

**NOVOTEL**
HOTELS & RESORTS

PERTH
LANGLEY



**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 11.00am - 9.30pm

HEALTHY CHOICE MEALS BY SALLY FITZGIBBONS

Indian spiced salmon

\$38.00

with spiced green pea puree, grilled watermelon and cucumber and coriander salad (contains nuts)
low fat | high protein | high fibre

Mexican spiced chicken breast salad

\$32.00

with roasted sweet potato, toasted corn, guacamole and baby cos leaves
low fat | high protein | high fibre

Dial 3 to place your order
[v] vegetarian [g] gluten free



HEALTHY CHOICES

Available from 11.00am - 9.30pm

LIGHT MEALS

- | | |
|--|---------|
| Chilled tomato gazpacho [v]
low kilojoule low salt | \$15.00 |
| Hummus and vegetable wrap [v]
high fibre | \$9.50 |
| Sliced smoked salmon and dill
on rye with pickled red onion compote
high fibre high protein | \$17.50 |

MAIN MEALS

- | | |
|---|---------|
| Thai beef salad
served with rice noodles, chilli, basil, mint, cashew nuts and drizzel with Nam Jim dressing | \$21.00 |
| Penne pasta
tossed with prawns, artichokes and tomato
high protein high fibre | \$32.00 |
| Grilled lemon pepper chicken breast [g]
with thyme gremolata on steamed smashed chats
low salt high protein low carbohydrate | \$32.50 |



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 11.00am - 10.00pm

ENTRÉES

Oysters	\$33.00
6 fresh Coffin Bay oysters served with mignonette dressing and lemon wedges low fat gluten free	
Soup of the day	\$17.50
chef's homemade soup served with charred sourdough	
Angus beef slider (2)	\$17.50
swiss cheese, bacon, cos lettuce, tomato and onion jam	
Pulled pork slider (2)	\$17.50
bbq pulled pork, chilli coleslaw	
Traditional Caesar salad	\$21.00
cos lettuce, bacon, parmesan, anchovy, soft poached egg and sourdough crisps	
add grilled chicken	\$27.00
add smoked salmon	\$29.50

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FROM THE RESTAURANT

Available from 5.30pm - 10.00pm

MAIN MEALS

- | | |
|---|---------|
| Malaysian laksa | \$32.50 |
| prawns, chicken, green beans, egg noodles, tofu and soft boiled egg, served with a rich and spicy coconut broth | |
| Roasted rankin cod | \$43.50 |
| crushed kipfler potatoes, asparagus and chive butter sauce | |
| Great Southern grass fed sirloin of beef | \$48.50 |
| cooked to your liking and served with grilled tomato, beer battered fries and red wine jus | |
| Lightly battered fish | \$25.50 |
| beer battered local white fish, seasoned chips and dill mayonnaise | |
| Aussie inspired beef burger | \$25.50 |
| beef pattie, Swiss cheese, bacon, egg, tomato relish and onion jam served in a brioche bun | |
| Triple decker club sandwich | \$25.50 |
| grilled chicken, bacon, fried egg and tomato pickle | |
| Chef Amit's curry of the day | \$38.00 |
| Our Executive Chef Amit is extremely proud of his Indian heritage and this is reflected in our curry of the day. Please ask a team member for today's creation. Our curry is served with steamed rice and pappadum. | |



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FROM THE RESTAURANT

Available from 5.30pm - 10.00pm

SIDES

Truffled green beans	\$9.50
Mixed leaf salad	\$9.50
Butter tossed vegetables	\$9.50
Spicy potato wedges	\$9.50
Beer battered fries	\$9.50

CLASSICS

Cheese selection	\$17.50
a tasting of Barossa Valley camembert, Capel cheddar and Tarago River shadow of blue, served with biscuits, fruit compote and quince	

DESSERTS

Rich chocolate mousse	\$15.00
cream chiboust, chocolate shavings	
Apple tart	\$15.00
vanilla pod ice cream	
Sticky date pudding	\$15.00
caramel sauce, vanilla ice cream	
Seasonal fruit plate	\$15.00

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JUNIOR MENU

Available from 11.00am - 9.00pm

MAIN MEALS

Novotel hamburger served with fries and a side salad	\$15.00
Grilled chicken tenderloin served with creamy mashed potato and steamed vegetables	\$15.00
Char grilled minute steak served with creamy mashed potato and steamed vegetables	\$15.00
Grilled or battered fish fillet served with fries and either steamed vegetables or a side salad	\$15.00
6' ham and pineapple pizza	\$15.00

DESSERTS

Ice cream	\$7.50
Fruit Jelly	\$7.50
Fruit salad	\$7.50

DRINKS

Milkshake choose from chocolate, vanilla, strawberry, and caramel	\$8.50
Fresh fruit juice orange, apple, pineapple, carrot or tomato	\$7.50



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SLEEP WALKER MENU

Available from 11.00pm - 5.00am

MAIN MEALS

Soup of the day	\$17.50
Steak and peppercorn pie	\$20.00
Spinach and ricotta sausage roll	\$20.00
Fruit Salad	\$15.00

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BEVERAGE MENU

Available from 10.00am - 11.00pm

SPARKLING AND CHAMPAGNE

	Glass	Bottle
Bancroft Bridge Brut elegant, clean and fresh	\$9.00	\$36.00
Dal Zotto Prosecco soft, appealing, approachable and basically a whole lot of fun	\$11.00	\$45.00
Piper Heidseck French fine Cuvee, hints of honey and fresh fruit	\$18.00	\$69.00

WHITE WINE

	Glass	Bottle
3 Tales Sauvignon Blanc Great Marlborough sauvignon, lively and fresh	\$10.00	\$45.00
Vivo Chardonnay Peach and melon flavours, crisp finish	\$12.00	\$42.00
Coolwoods Pinot Grigio Flavours of peach, pear and cinnamon, elegantly rich	\$10.00	\$45.00

RED WINE

	Glass	Bottle
Norfolk Rise Merlot Dark fruit flavours balanced with a hint of chocolate	\$9.00	\$38.00
Bancroft Bridge Shiraz Soft tannins, fresh fruit overtones and a long finish	\$9.00	\$38.00
Thorn Clarke Cabernet Sauvignon Bright current characters with a hint of spice	\$11.00	\$48.00



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BEVERAGE MENU

Available from 10.00am - 11.00pm

BEER

James Boags Light	\$8.00
Heineken	\$10.00
Kirin	\$10.00
Hahn Superdry 3.5	\$9.00

A selection of tap beer is also available, please ask a team member for our current offerings

CIDER

5 seeds crisp	\$9.00
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Dial 3 to place your order

