



in-room dining
BODY AND SOUL



Lower Fat – These meals contain nutritious ingredients such as lean cuts of meat, fresh vegetables and reduced-fat dressings, sauces and dairy products. Gram for gram, fat contains more kilojoules than protein or carbohydrates, so watching your fat intake can help you keep your shape.



Gluten Free – These meals have been prepared with ingredients that do not typically contain gluten. However, all our meals are prepared in a kitchen where gluten-containing ingredients are used. Therefore, it is recommended that guests who are particularly susceptible to gluten make their requests known to the hotel food service manager.



Omega-3 – These meals have been prepared using ingredients which contain omega-3 fatty acids such as fish, prawns and other seafood. Omega-3 fatty acids are one of the 'good' fats as they can help you maintain a healthy heart.



Higher Fibre – These meals contain foods such as vegetables, fruits, wholegrain or wholemeal breads and cereals, nuts and seeds which are all sources of dietary fibre. Dietary fibre is good for your digestive system which can help you feel good – inside and out.



High Protein – These meals contain lean cuts of red meats or white meats which are both valuable sources of dietary protein. Foods that are high in protein can help you feel full and satisfied so you can be at your best for longer.



Vegetarian – These vegetable-based meals have been prepared with foods and ingredients that do not contain meat. However, all our meals are prepared in a kitchen where meat-containing meals are prepared. Therefore, it is recommended that guests with specific vegetarian requirements make their requests known to the hotel food service manager.



Lower GI Carbohydrates – The carbohydrate foods used to prepare these meals are predominately lower glycaemic index (GI) carbohydrates. As foods with a lower GI are digested more slowly, they help to sustain energy levels so you can sail through your busy day!



24 Hours – Available 24 hours a day.

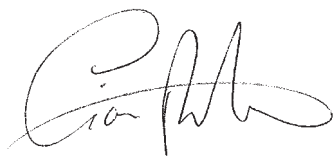
BODY AND SOUL

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.



Gavin Robertson
Executive Chef – Body and Soul
Crowne Plaza Hotels & Resorts

All menu items are available between 11am and 10.30pm.
For orders after 10.30pm please refer to menu items marked as "24 Hour Availability".
A \$4.00 service charge applies to all orders excluding individually ordered beverages.

Please note a merchant service fee of 1.5% will apply to all credit card payments. You are welcome to change your preferred method of payment upon checkout to cash or EFTPOS, if you wish to avoid the credit card surcharge.



CROWNE PLAZA[®]
HOTELS & RESORTS

starters

PUMPKIN & GINGER SOUP

Pumpkin and ginger soup

\$10.00

LF

CRAB CAKES

Deep fried blue swimmer crab cakes served with zesty aioli and an orange and spinach salad

\$17.50

DF

DUCK RISOTTO

Confit duck and porcini risotto served with parmesan shavings

\$18.50

FOUR CHEESE TORTELLINI

Four cheese tortellini (Parmesan, Egmont, Blue cheese and Ricotta) finished with sautéed spinach

\$14.50

V

SPINACH AND TOFU SALAD

Deep fried tofu served with a spinach salad and seasoned with Japanese sesame dressing

\$13.50

GL V

mains

CHICKEN POT AU FEU

Braised chicken served with a rich broth, vegetables and hollandaise sauce

\$26.50

P F

SPINACH AND RICOTTA CANNELLONI

Spinach and ricotta cannelloni finished with a balsamic reduction and roast pepper coulis

\$25.50

V

VENISON

Strip loin venison served with a marsala sauce, baby carrots and potato gratin

\$34.50

P

AKAROA SALMON

Pan seared Akaroa salmon served with savoury black venere rice and prawn sauce

\$26.50

DF F

LAMB PARMENTIER

Braised lamb layered with a buttery mash potatoes finished with a garlic cream

\$30.00

P

KID'S MENU

Please contact room service for children's meal options

YOUR WAY

grill

sides

CHOOSE FROM...

- 200 gm Red Snapper
- 200 gm Akaroa Salmon
- 250 gm Beef Fillet
- 250 gm Beef Rib Eye
- 200 gm Free Range Chicken Breast

CHOOSE 1

ACCOMPANIED BY

- Chunky Fries
- Mashed Potatoes
- Steamed Vegetables
- Roast Vegetables
- Garden Salad

CHOOSE 2

FINISH WITH...

- Hollandaise Sauce
- Red Wine Jus
- Mushroom Sauce
- Café de Paris Butter
- Marsala sauce

CHOOSE 1

\$38.00

STEAMED VEGETABLES

Steamed seasonal vegetables
\$8.00

GARDEN SALAD

Fresh seasonal garden salad
\$8.00

GREENS VEGETABLE

Sautee green vegetables with thyme and rosemary butter
\$8.00

ROAST VEGETABLES

Roast seasonal vegetables
\$8.00

MASHED POTATOES

Buttery mashed potatoes
\$8.00

CHUNKY FRIES

Chunky fries
\$8.00

JASMINE RICE

Aromatic Indian rice
\$8.00

classics

HERB AND GARLIC BATARD

Roast garlic and parsley butter
\$6.50

CAESAR SALAD

Cos lettuce, croutons, crispy bacon, free range egg, shaved parmesan tossed with mayonnaise dressing served with fries
\$19.00 With char-grilled chicken breast **\$27.00**

CROWNE CLUB SANDWICH

Smoked turkey breast, bacon, egg, avocado, lettuce, tomato and mayonnaise on toasted Turkish bread
\$20.00

GRILLED BEEF BURGER 🕒

Angus beef pattie, fried egg, cheddar cheese, tomato, cos lettuce, beetroot, onion jam and served with chunky chips
\$24.00

GRILLED CHICKEN BURGER

Chicken breast, cheddar cheese, bacon, avocado, cos lettuce, tomato, mayonnaise and chilli jam served with fries
\$24.00

FISH AND CHIPS

Tempura fish fillets, chunky chips, lemon and tartare sauce
\$25.00

TOASTED CHEESE SANDWICH 🕒

Cheddar cheese on toasted white or wholemeal bread with additional choice of tomato, ham or chicken served garden salad and fries
\$18.00

HAWAIIAN PIZZA 🕒

Pizza base topped with Napoli sauce, shaved ham, fresh pineapple, mozzarella cheese and dried oregano
\$20.00

PASTA BOLOGNAISE

Beef with tomato sauce served with spaghetti and shaved parmesan
\$20.00

LAMB SHANKS

Braised lamb shanks served with buttery mashed potatoes and roast vegetables
\$26.00

CHICKEN PARMIGIANA

Crumbed chicken breast, Napoli sauce and Mozzarella. Served with chunky fries and garden salad
\$22.50

VENISON AND RASPBERRY PIE

Venison and raspberry pie served with chunky fries and garden salad
\$20.00

desserts

CHEESE PLATE

Puhoi light Brie, "Blue River" Blackmont aged sheep's cheddar, "Blue River" Vintage feta cheese, Blue cheese, served with grapes, dried fruit and crackers
\$21.00

SEASONAL FRUIT PLATE

Fresh seasonal fruits, natural yoghurt and passionfruit sauce
\$12.50

TRIO OF CRÈME BRULEE

Vanilla crème brulee, rose brulee and pistachio brulee served with almond biscotti
\$12.50

VANILLA CHEESE CAKE

Vanilla cheesecake served with chocolate ice cream and whipped cream
\$12.50

BAILEYS TIRAMISU 🕒

Layers of sponge cake soaked with coffee and baileys liqueur layered with mascarpone cheese and topped with grated chocolate
\$12.50

beverages

WINE

Sparkling

Brancott Estate Reserve Brut Cuvee \$13.00
Marlborough, 200ml

White

Brancott Estate Chardonnay \$11.00
Marlborough NZ, 187ml

Brancott Estate Sauvignon Blanc \$11.00
Marlborough NZ, 187ml

Red

Brancott Estate Merlot Cabernet \$12.00
Marlborough, 187ml

Please ask us for more wine selections available by the bottle

BEER

Heineken \$8.00

Sol \$8.50

Monteith's Original \$8.00

Amstel Light \$7.00

Low Carb

DB Export 33 \$7.00

SIIMPLY SQUEEZED JUICE

Orange, Apple, Cranberry, Pineapple, Tomato \$4.00

Apple and Guava, 275ml \$5.50

Orange and Mango, 300ml \$5.50

COFFEE & TEA

Espresso Varieties

Espresso | Cappuccino | Flat White | Café Latte \$4.50

Tea

Calm – Chamomile \$4.50

Uplift – Earl Grey

Relax – Rooibus

Restore – Green Tea & Jasmine

Chai Latte \$4.50

Hot Chocolate \$4.50

Iced Coffee \$6.50

Frappaccino \$6.50

SMOOTHIES & MILKSHAKES

Lite Banana Smoothie \$6.50

Milkshakes: Chocolate, Strawberry, Vanilla \$6.50

SOFTDRINKS

Coke | Diet Coke | Schweppes Lemonade, 330ml \$4.00

Schweppes Ginger Beer, 330ml \$4.50

Waiwera Mineral Water Still, 500ml \$6.50

Waiwera Mineral Water Sparkling, 500ml \$6.50



LF Lower Fat **G** Gluten Free **Ω3** Omega-3 **F** Higher Fibre **P** High Protein **V** Vegetarian **GL** Lower GI Carbohydrates **C** 24 Hour Availability


CROWNE PLAZA
HOTELS & RESORTS
THE PLACE TO MEET.

