

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. 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

LF Lower Fat

G Gluten Free

O³ Omega-3

F Higher Fibre

P High Protein

V Vegetarian

GL Lower GI Carbohydrates

N Contains Nuts

For orders after 10pm please refer to our Late Night Menu.

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.

BREAKFAST

AVAILABLE FROM 6.30 AM TO 10.30 AM DAILY

ROOM SERVICE BREAKFAST PRE-ORDERS

Please place your order by calling room service prior to 11 pm the night before with preferred delivery time. Orders can be made in the morning until 10 am.

A LA CARTE.

Chilled Juice	\$8
Orange Apple Pineapple Tomato	
Seasonal Fruits	\$18
Selection of minimum three varieties of fresh cut fruit	
Fruit Compotes	\$6
Peach Apricot Prunes	
Cheese Plate (N) (g) available)	\$22
Brie, cheddar, Edam, blue cheese with crackers, quince paste, dry fruits and strawberries	
Cereal	\$10
Coco Pops Sultana Bran Natural Muesli Oatmeal Porridge Bircher Muesli All-Bran Granola With hot or cold - Full Milk Skim Milk Soy Milk	
House Made Bircher Muesli	\$12
Hot Oatmeal with Honey and Raisin	\$12
With hot or cold - Full Milk Skim Milk Soy Milk	
Natural or Low Fat Fruit Yoghurt	\$6
Bakery Basket	3 items \$10 5 items \$15
Croissant Muffins Assorted Danish Mini Donuts	
Toast (3 pcs)	\$10
White Wholemeal Multigrain Raisin With - Strawberry Jam Honey Marmalade Vegemite Butter	
Fresh Loaf Bread	\$10
Sourdough Baguette Ciabatta Turkish With - Strawberry Jam Honey Marmalade Vegemite Butter	
Cold Meat	\$10
Choose Two - Ham Salami Pastrami	
Smoked Salmon	\$10

Condiments such as HP, Tomato, Barbecue, Chilli Sauce, Mustard, Mayonnaise, Tabasco and Maple Syrup are available upon request.

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HOT DISHES

Eggs your way Poached Fried Scrambled Boiled	\$12
Omelette All White Regular Fillings - Capsicum Onion Tomato Mushroom Cheese Baby Spinach	\$14
Side Dishes (per item) Baked Beans Hash Brown Sausages (chicken or pork) Bacon Baked Tomato Sauteed Mushrooms	\$3
Pancakes Maple syrup, raspberry coulis, whipped cream	\$12
Waffles Vanilla gelato, chocolate sauce	\$12
French Toast Whipped cream, raspberry compote, honey	\$12

CONTINENTAL.

\$21 PER PERSON

Chilled Juice

Orange | Apple | Pineapple | Tomato

Seasonal Fruits

Selection of minimum three varieties of fresh cut fruit

Cereal (choose one)

Coco Pops | Sultana Bran | Natural Muesli |
Oatmeal Porridge | Bircher Muesli | All-Bran | Granola
With hot or cold - Full Milk | Skim Milk | Soy Milk

Bakery Basket - Croissant | Muffins | Danish

or

Toast

Choice of - White | Wholemeal | Multigrain | Raisin
With - Strawberry Jam | Honey | Marmalade | Peanut Butter |
Vegemite | Butter

Natural or Low Fat Fruit Yoghurt

Hot Beverage (choose one)

Freshly Brewed Coffee | Hot Chocolate | Decaffeination Coffee |
Selection of tea

Condiments such as HP, Tomato, Barbecue, Chilli Sauce, Mustard, Mayonnaise, Tabasco and Maple Syrup are available upon request.

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AMERICAN.

\$29 PER PERSON

Chilled Juice

Orange | Apple | Pineapple | Tomato

Seasonal Fruits

Selection of minimum three varieties of fresh cut fruit

Cereal (choose one)

Coco Pops | Corn Flakes | All-Bran | Just Right | Weetbix
With hot or cold - Full Milk | Skim Milk | Soy Milk

Pancakes

With maple syrup, whipped cream, strawberry
or

Toast

Choice of - White | Wholemeal | Multigrain | Raisin
With - Strawberry Jam | Honey | Marmalade | Peanut Butter |
Vegemite | Butter

Natural or Low Fat Fruit Yoghurt

Two Free Range Eggs

Eggs cooked to your liking with bacon, chicken herb sausages,
grilled tomato, mushrooms with hash brown

Hot Beverage (choose one)

Freshly Brewed Coffee | Hot Chocolate | Decaffeination Coffee |
Selection of tea

AUSTRALIAN.

\$29 PER PERSON

Chilled Juice

Orange | Apple | Pineapple | Tomato

Seasonal Fruits

Selection of minimum three varieties of fresh cut fruit

Cereal (choose one)

Coco Pops | Corn Flakes | All-Bran | Just Right | Weetbix
With hot or cold - Full Milk | Skim Milk | Soy Milk

Bakery Basket - Croissant | Muffins | Danish | Mini Donuts
or

Toast

Choice of - White | Wholemeal | Multigrain | Raisin
With - Strawberry Jam | Honey | Marmalade | Peanut Butter |
Vegemite | Butter

Natural or Low Fat Fruit Yoghurt

Two Free Range Eggs

Eggs cooked to your liking with bacon, chicken herb sausages,
grilled tomato, mushrooms and pineapple with hash brown

Hot Beverage (choose one)

Freshly Brewed Coffee | Hot Chocolate | Decaffeination Coffee |
Selection of tea

Condiments such as HP, Tomato, Barbecue, Chilli Sauce, Mustard,
Mayonnaise, Tabasco and Maple Syrup are available upon request.

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ALL DAY DINING

AVAILABLE FROM 10.30 AM TO 10.00 PM DAILY

ENTRÉES.

- Young Leek and Royal Blue Potato Soup** (V) \$14
Garlic ciabatta (g available)
- Wonton Noodle Soup** (O³) (LF) \$16
Prawn dumpling, poached chicken, chilli, Asian greens, soy sesame chilli dressing and lemon.
- Quinoa Chopped Salad** (V) (F) (g) \$16
Quinoa, cucumber, cherry tomatoes, cos lettuce, corn, olives, peppers, olive oil dressing
- Salt and Pepper Calamari** (O³) \$16
Mixed garden salad with wasabi soy dressing
- Thai Beef Salad** (P) (LF) (N) \$20
Grilled beef rump steak, tossed with bean sprouts, rice noodles, crispy vegetable and sweet spicy dressing, peanuts and chilli.
- Grazing Plate** (g option available) \$30
Toscana salami, beef pastrami, smoked salmon, kalamata olives, gherkins, grilled sausages, dips and garlic ciabatta.
- Chickpea Salad** (V) (LF) (g) \$16
Roasted cauliflower, baby carrots, Spanish onion, herbs, sumac dressing
- Greek Salad** (V) (LF) \$15
Spanish onion, cucumber, tomato, kalamata olives, capsicum, marinated feta, cos lettuce and ciabatta with sumac dressing. **Add peri peri chicken breast \$8**
- Garlic Ciabatta** (g option available) \$12
Dip of the day, marinated feta
- Bruschetta** (g option available) \$12
Sourdough, tomato, onion, basil salsa, marinated feta

Condiments such as HP, Tomato, Barbecue, Chilli Sauce, Mustard, Mayonnaise, Tabasco and Maple Syrup are available upon request.

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MAINS.

Linguini  	E \$20 M \$32
Crab meat, prawn cutlets, garlic cream, chilli, cherry tomatoes, fresh dill, parmesan flakes	
Crispy Potato Gnocchi 	\$25
Pumpkin, zucchini, broccolini, chilli, parmesan flakes, baby spinach.	
Free Range Chicken Schnitzel 	\$32
Buttermilk crumbed chicken breast topped with herby tomato sauce, mozzarella cheese, mixed garden salad, crunchy chips. Add prawns \$8	
Crispy Skin Salmon   	\$36
Black eyed beans, potatoes, cherry tomatoes, parsley, romesco coulis	
Slow Braised Spiced Beef Curry ( available)	\$30
Steamed jasmine rice, roti bread, pappadum, onion cucumber salad and chutney.	
Stir Fry Vegetables ( available)	\$18
Choice of hokien noodles or jasmine rice, tossed in soy and curry dressing, fresh chilli, lemon and fresh vegetables. Add chicken breast \$5 prawn cutlets \$8 pork belly \$6 beef strips \$8	
Slow Cooked Red Wine Lamb Shanks 	\$26
Mashed potatoes, green beans.	
Chickpea Masala 	\$25
Chickpea cooked in onion tomato gravy with Inidan spices and paneer, steamed jasmine rice, roti bread, pappadum, chutney.	
Braised Beef Cheek 	\$26
Potato gnocchi, parmesan flakes, baby spinach	


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MAINS CONT.

Any Combination of Below Grill Items \$43

Choose ONE of the following grill dishes:

- 200 grams salt water barramundi
- 200 grams crispy skin salmon
- 300 grams city beef sirloin steak
- 250 grams linley valley lamb cutlet
- 300 grams grass fed veal cutlet
- 200 grams free range chicken breast



Pair with any TWO of the following sides:

- Royal Blue potato mash
- Mixed garden salad
- Roasted root vegetable
- Crunchy chips
- Baby spinach, green apple and walnut salad


Top it off with ONE of the following sauces:

- Red wine | Mushroom | Béarnaise | Green peppercorn
- Sweet Spicy



SIDES.

Royal Blue 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 with aioli \$10
Sprinkled with sea salt.

Spinach Salad   \$8
Candied walnut, Granny Smith apple, parmesan flakes with white balsamic dressing.

Steamed Rice   \$8
Steamed jasmine rice.

Roasted Vegetable Medley   \$8
Seasonal vegetables roasted with herbs.


Mixed Garden Salad   \$8
Mesculin leaves and fresh vegetables

Potato Wedges  \$10
Sweet chilli and sour cream


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CLASSICS.

Herb and Garlic Batard 	\$10
Roasted garlic and parsley butter.	
Caesar Salad	\$16
Cos lettuce, croutons, crispy bacon, free range egg, shaved parmesan tossed with anchovy based mayonnaise dressing. Add chicken \$5	
Crowne Club Sandwich	\$24
Chicken breast, bacon, egg, avocado, lettuce, tomato and basil mayonnaise on triple decker toasted white bread with crunchy chips.	
Grilled Beef Burger	\$24
150 gram beef patty, cos lettuce, tomato, cheddar cheese, dill pickle, beetroot relish, aioli on brioche bun with crunchy chips.	
Grilled Peri Peri Chicken Burger	\$24
Char grilled marinated chicken, tomato, cos lettuce, avocado, peri peri mayonnaise on brioche bun with crunchy chips.	
Bombay Potato Burger  	\$20
Spiced potatoes with mustard, mint chutney, avocado, cheddar, tomatoes and lettuce on brioche roll.	
Tandoori Chicken Wrap 	\$15
Spiced chicken in Tandoori spices, mixed garden salad, mango chutney and Greek yoghurt.	
Toasted Cheese Sandwich 	\$18
Cheddar cheese on toasted white or wholemeal bread with additional choice of tomato, ham or chicken and crunchy chips.	
Linguini Bolognese	\$24
Lean beef mince with crushed tomatoes, fresh herbs and parmesan flakes.	
Fish and Chips ( available)	\$25
Tempura battered white fish fillet, crunchy chips, fresh garden salad, lemon and tartare sauce.	
Steak Sandwich 	\$26
Lightly cajun marinated 200g rump steak, aioli, caramelised onion on Turkish panini with crunchy chips and mixed garden salad.	
Stone Baked Pizza (9 inch)	\$16
- Chicken, feta, olives - Pepperoni Supreme - Smoked ham and pineapple - Peppers, onion and olives 	


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DESSERTS.

Assorted Cheese Plate ^N (^g available)	\$22
Brie, cheddar, Edam, blue cheese with crackers, quince paste, dry fruits and nuts	
Seasonal Fruit Plate ^g	\$16
Fresh seasonal fruits, natural yoghurt topped with Margaret River honey.	
Caramelised Lemon Tart ^N	\$14
Fruit of the forest sorbet, coulis	
Warm Sticky Date Pudding	\$14
Rum and raisin ice cream and caramel sauce.	
3 Gelatos ^g	\$14
3 flavours of ice cream served with strawberries, chocolate sauce and berry coulis.	
Baked Rhubarb and Apple Tart ^N	\$14
Vanilla gelato, raspberry coulis.	
Chocolate Mud Cake ^N	\$14
Vanilla gelato, chocolate flakes	

KID'S MENU.

Exclusively for children 12 years and under

CHOOSE ONE MAIN:

Fish and Chips

With tartare sauce and garden salad.

Crumbed Chicken Breast

Topped with herby tomato sauce, crunchy chips and steamed vegetables

Linguini Bolognaise

Traditional bolognaise 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

Ham cheese tomato or chicken sandwich with chips.

CHOOSE ONE DESSERT:

Chocolate Mud Cake

With chocolate sauce.

Fruit Salad

Fresh seasonal fruit salad with natural yoghurt.

Ice Cream

Chocolate sauce and strawberries.

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

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LATE NIGHT


AVAILABLE FROM 10.00 PM TO 6.30 AM

Toast with Spreads	\$10
White, Wholemeal or multigrain with a choice of honey, assorted jam, marmalade, peanut butter and butter.	
Herb and Garlic Battard 	\$10
Roasted garlic and parsley butter.	
Seasoned Potato Wedges 	\$12
With sour cream and sweet chilli sauce.	
Young Leek and Royal Blue Potato Soup  	\$14
Garlic ciabatta. ( available)	
Crowne Club Sandwich	\$24
Chicken breast, bacon, egg, avocado, lettuce, tomato and basil mayonnaise on triple decker toasted white bread with crunchy chips.	
Spinach Salad  	\$16
Baby spinach, apples and walnut salad with white balsamic dressing	
Toasted Cheese Sandwich 	\$18
Cheddar cheese on toasted white or wholemeal bread with additional choice of tomato, ham or chicken and crunchy chips.	
Tandoori Chicken Wrap 	\$15
Spiced chicken in Tandoori spices, mixed garden salad, mango chutney and Greek yoghurt.	
Fish and Chips	\$25
Tempura battered white fish fillet, crunchy chips, fresh garden salad, lemon and tartare sauce.	
Chocolate Mud Cake 	\$14
Vanilla gelato, chocolate flakes	
Trio of Ice Cream	\$14
Three house flavours ice cream with strawberries, chocolate sauce and berry coulis.	
Seasonal Fruit Platter	\$18
Fresh seasonal fruits, Greek yoghurt and honey	
Crunchy Potato Chips	\$10
Sprinkled with sea salt and aioli on the side	


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BEVERAGE

WINE.

Sparkling

Hardy's Riddle Brut Reserve (by the glass)	\$9
Brown Brother's Proceso (200 ml bottle)	\$10.5

White

Grant Burge Chardonnay (187ml bottle)	\$10.5
Grant Burge Semillon Sauvignon Blanc (187ml bottle)	\$10.5

Red

Ta_Ku Pinot Noir (by the glass)	\$11
Grant Burge Cabernet Sauvignon Shiraz (187ml bottle)	\$10.5

PLEASE ASK US FOR MORE WINE SELECTIONS AVAILABLE BY THE BOTTLE

BEER.

Stella Artois	\$9
Corona	\$9
Pure Blonde	\$9
Little Creatures Pale Ale	\$11
Little Creatures Rogers Ale	\$9

SPIRITS.

Jack Daniels	\$9
Jim Beam	\$8
Chivas Regal 12yo	\$10
Absolut Vodka	\$10
Bacardi	\$8
Markers Mark	\$9

SOFT DRINKS.

Coke Diet Coke Coke Zero Sprite	
Fanta Lift, 375ml	\$4.5
Cascade Ginger Beer, 330ml	\$5.5
Cascade Soda Water, 330ml	\$4.5
Cascade Tonic Water, 330ml	\$4.5
Santa Vittoria Still Mineral Water, 500ml	\$6
Santa Vittoria Sparkling Mineral Water, 500ml	\$6

COFFEE & TEA.

Espresso Varieties

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

Tea

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

Chai Latte \$4.5
Hot Chocolate \$4.5
Mocha \$4.5
Iced Coffee \$7
Iced Chocolate \$7
Iced Tea \$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.

Orange \$7
Apple and Ginger \$7