

SYDNEY
CENTRAL



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ENTERTAIN
YOUR PALATE
AT NOVOTEL

Room service



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

Available from 10.00am - 10.30pm

INBALANCE BY NOVOTEL WITH SALLY FITZGIBBONS

Dukkah spiced beef rump	\$29.00
dukkah crusted, wheat pearls, fire roasted peppers and zucchini	
Pesto chicken breast [g]	\$28.00
glazed baby carrots, chat potatoes and spinach	

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Dial room service to place your order

Delivery Fee \$4.50

[v] vegetarian [g] gluten free

We will gladly cater for any specific guest dietary requirements.
Menus are seasonal and subject to change without notice.



HEALTHY CHOICES

Available from 10.00am - 10.30pm

LIGHT MEALS

- Warm bean and roasted pumpkin salad [g,v]** \$18.00
with walnuts
low carbohydrate | high fibre
- Roasted vegetable and lentil soup [g,v]** \$16.00
with yoghurt
low kilojoule | low fat | low salt | nutrient rich
- Grilled tandoori spiced chicken** \$20.00
with garden leaves and yoghurt dressing
low carbohydrate | high protein
- Hummus and grilled vegetable wrap [v]** \$16.00
high fibre

MAIN MEALS

- Grilled salmon [g]** \$29.00
served on seared polenta with wilted spinach and tomato olive salsa
high protein | nutrient rich
- Chargrilled beef rump [g]** \$29.00
with Thai style salad, cashew nuts and chilli lime dressing
high protein | nutrient rich
- Grilled lemon pepper chicken [g]** \$26.00
with thyme gremolata on steamed smashed chats
low salt | high protein | low carbohydrate
- Moroccan spiced beef rump** \$29.00
served on vegetable couscous and slow roasted tomato
high protein | nutrient rich



DON'T HESITATE TO CALL US

We thank you for allowing a 30 min.
service time after placing your order.



FROM THE RESTAURANT

Available from 10.00am - 10.30pm

SMALL PLATES

Garlic damper	\$9.00
Caesar salad baby cos, honey smoked bacon, shaved parmesan and soft poached egg with anchovy dressing	\$16.00
add chicken	\$2.00
White anchovy bruschetta grilled sourdough with roman tomatoes, marinated eshalots and torn basil	\$17.00
Pumpkin and smoked ricotta ravioli [g] burnt sage butter, pine nuts, currants, pangrattato and sweet corn puree	\$17.00

LARGE PLATES

Classic club sandwich chicken, bacon, fried egg, lettuce, tomato and mayo	\$17.00
Pork belly and hoisin pizza shallot, coriander and crispy onions	\$18.00
Vegetarian pizza [v] caramelised onion, roast pumpkin and fetta	\$17.00
Angus beef burger smoky bacon, caramelised onions and mushroom cheese sauce with beer battered chips	\$19.00
Baby barramundi battered with 150 lashes, tartare sauce, chips and baby leaf salad	\$25.00
Risotto [v, g] wild mushrooms, baked zucchini and charred leeks	\$24.00

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FROM THE RESTAURANT

Available from 10.00am - 10.30pm

GRILLS

250g Angus strip loin MB-2	\$32.00
150 day grain fed, Riverina region NSW	
300G grain fed beef rump	\$31.00
300 day grain fed, Riverina region NSW	
All grills served with salad and chips	

SIDES

Steamed garden vegetables [g]	\$8.00
broccoli, cauliflower and green beans	
Garlic mash [g]	\$8.00
rosemary salt	
Garden leaves [g]	\$8.00
market mix with honey mustard dressing	
Seasoned wedges	\$8.00
sour cream and sweet chilli sauce	
Chips	\$8.00
aioli and tomato sauce	



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FROM THE RESTAURANT

Available from 10.00am - 10.30pm

DESSERTS

Nutella crepes	\$16.00
vanilla bean ice cream, fresh berries and chocolate cookie crumbs	
Warm apple pie	\$17.00
cinnamon cream and fresh berries	
Australian cheeses	\$17.00
king Island brie, blue and cheddar with quince paste, dried fruits and lavosh bread	

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JUNIOR MENU

Available from 10.00am - 10.30pm

MAIN MEALS

- | | |
|---|--------|
| Grilled chicken tenderloins
with mash potato, salad or vegetables | \$9.50 |
| Cheese burger and fries
with salad or vegetables | \$9.50 |
| Spaghetti bolognese
with napolitano sauce and cheese | \$9.50 |
| Ham and pineapple pizza
with chips and salad | \$9.50 |

SIDES

- | | |
|-----------------------------|--------|
| Buttered corn on cob | \$4.50 |
| Fresh peas | \$4.50 |
| Mash potato | \$4.50 |

DESSERTS

- | | |
|---|--------|
| Seasonal fruit
with vanilla ice cream | \$5.50 |
| Vanilla ice cream
with your choice of topping, chocolate, caramel or strawberry | \$5.50 |

DRINKS

- | | |
|--|--------|
| Milkshakes
chocolate, caramel, strawberry or vanilla | \$5.50 |
| Fruit juices
apple, orange or pineapple juice | \$5.50 |



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SLEEP WALKER MENU

Available from 10.30pm - 6.00am

MAIN MEALS

Pork belly and hoisin pizza shallot, coriander and crispy onions	\$19.00
Vegetarian pizza [v] caramelised onion, roast pumpkin and fetta	\$17.00
Warm bean salad [v, g] roast pumpkin with walnuts	\$18.00
Toasted sandwich ham and cheese with mustard mayo	\$13.00
Seasoned wedges sour cream and sweet chilli sauce	\$9.00
Beer battered chips aioli and tomato sauce	\$9.00
Warm apple pie cinnamon cream and fresh berries	\$16.00
Australian cheeses King Island brie, blue and cheddar with quince paste, dried fruits and lavosh bread	\$17.00

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BEVERAGE MENU

SPARKLING AND CHAMPAGNE

	Glass	Bottle
Evans and Tate Brut	\$10.00	\$40.00
Veuve Ambal Blanc de Blanc	\$11.50	\$43.00
Mionetto Prosecco	\$13.50	\$51.00

WHITE WINE

Evans and Tate Sauvignon Blanc	\$10.00	\$40.00
Pikorua Sauvignon Blanc	\$12.00	\$45.00
The Lane Chardonnay	\$13.50	\$54.00
Under and Over Pinot Gris	\$12.50	\$45.00
Cake Rosé	\$12.50	\$46.00

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BEVERAGE MENU

RED WINE

	Glass	Bottle
Evans and Tate Shiraz	\$10.00	\$40.00
Hancock and Hancock Shiraz Grenache	\$14.50	\$64.00
Cockfighter Ghost Reserve Cab Sav	\$15.50	\$70.00
Coombe Farm Pinot Noir	\$14.50	\$60.00

STICKIES AND FORTIFIED

Grandfather Port	\$14.00
All Saints Muscadelle	\$12.00

Delivery Fee \$4.50

Did not find what you were looking for?
Ask about our extensive wine selection.



BEVERAGE MENU

LOCAL BEER

Hahn Super Dry	\$8.00
Tooheys New	\$8.50
James Squire 150 Lashes	\$10.00
James Squire Golden Ale	\$10.00
Little Creatures	\$10.00
James Boags Light	\$8.00

IMPORTED BEER

Heineken	\$11.50
Kirin	\$11.50
Peroni	\$11.50

CIDER

5 Seeds Apple Cider	\$10.00
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BEVERAGE MENU

WATER

Evian 330ml	\$5.50
Badoit 330ml	\$5.50
Evian 750ml	\$11.00
Badoit 750ml	\$11.00

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NCCP PROOF

Delivery Fee \$4.50

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