refer to menu items marked as 24 Hour Availability with this symbol: 

**A \$4.00 service charge applies to all orders excluding individually ordered beverages.**

A merchant service fee of 3% applies for American Express, Diners Club and JCB credit cards. A 1.5% fee applies for all other credit cards. You are welcome to change your preferred method of payment to cash or EFTPOS as these methods do not incur a fee.

# ALL DAY DINING

## BREAKFAST.

Please see the breakfast doorknob menu for our American, Australian, Continental, A la carte and Healthy breakfast options.

### ALL DAY BIG BREAKFAST \$24

Eggs cooked any style served on toast with grilled tomato, bacon, chicken herb sausage, sautéed mushrooms and hash browns.

**BAKERY BASKET** 🕒 3 Items \$10 | 5 Items \$15  
Chef's selection of bakery items

## ENTRÉES.

### BEANS AND FARRO SOUP \$14

Slow simmered cannellini beans and farro with vegetables, crushed tomatoes and herbs, served with warm brioche.

### NOODLE SOUP \$14

Chicken and wonton noodle soup with prawn dumpling, carrots and Asian greens.

### BUTTERNUT PUMPKIN SOUP \$12

Honey roasted butternut pumpkin with garlic crouté. (g available)

### PRAWN RICE PAPER ROLL \$16

Prawns, rice noodles and sprouts wrapped in rice paper served with sweet spicy sauce.

### FREEKEH SALAD \$15

Freekeh (green wheat), cauliflower, chickpea, cherry tomatoes, fresh herbs with tahini dressing. Add prawns \$8

### THAI BEEF SALAD \$20

Grilled beef, thin rice noodle, bean shoots, crispy vegetable salad with Thai chilli dressing.

### FRESH GADO GADO SALAD \$14

Fresh vegetable, boiled egg and peanut sauce.

### PRAWN AND CHORIZO LINGUINI E \$22 | M \$32

Tiger prawns, smoked chorizo, olives, cherry tomatoes, garlic, fresh chilli, and parmesan flakes.

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O<sup>3</sup> Omega-3

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🕒 24 Hour Availability

# MAINS.

## FREE RANGE CHICKEN SCHNITZEL \$30

Buttermilk crumbed chicken schnitzel topped with bbq chipotle sauce, cheese, served with chips and mixed garden salad. Add prawns \$8

## SPINACH RICOTTA RAVIOLI E \$16 | M \$24

Roasted pepper, zucchini, garlic cream, green peas, baby spinach and parmesan flakes.

## SLOW BRAISED VEAL OSSO BUCCO \$30

Herbed tomato sauce, potato puree, green beans and broccoli.

## HUON SALMON \$36

Freekeh (green wheat), cauliflower, chickpea salad, goat cheese, tahini dressing and baby carrots.

## STIR FRY NOODLES OR RICE \$16

Stir-fry vegetables tossed with tofu, curry powder and your choice of steamed rice or noodles.  
Add chicken \$5 | Add prawns \$8

## BEEF TENDERLOIN \$42

Beef cheek croquettes, potato mash, green asparagus and red wine jus.

## GRILLED STEAK SANDWICH \$28

Lightly cajun marinated 200 grams rump steak, aioli, caramelised onion on Turkish panini with crunchy chips and mixed garden salad.

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## CLASSICS.

<b>HERB AND GARLIC BATARD</b> 🕒	\$10
Roasted garlic and parsley butter.	
<b>CAESAR SALAD</b>	\$15
Cos lettuce, croutons, crispy bacon, free range egg, shaved parmesan tossed with anchovy based mayonnaise dressing. Add chicken \$5	
<b>CROWNE CLUB SANDWICH</b>	\$24
Chicken breast, bacon, egg, avocado, lettuce, tomato and basil mayonnaise on triple decker toasted white bread with crunchy chips.	
<b>GRILLED BEEF BURGER</b> 🕒	\$24
100% Grain fed beef patty, cos lettuce, tomato, cheddar cheese, dill pickle, beetroot relish, aioli and ketchup on a sesame bun with crunchy chips.	
<b>GRILLED PERI PERI CHICKEN BURGER</b>	\$24
Char grilled marinated chicken, tomato, cos lettuce, avocado, mayonnaise and chilli jam on foccacia with crunchy chips.	
<b>FISH AND CHIPS</b> 🕒	\$22
Tempura fish fillets, crunchy chips, fresh garden salad, lemon and tartare sauce.	
<b>TOASTED CHEESE SANDWICH</b> 🕒	\$18
Cheddar cheese on toasted white or wholemeal bread with additional choice of tomato, ham or chicken with crunchy chips.	
<b>WOOD FIRED PIZZA (6 INCH)</b>	\$16
Pepperoni or Hawaiian	
<b>LINGUINI BOLOGNAISE</b>	\$22
Lean beef mince with crushed tomatoes, fresh herbs and parmesan flakes.	
<b>MALAYSIAN BEEF RENDANG</b>	\$28
Beef simmered in a spicy aromatic rendang paste and coconut milk, served with jasmine rice, roti bread, cucumber salad and sambal.	

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## GRILL.

### CHOOSE ONE OF THE FOLLOWING AMAZING DISHES:

200 grams Humpty Doo burramundi

200 grams Huon Tasmanian salmon

300 grams city beef sirloin steak

300 grams veal rib eye on bone

200 grams free range chicken breast

### PAIR WITH ANY TWO OF THE FOLLOWING SIDES:

Royal Blue potato mash

Garden steamed vegetables

Fresh garden salad

Roasted vegetable medley

Crunchy chips

Spinach walnut apple salad

### TOP IT OFF WITH ONE OF THE FOLLOWING SAUCES:

Red wine | Mushroom | Béarnaise

Green peppercorn | Sweet spicy

ANY COMBINATION FOR \$40

## SIDES.

**ROYAL BLUE POTATO MASH**   \$8

Royal Blue potato whipped with butter and cream.

**STEAMED GARDEN VEGETABLES**   \$8

Chef selection of steamed vegetables.

**STIR-FRY VEGIES**  \$8

Asian vegetables tossed in soy sesame dressing.

**CRUNCHY POTATO CHIPS**  \$8

Sprinkled with sea salt.

**SPINACH SALAD**   \$8

Candied walnut, Granny Smith apple with white balsamic dressing.

**STEAMED RICE**   \$8

Steamed jasmine rice.

**ROASTED VEGETABLE MEDLEY**   \$8


Seasonal vegetables roasted with herbs.

## CONDIMENTS.


Tomato | Mustard | Mayonnaise | Tabasco

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## DESSERTS.

- CHEESE PLATE** 🕒 🇳🇵 (🍷 available) \$20  
Heritage blue, double cream brie, aged cheddar, Edam, South Cape quince paste, dried and fresh fruit and water crackers.
- SEASONAL FRUIT PLATE** 🍷 \$15  
Fresh seasonal fruits, natural yoghurt topped with Margaret River honey.
- LEMON TART** \$14  
Caramelised lemon tart, fruits of the forest sorbet and raspberry coulis.
- HOMEMADE SPICED APPLE CRUMBLE** 🍷 \$14  
With vanilla ice cream and crème anglaise.
- TRIO OF ICE CREAMS** 🍷 \$14  
3 house flavours ice cream served with strawberries, chocolate sauce and berry coulis.
- HAZELNUT CHOCOLATE GELATO CAKE** 🍷 🍳 🍷 🇳🇵 \$14  
Raspberry coulis and chocolate flakes.

## KID'S MENU.

### 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.

### LINGUINI BOLOGNAISE

Traditional bolognese sauce with fresh basil.  
(Available in Napoli sauce on request)

### HAM AND PINEAPPLE PIZZA

Smoked ham, diced pineapple, tomato sauce and mozzarella cheese.

### TOASTED SANDWICH

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Toasted ham & cheese sandwich with chips.

### CHOOSE ONE DESSERT:

#### CHOCOLATE MUD CAKE

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With chocolate sauce.

#### FRUIT SALAD

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Fresh seasonal fruit salad with natural yoghurt.

INCLUSIVE OF A CAN OF SOFT DRINK, BOTTLED WATER OR FRUIT JUICE FOR \$18 EACH

\*Available for children 12 years and under

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# BEVERAGE

## WINE.

### SPARKLING

Killawarra Sparkling (200ml bottle) \$11

### WHITE

Matua Sauvignon Blanc (187ml bottle) \$11

Wolf Blass Red Label Chardonnay (187ml bottle) \$11

Juliet Moscato (by the glass) \$11

### RED

Matua Valley Pinot Noir (by the glass) \$11

Wolf Blass Red Label Shiraz Cabernet (187ml bottle) \$11

Ingoldby Cabernet Sauvignon (by the glass) \$11

PLEASE ASK US FOR MORE WINE SELECTIONS AVAILABLE BY THE BOTTLE

## BEER.

Peroni \$10

Corona \$10

Pure Blonde \$8

Little Creatures Pale Ale \$10

## SOFT DRINKS.

Coke | Diet Coke | Coke Zero | Sprite  
Fanta | Lift, 330ml \$4.8

Cascade Ginger Beer, 330ml \$5.5

Cascade Soda Water, 330ml \$4.8

Cascade Tonic Water, 330ml \$4.8

Still Mineral Water \$6.5

Sparkling Mineral Water \$6.5



## COFFEE & TEA.

### ESPRESSO VARIETIES

Espresso | Cappuccino | Café Latte | Flat White \$4.5

### TEA

Peppermint | Earl Grey | Jasmine Green Tea  
English Breakfast | Green Tea | Chamomile \$4.5

Chai Latte \$4.5

Hot Chocolate \$4.5

Iced Coffee \$7

Iced Chocolate \$7

## SMOOTHIES & MILKSHAKES.

Low Fat Banana Smoothie \$7.5

Milkshakes: Chocolate, Strawberry, Vanilla \$7

## JUICE.

Pineapple \$4.5

Orange \$4.5

Apple \$4.5

Tomato \$4.5

Cranberry \$4.5

## FRESHLY SQUEEZED JUICE.

Celery and Carrot \$8

Apple and Ginger \$8

