



# Food for thought.

A little something  
to keep you going.

# FAST AND FRESH

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 quality meals that don't sacrifice flavour to help you eat well.

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.

We hope you enjoy it and would love your feedback.

The breakfast menu is available from 6am - 11am.  
The overnight menu is available from 11pm - 6am.  
All other menu items are available from 11am - 11pm.

A \$5.00 tray charge applies to all orders excluding individually ordered beverages. Please note credit card payments incur a merchant service fee of 3% for American Express, Diners Club & JCB and 1.5% for other cards. 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.





# SET MENU BREAKFAST

## CONTINENTAL BREAKFAST

\$28.00

### Chilled juice (choose one)

Orange, pineapple, apple, tomato, tropical

### Fresh cut fruit platter

Fresh cut seasonal fruit, passionfruit yoghurt

### Cereal (choose one)

Corn flakes, toasted muesli (cn), Coco pops, Nutri-grain, Weet-Bix with your choice of traditional milks including full cream, skim, almond, soy milk and lactose free milk

### Natural Greek yoghurt or low fat fruit yoghurt

### Basket of oven baked bakery items

Choice of croissants, muffin, Danish pastry

or

### Toast

Choice of white, wholemeal, multi-grain or café raisin bread served with butter and choices of strawberry jam, honey, orange marmalade or vegemite

### Hot beverages (choose one)

Freshly brewed coffee, decaffeinated coffee, hot chocolate or selections of teas

## AMERICAN BREAKFAST

\$37.00

### Chilled juice (choose one)

Orange, pineapple, apple, tomato, tropical

### Fresh cut fruit platter

Fresh cut seasonal fruit, passionfruit yoghurt

### Cereal (choose one)

Corn flakes, toasted muesli (cn), Coco pops, Nutri-grain, Weet-Bix with your choice of traditional milks including full cream, skim, almond, soy milk and lactose free milk

## AMERICAN BREAKFAST (CONTINUED)

### Basket of oven baked bakery item

Choice of croissants, muffin, Danish pastry

or

### Toast

Choice of white, wholemeal, multi-grain or café raisin bread served with butter and choices of strawberry jam, honey, orange marmalade or vegemite

### Waffle with maple butter

or

### White chocolate hotcakes with maple butter

### Two free range eggs

Eggs cooked to your liking served with ham steak, sausage, roasted mushrooms, herb tomato, hash brown

### Hot beverages (choose one)

Freshly brewed coffee, decaffeinated coffee, hot chocolate or selections of teas

*GF bread available on request*

## VEGETARIAN BREAKFAST

\$34.00

### Includes your continental breakfast choices plus:

### Healthy breakfast

Two free range eggs poached, Persian fetta, spinach and avocado, sautéed mushrooms, cherry tomatoes on toasted sour dough

## AUSTRALIAN BREAKFAST

\$36.00

### Includes your continental breakfast choices plus:

### Two free range eggs

Eggs cooked to your liking served with blackforest smoked bacon, sausage, roasted mushrooms, herb tomato, hash brown on toasted sour dough

# A LA CARTE BREAKFAST

## JUICES, FRUIT AND CHEESE

**Poached fruit in syrup** \$8.00  
Choice of pear, peach or apricot

**Chilled juice (choose one)** \$9.00  
Orange, pineapple, apple, tomato, tropical

**Fruit salad v / GF** \$16.00  
Served with passionfruit yoghurt, toasted coconut flakes, mint

**Cheese plate** \$28.00  
Triple cream brie, aged cheddar, roaring 40's blue, Wattle Valley quince paste, dried fruit and crackers (GF crackers available on request)

## CEREALS AND YOGHURT

**Natural Greek yoghurt or low fat fruit yoghurt** \$10.00

**Cereal (choose one)** \$10.00  
Corn flakes, coco pops, Nutri-grain, Weet-Bix or toasted Muesli (cn) with your choice of traditional milks including full cream, skim, almond, soy milk and lactose free milk

**House made Bircher muesli** \$14.00

**Vanilla yoghurt and maple blueberry porridge** \$15.00  
Pistachio, toasted coconut, dried fig

## BREAD AND BAKERY

**Toast** \$10.00  
Choice of white, wholemeal, multi-grain or café raisin bread served with butter and choices of strawberry jam, honey, orange marmalade or vegemite

**Just bread (4 slices) and condiments** \$10.00  
Sour dough baguette and rye bread with butter and choices of strawberry jam, honey, orange marmalade or vegemite

**Oven baked bakery basket** \$18.00  
Muffin, apple strudel, vanilla sultana whirl, Pain au chocolat

**Croissant basket (4 pieces)** \$14.00  
With butter and strawberry jam, orange marmalade, raspberry jam

**COLD CUTS** \$12.00

**Virginia ham, Danish salami or turkey (choose one)**  
Arugula, lemon and honey dressing

## HOT DISHES

**White chocolate hotcakes v** \$16.00  
Strawberry compote, maple syrup, peach infused cream fraiche

**Vanilla French toast v** \$17.00  
Caramel syrup, berry compote, toasted coconut, peach infused cream fraiche

**Waffle delight v** \$17.00  
Maple syrup, berry compote, peach infused cream fraiche, fairy floss

**Eggs your way** \$17.00  
Scrambled, poached, sunny side up or boiled served with toast, hash brown and grilled tomato

**Free range egg omelette** \$20.00  
Three eggs or egg whites  
Filled with your choice of the following: ham, mushroom, tomato, mozzarella cheese, Spanish onion, chillies, capsicum, spinach served with hash brown, grilled tomato, mushroom and toast

**Eggs benedict** \$22.00  
On sour dough toast, sautéed spinach and hollandaise sauce with your selection of Virginia ham, smoked salmon or just plain served with hash brown and grilled tomato

**Smoked salmon breaky** \$26.00  
On sour dough toast, scrambled eggs, wild rocket, roasted beetroot, lemon yoghurt and dukkah spice

**SIDE DISHES** \$5.00

**Available as an addition to your main breakfast items**

Baked beans, hash brown, sausages, bacon, grilled tomato, grilled chorizo, sautéed mushrooms, grilled tomato

*Condiments on request:* HP sauce, tomato sauce, mustard, maple syrup, mayonnaise, tabasco



## STARTERS

<b>Warm rosemary and sea salt Focaccia</b>	\$10.00
Truffle butter	
<b>Green salad V/GF</b>	\$12.00
Cherry tomatoes, grilled capsicum, pickled cucumber, eschallots, lemon and garlic olive oil	
<b>Roasted tomato soup V/GF</b>	\$15.00
Cauliflower bites, parmesan cheese	
<b>Green pea, lemon and goats cheese risotto V</b>	
Pine nuts, sweet potato crisp, chives E- \$19.00/M-\$32.00	
<b>Braised beef pappardelle</b>	E- \$22.00/M- \$34.00
Chorizo, mushroom, creamy tomato sauce, cheese crumb	
<b>Caeser salad</b>	\$22.00/ w- chicken- \$27.00
Baby gem lettuce, crisp prosciutto, pecorino, garlic croutons, poached egg, peri peri chicken, anchovy	
<b>Saffron Linguini</b>	E- \$24.00/M- \$36.00
Tiger prawns, mussels, roasted tomato, basil, bouillabaisse cream	
<b>Linguini Bolognaise</b>	\$20.00
Braised beef mince, fresh tomato sauce, herbs, pecorino	
<b>Roast pumpkin and quinoa salad V/GF</b>	\$22.00
Kale, Persian fetta and toasted almond salad roasted beetroot, lemon aioli dressing	
<b>Sumac spiced lamb tenderloin</b>	\$27.00
Heirloom carrots, walnuts, rocket, aged balsamic dressing	
<b>Chicken Laksa</b>	\$25.00
Rice noodles and hokkien noodles, choy sum, tofu	

## MAINS

<b>Grilled free range chicken breast HP</b>	\$32.00
Cauliflower pure, forest mushroom, heirloom carrots, crisp prosciutto, chicken jus	
<b>Lamb massaman curry CN/HP/CC</b>	\$33.00
Cherry tomatoes, grilled capsicum, pickled cucumber, eschallots, lemon and garlic olive oil	
<b>Cajun spiced chicken fried rice CN/CC</b>	\$32.00
School prawns, egg fried rice, peanuts, fried egg, fried shallots	
<b>Pumpkin and goats cheese ravioli</b>	\$33.00
Pumpkin cream, spinach fried basil, asparagus, shaved pecorino	
<b>Braised pork belly</b>	\$34.00
Braised pork belly Chinese style, baby carrots, onion hearts, red cabbage, pan jus	
<b>Humpty doo barramundi GF/HP</b>	\$40.00
Buttered fondant potato, green beans, broccolini, tomato and olive Provencale sauce	

## GRILL YOUR WAY

### Choose from (choose one)

220 gram Supreme chicken breast <b>GF/HP</b>	\$32.00
200 gram Tasmanian salmon <b>GF/HP</b>	\$39.00
300 gram Lost River beef scotch fillet <b>GF/HP</b>	\$44.00
250 gram Lost River beef sirloin <b>GF/HP</b>	\$36.00

### All grills served with

Herb mash potato  
Buttered green beans

### And your choice of sauce (choose one)

Mushroom **GF**

Red wine Jus **GF**

Pepper sauce **GF**

Béarnaise **GF**

Lemon and smoked paprika butter **GF**

## SIDES

<b>Truffled mash</b> <b>GF/V</b>	\$9.00
<b>Roast herb baby potatoes</b> <b>GF/V</b> Confit garlic	\$9.00
<b>Steamed broccolini</b> <b>GF</b> Almond butter, olive oil	\$9.00
<b>Green leaf salad</b> <b>GF/V</b> Cherry tomatoes, grilled capsicum, pickled cucumber	\$9.00
<b>Saffron rice</b> <b>GF/V</b>	\$9.00
<b>Oven baked sweet potato</b> <b>GF/V</b> Grated parmesan	\$9.00
<b>Chips</b> <b>V</b> Crunchy chips, aioli	\$9.00

## CLASSICS

**Spicy barbecue chicken wings** \$14.00  
Coleslaw, barbecue sauce

**Crowne club sandwich** \$26.00  
Smoked chicken breast, bacon, egg, avocado, caramelised onion, lettuce, tomato, peri peri mayonnaise, cheese, crunchy chips

**Steak sandwich** \$24.00  
Grilled steak, sour dough bread, chilli jam, lettuce, tomato, onion rings, crunchy chips

**220 gram wagyu beef burger** \$28.00  
Grain-fed beef, cos lettuce, tomato chutney, bacon, fried egg, cheese, caramelised onion, crunchy chips

**It's a wrap** \$25.00  
Slow roast pulled lamb, tzatziki, pickled cucumber, tomato, cos lettuce, parmesan cheese, crunchy chips

**Tempura fried fish** \$26.00  
Crunchy chips, lemon, tartare sauce

## PIZZA

**Margarita** \$20.00  
Mozzarella cheese, tomato, basil

**Prosciutto and salami** \$29.00  
Chorizo, Basil pesto, buffalo mozzarella cheese

**Ham and pineapple** \$24.00  
Ham, pineapple, mozzarella cheese



## DESSERTS

### **Artisan ice cream (choose three)** \$16.00

Artisan ice cream and sorbet: caramel chocolate, cookies and cream, vanilla brownie, Raspberry sorbet, mango sorbet with berry compote, chocolate and almond biscotti

### **Seasonal fruit plate GF** \$15.00

Fresh fruit plate, honey yoghurt, berries

### **Cheese plate CN** choose 2-\$26/choose 3- \$32

Cheese plate: roaring 40's blue, Adelaide Hills triple brie, Mafra aged cheddar, Wattle Valley goats cheese, Wattle Valley quince paste, muscatels, fig and almond crackers and lavosh

### **Mango Brûlée CN** \$17.00

Mango crème Brûlée, Italian biscotti, melons in lychee syrup

### **Salted Caramel Tart CN** \$17.00

Salted caramel tart, orange cream, berry coulis, tuile, fairy floss

### **Raspberry chocolate fondant** \$18.00

Raspberry chocolate fondant, vanilla bean anglaise, lemon cream, raspberry, white chocolate

## KIDS MENU

### **Inclusive of:** \$19.00

One kids main, one kids dessert and your choice of either a soft drink, fruit juice or bottled water  
(Available for kids 12yrs or younger)

### **KIDS MAIN**

#### **Grilled chicken breast**

Crunchy chips, steamed greens, gravy

#### **Fish and chips**

Tartar sauce, lemon

#### **Linguini**

Fresh tomato sauce or bolognese sauce

#### **Kids cheese burger**

Fresh tomato sauce or bolognese sauce

#### **Toasted ham and cheese**

White bread, crunchy chips

#### **Mini pizza (choice of one)**

Margarita

Ham and cheese

### **KIDS DESSERT**

#### **Ice cream**

Vanilla, strawberry, chocolate

#### **Fruit salad**

Fresh seasonal fruit

#### **Warm chocolate brownie**

Vanilla ice cream, chocolate sauce

# OVERNIGHT MENU

## STARTERS

<b>Green leaf salad</b>	\$9.00
Cherry tomatoes, grilled capsicum, pickled cucumber, shallots, lemon and garlic olive oil	
<b>Spicy barbecue chicken wings</b>	\$14.00
Coleslaw, barbecue sauce	
<b>Roasted tomato soup</b>	\$15.00
Cauliflower bites, parmesan cheese	
<b>Toasted ham and cheese</b>	\$19.00
White bread or wholemeal, crunchy chips	
<b>Caeser salad</b>	\$22.00/ w- chicken - \$27.00
Baby gem lettuce, crisp prosciutto, pecorino, garlic croutons, poach egg, peri peri chicken, anchovy	

## MAINS

<b>Margarita</b>	\$20.00
Mozzarella cheese, tomato, basil	
<b>Linguini bolognese</b>	\$20.00
Braised beef mince, fresh tomato sauce, herbs, pecorino	
<b>220 gram wagyu beef burger</b>	\$28.00
Grain-fed beef, cos lettuce, tomato chutney, bacon, cheese, caramelised onion, crunchy chips	
<b>Crowne club sandwich</b>	\$26.00
Smoked chicken breast, bacon, egg, avocado, caramelised onion, lettuce, tomato, peri peri mayonnaise, cheese, crunchy chips	
<b>Ham and pineapple</b>	\$24.00
Ham, pineapple, mozzarella cheese	

## MAINS (CONTINUED)

<b>Lamb massaman curry</b>	\$33.00
Braised lamb, saffron rice, mango chutney, naan bread, toasted coconut and raisins	
<b>Cajun spiced chicken fried rice</b>	\$32.00
School prawns, egg fried rice, peanuts, fried egg, fried shallots	

## DESSERT

<b>Fruit salad</b>	\$15.00
Fresh seasonal fruit, honey yoghurt, berries	
<b>Warm chocolate brownie</b>	\$17.00
Vanilla ice cream, chocolate sauce	

# BEVERAGES

## Sparkling wine

Craigmoor Cuvee Brut, 200ml	\$11.00
Chain of Fire Cuvee, 750ml	\$36.00

## White wine

Wild Oats Sauvignon Blanc, 187ml	\$11.00
Penfolds Koonunga Hill Chardonnay, 375ml	\$23.00
De Bortoli Willowglen Semillon Sauvignon Blanc, 375ml	\$20.00
Chain of Fire Sauvignon Blanc Semillon, 750ml	\$36.00

## Red wine

Wild Oats Shiraz, 187ml	\$11.00
Grant Burge GB Series Cabernet Shiraz, 187ml	\$11.00
De Bortoli Windy Peak Cabernet Merlot, 187ml	\$11.00
Penfolds Koonunga Hill Cabernet Sauvignon, 375ml	\$23.00
De Bortoli Willowglen Shiraz Cabernet, 375ml	\$20.00
Giesen Estate Merlot, 375 ml	\$24.00

## Beer

Peroni Nastro Azzurro	\$10.00
Corona Extra	\$10.00
Capital Brewery Coast Ale	\$10.00
Bentspoke Crankshaft IPA	\$10.00
Bentspoke Barley Griffin	\$10.00

## Low carb beer

Pure Blonde	\$8.00
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## Cider

The Hills Apple Cider	\$10.00
The Hills Pear Cider	\$10.00

## Juice

Pineapple	\$4.50
Orange	\$4.50
Apple	\$4.50
Tomato	\$4.50
Cranberry	\$4.50

## Freshly squeezed juice

Celery and carrot	\$8.00
Apple and ginger	\$8.00

## Coffee

Espresso coffee varieties:	\$4.50
Espresso   cappuccino   flat white   café latte	
Pot of coffee for two	\$8.00
Served with your choice of full cream milk, skim milk, soy milk, almond milk or lactose free milk	

## Tea and infusions

English breakfast tea	\$4.50
Green tea	\$4.50
Peppermint infusion	\$4.50
Jasmine green tea	\$4.50
Earl grey tea	\$4.50
Chamomile infusion	\$4.50

## Hot beverages

Chai latte	\$4.50
Hot chocolate	\$4.50

## Iced beverages

Iced chocolate	\$7.50
Iced coffee	\$7.50

## Smoothies and milkshakes

Low fat banana smoothie <b>LF</b>	\$7.50
Milkshakes: chocolate, strawberry or vanilla	\$7.50

## Soft drinks

Pepsi   Pepsi Max   Solo	
Sunkist   Schweppes Lemonade	\$4.50
Ginger beer, 330ml	\$5.50
Soda water 330ml	\$5.00
Tonic water 330ml	\$5.00
Still mineral water, 500ml	\$7.00
Sparkling mineral water, 500ml	\$7.00



CROWNE PLAZA®

AN IHG® HOTEL

CANBERRA