

BODY AND SOUL.

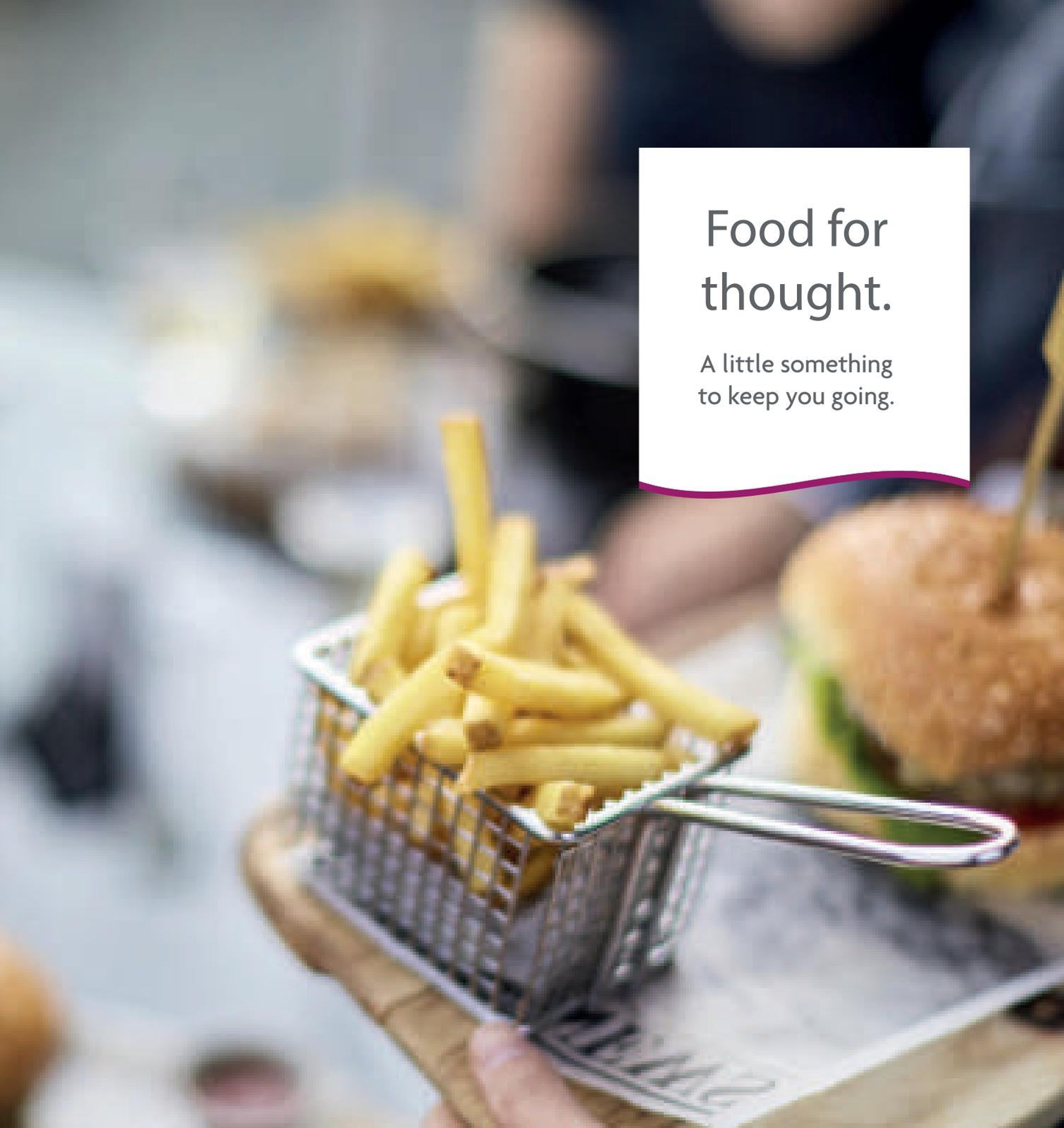
Sticking to a diet when you're travelling can be tough. Finding nutritious food you actually want to eat, or keeping your resolve to stick to an eating plan, is always harder when you're away from home.

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



Food for
thought.

A little something
to keep you going.

BREAKFAST

SET MENUS

(AVAILABLE 6AM-10:30AM)

Continental Breakfast \$30.00
(Includes a hot beverage)
Choice of Juice:
Orange, Pineapple, Apple.
Choice of Fresh Fruit or Yogurt:
Orange, Tropical, Rockmelon, Natural Yogurt, Fruit Yogurt,
Low Fat Yogurt.
Choice of 3 Bakery Items:
Croissant, Muffin, Low-Cal Muffin, Mini-Baguette, Fruit Danish,
Chocolate Danish, White Toast, Wholemeal Toast, Fruit Toast,
Gluten Free Bread, Sourdough.
Choice of 2 Spreads or Preserves:
Butter, Margarine, Nutella, Marmalade, Vegemite, Peanut Butter,
Honey, Strawberry Jam.
Choice of Cereal:
All Bran, Coco Pops, Corn Flakes, Weetbix, Toasted Muesli,
Bircher Muesli.
Choice of Milk Served Hot or Cold:
Full-Cream Milk, Low-Fat Milk, Soy Milk.

American Breakfast \$39.00
(Includes a hot beverage. Full continental breakfast
as well as hot options.)
Choice of Free-Range Port Stephens Egg Dish:
Soft Boiled, Hard Boiled, Scrambled Plain, Poached,
Fried, Omelette.
Choice of Sausage:
Beef, Chicken.
Choice of Condiment:
Chilli Sauce, Tomato Ketchup, Mustard.

Healthy Breakfast \$19.00
(Includes a hot beverage).
Three Egg White Omelette with Mushrooms, Baked Beans
and a Salad of Rocket, Tomato and Onion.

Hunter Homestay Breakfast \$19.00
(Includes a hot beverage).
Two Poached Port Stephens Eggs on English Muffins,
with Shaved Ham and Hollandaise.

Aussie Breakfast \$19.00
(Includes a hot beverage).
Smashed Avocado, Grilled Sourdough, Two Poached Port
Stephens Eggs, Cherry Tomatoes, Dukkah, Soft Herbs and
Extra Virgin Olive Oil.

ALL SET BREAKFAST INCLUDE A HOT BEVERAGE
Long Black, Cappuccino, Cafe Latte, Flat White, Mocha,
Hot Chocolate, Earl Grey Tea, Green Tea, English Breakfast,
Peppermint Tea, Chamomile Tea, Oolong Tea

A LA CARTE

(AVAILABLE 6AM-10:30AM)

Salad Bowl \$8.00
Choice of Lettuce:
Cos, Mesculan
With
Capsicum, Cucumber, Onion, Carrot, Olives, Tomato.
Choice of Dressing:
Mayonnaise, Vinaigrette.

Waffle, Pancake or Cinnamon French Toast \$15.00
Choice of:
Waffle, Pancake, French Toast.
With Choice of:
Berry Compote, Maple Syrup, Banana and
Passionfruit Compote.

Deli Platter \$18.00
Ham, Pepperoni and Smoked Chicken.

Hunter Breakfast Cheese Plate \$14.00
Harrigans Cheddar, Binnorie Dairy Brie and
Pokolbin Club Blue.

Cereal Bowl \$8.00
Cereal, Milk and a Sliced Banana
Choice of:
All Bran, Coco Pops, Toasted Muesli, Corn Flakes, Weetbix,
Bircher Muesli.
Choice of Milk Served Hot or Cold:
Full-Cream Milk, Low-Fat Milk, Soy Milk

Oatmeal Porridge \$8.00
Oatmeal, Milk and Honey
Choice of Milk Served Hot or Cold:
Full-Cream Milk, Low-Fat Milk, Soy Milk

Bircher Muesli \$10.00
Served with Dried Fruit and Seasonal Berries.

Fresh Cut Fruit Platter \$9.00
Choice of:
Orange, Pineapple, Rockmelon

Whole Fruit \$2.00
Choice of:
Orange, Banana, Apple

Fresh Fruit Salad (No Added Sugar) \$8.00

Omelette \$15.00
Three Egg Omelette with your choice of:
Ham, Cheese, Onion, Mushroom, Herbs, Spinach,
Tomato, Smoked Salmon, Egg White Only

Side Dishes \$5.00
Hash Browns, Sausage, Bacon, Mushrooms,
Tomatoes, Baked Beans

ALL DAY BREAKFAST

(AVAILABLE 6AM - 11PM)

Eggs Your Way On Toast \$18.00
Choice of Toast:
White, Wholemeal, Gluten Free
Choice of Eggs:
Soft Boiled, Hard Boiled, Scrambled, Poached, Fried,
Plain Omelette

Bakery Basket 3 Items \$10.00/ 5 Items \$12.00
Bread and toast are 2 slices, all else 1 piece.
Choice of:
Plain Croissant, Apple Muffin, Chocolate Muffin, Low-Cal
Muffin, Mini Baguette, Chocolate Danish, Fruit Danish, White
Toast, Wholemeal Toast, Gluten Free Bread, Sourdough.
Choice of 2 Spreads or Preserves:
Butter, Margarine, Nutella, Marmalade, Vegemite, Peanut Butter,
Honey, Strawberry Jam.

Set All Day Big Breakfast \$26.00
Eggs cooked any style served on toast with grilled tomato,
bacon, sausage, mushrooms and hash brown.

Soft-Poached Eggs \$15.00
With avocado, sourdough and labna.

LUNCH AND DINNER

(AVAILABLE 11AM-11PM)

ENTREES & LIGHT BITES

Cream of Cauliflower V	\$14.00
With grilled sourdough and truffle oil. (GF available)	
Tofu and Corn Gyoza with Mushroom Broth LF O P	\$16.00
Kombu and lemongrass flavoured dashi, with shiitake mushroom and shallots, and your choice of:	
Roasted Root Vegetable Soup V VE	\$14.00
With grilled sourdough. (GF available)	
Crispy Fried Chicken	\$15.00
With Sydney Cider sweet chilli sauce.	
Garlic and Cheese Bread V	\$10.00
Roast garlic and herb butter.	
Fries V	\$10.00
With aioli.	
Caesar Salad Wrap P	\$16.00
Cos lettuce, croutons, crispy bacon, free range egg, and shaved parmesan with classic dressing.	

SALADS

Bocconcini GF V	\$17.00
With rocket, heirloom and sun-blushed tomatoes, red onion and caramelised balsamic.	
Caesar Salad P	\$18.00
Cos lettuce, croutons, crispy bacon, free range egg, shaved parmesan tossed with classic dressing.	
Add chicken \$7.00	
Lovedale House Salad V	\$16.00
Green oak lettuce, watermelon radish, avocado, sliced nashi pear, sugar snaps, with estate honey and miso dressing.	

SANDWICHES & BURGERS

Crowne Club Sandwich P	\$24.00
Chicken breast, bacon, egg, avocado, lettuce, tomato, basil mayonnaise on a triple-decker toasted sliced bread with chips. (GF available)	
Lovedale Beef Burger P	\$26.00
100% Grain-fed beef, cos lettuce, tomato, cheddar cheese, dill pickle, beetroot relish and mayo on a sesame bun with chips. (GF available)	
Grilled Peri Peri Chicken Burger P	\$26.00
Char-grilled marinated chicken, tomato, cos lettuce, avocado, mayonnaise and chilli jam on focaccia bun with chips. (GF available)	
Toasted Sandwich V	\$18.00
Cheddar cheese on toasted white or wholemeal bread with additional choice of tomato or ham. (GF available)	

MAINS

Tofu with Asian Greens GF VG P	\$28.00
Teriyaki glazed tofu, sautéed Asian greens, pickled ginger and daikon, with steamed rice.	
Lamb Shank	\$30.00
Surry Hills Pils braised lamb shank, mashed potato and sautéed kale, sauced with its very own beer braising liquor.	
Crispy Skin King Salmon GF LF O	\$36.00
Sautéed Asian greens, black sesame, pickled ginger and daikon, teriyaki sauce and steamed rice (contains nuts).	
Spaghetti Bolognese P	\$22.00
Lean beef mince cooked in crushed tomato and fresh herbs, spaghetti and parmesan cheese.	
Linguine V	\$22.00
Tossed with house made semidried tomatoes, Paddo Pale black garlic, rocket, fresh basil and parmesan.	
Fish and Chips	\$25.00
Tempura fish fillets, chips, salad, lemon and tartare sauce.	

From the Lovedale Pizzeria

Margherita Pizza V	\$22.00
Tomato base, vine ripened tomato, basil and mozzarella cheese.	
Meatlovers Pizza	\$26.00
BBQ base, pork and fennel meatballs, chorizo, pepperoni, bacon, Lovedale Lager braised onion.	

GRILL

(AVAILABLE 11AM-11PM)

Choose one of the following dishes:	
New Zealand King Salmon	\$38.00
300gm Grain-fed Scotch Fillet	\$40.00
250gm Corn-fed Chicken Supreme	\$38.00

Pair with any two of the following sides:

Sautéed Asian Vegetables
Steamed Greens
Mashed Potatoes
Chips
Green Salad
Steamed Jasmine Rice
Rocket, Parmesan and Vincotto Salad

Top it off with one of the following sauces:

Red Wine Jus
Onion Gravy
Pepper Sauce
Maitre d'hotel butter
Teriyaki Sauce

The following condiments are available with your meal on request: HP, Tomato Ketchup, Mayonnaise, Tabasco, Maple Syrup

SIDES

Sautéed Asian Vegetables GF V	\$8.00
Steamed Greens GF V	\$8.00
Mashed Potatoes GF V	\$8.00
Crispy Fried Chips and Aioli V	\$8.00
Green Salad with House Dressing GF V	\$8.00
Steamed Jasmine Rice GF V	\$8.00
Beer Battered Onion Rings and Chipotle Aioli V	\$8.00
Rocket, Parmesan and Vincotto Salad GF V	\$8.00

DESSERTS

(AVAILABLE 11AM-11PM)

Hunter Cheese Plate 50gm portions, choose 2 varieties: Pokolbin club blue, Harrigans cheddar, Binnorie Dairy brie, assorted crackers and lavosh with fig and pistachio paste. (GF option available, contains nuts).	\$27.00
Seasonal Fruit Platter GF V Fresh seasonal fruits, yogurt and passionfruit.	\$16.00
Lemon Tart V Caramelised lemon tart, fruit of forest sorbet and raspberry coulis.	\$14.00
Baked Cheesecake Raspberry and white chocolate cheesecake with vanilla ice-cream.	\$14.00
Triple Chocolate Brownie With peanut butter ice-cream.	\$14.00
Ice Cream Sundae V Vanilla, salted caramel and dark chocolate ice-cream, chocolate fudge sauce, and marshmallow.	\$14.00

KIDS MENU

(AVAILABLE 11AM-11PM)

Choose one main:
Fish and Chips
With tartare sauce and garden salad.
Lean Beef Burger
On a white bun with lettuce, tomato, cheddar cheese and
tomato sauce, served with chips.
Pasta Bolognese
Traditional bolognese sauce with fresh basil and parmesan
cheese. (Napoli sauce also available)
Chicken Salad
Free range chicken breast with mixed garden salad and
caesar dressing.
Toasted Sandwich
Toasted ham and cheese sandwich with chips.

Choose one dessert:
Chocolate Mud Cake
With chocolate sauce
Fruit Salad **GF V**
Fresh seasonal fruit salad with yogurt.

INCLUSIVE OF A SOFT DRINK, BOTTLED WATER OR FRUIT JUICE
FOR \$16.50 EACH.

*Available for children 12 years and under.

LATE NIGHT MENU

(AVAILABLE 11PM-6AM)

Cream of Cauliflower V With grilled sourdough and truffle oil. (GF available)	\$14.00
Lovedale Beef Burger P 100% Grain-fed beef, cos lettuce, tomato, cheddar cheese, dill pickle, beetroot relish and mayo on a sesame bun with chips. (GF available)	\$26.00
Margherita Pizza V Tomato base, vine ripened tomato, basil and mozzarella cheese. (GF available)	\$22.00
Toasted Sandwich Cheddar cheese on toasted white or wholemeal bread with additional choice of tomato or ham.	\$18.00
Caesar Salad P Cos lettuce, croutons, crispy bacon, free range egg, shaved parmesan tossed with classic dressing.	\$18.00
Seasonal Fruit Platter GF V Fresh seasonal fruits, yogurt and passionfruit.	\$16.00
Baked Cheesecake Raspberry and white chocolate cheesecake with vanilla bean ice-cream.	\$14.00

GF – Gluten Free
L – Lower Fat
F – Higher Fibre
V – Vegetarian
VE – Vegan
P – High Protein
O – Omega3
GI – Lower GI Carbohydrate

Please advise us of any dietary requirements.

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.

DRINKS

Soft drinks Coke, Diet Coke, Coke Zero, Sprite, Fanta, Lift, 330ml	\$5.00
Cascade Ginger Beer, 330ml	\$5.00
Cascade Soda Water, 330ml	\$5.00
Cascade Tonic Water, 330ml	\$5.00
Mount Franklin Still Mineral Water, 750ml	\$8.00
Mount Franklin Sparkling Mineral Water, 750ml	\$8.00
Juice – Orange, Apple, Pineapple, Cranberry	\$5.00
Freshly Squeezed Juice - Orange, Celery and Carrot, 100% Orange	\$10.00

Hot drinks Espresso Varieties - Espresso, Cappucino, Flat White, Café Latte	\$4.50
Teas and Infusions - English Breakfast Tea, Green Tea, Peppermint Infusion, Jasmine Green Tea, Earl Grey Tea, Chamomile Infusion	\$4.50
Chai Latte	\$4.50
Hot Chocolate	\$4.50
Black Coffee Plunger	\$7.00

Smoothies and Milkshakes Low Fat Banana Smoothie	\$7.50
Milkshakes: Chocolate, Strawberry, Vanilla	\$7.00
Iced Chocolate/Iced Chocolate	\$7.00

Beer Peroni Nastro Azzuro	\$9.00
Corona	\$9.00
James Boags Premium	\$8.50
James Boags Light	\$7.50
Hahn Super Dry (Low Carb)	\$8.00
Our own on-site craft brewery beers: Sydney Cider, Surry Hills Pils, Lovedale Lager, Paddo Pale Ale	\$8.00

White Wines Allandale, Sauvignon Blanc, Orange, NSW	Glass \$10.00	Bottle \$50.00
Woodward's, "Sam Who?", Semillon, Hunter Valley, NSW	\$12.00	\$59.00
Polin & Polin, Convicts & Catholics Chardonnay, Hunter Valley, NSW	\$10.00	\$50.00

Red Wines McGuigan, Cellar Selection Pinot Noir, Hunter Valley, NSW	Glass \$10.00	Bottle \$50.00
Tulloch, Cabernet Sauvignon, Hunter Valley, NSW	\$9.00	\$45.00
James Estate, Shiraz, Hunter Valley, NSW	\$9.00	\$45.00

Sparkling Tempus Two, Blanc de Blancs, 200ml Bimbadgen Estate, Sparkling Semillon, Hunter Valley, NSW	Glass \$10.00	Bottle \$8.50
	\$10.00	\$50.00

WE HAVE AN EXTENSIVE WINE SELECTION AVAILABLE, PLEASE ASK US
FOR MORE OPTIONS.