

# 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 for when you just need to reward yourself.

We hope you enjoy it and would love your feedback.

Jean-Marc Heussner  
Executive Chef  
Crowne Plaza Surfers Paradise



**24HR - 24 HOUR AVAILABILITY**  
**GF - GLUTEN FREE | DF - DAIRY FREE | V - VEGETARIAN**

All menu items are available between 11am and 10pm. For orders after 10pm please refer to menu items marked as 24 Hour Availability.

**A \$5.00 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.

All prices are inclusive of GST

# LUNCH & DINNER

## SALADS.

- CAESAR SALAD 24HR** \$16  
Cos lettuce in caesar dressing, croutons, crispy bacon and egg.
- CAPRESE SALAD GF** \$18.5  
Sliced roma tomato, Canungra fresh basil, bocconcini with balsamic dressing.
- CITRUS MIXED LEAF SALAD 24HR | V | DF | GF** \$16.5  
Mount Tamborine baby spinach, rocket leaf, orange segments, walnuts, cherry tomato, red pepper strip, honey paprika dressing.
- CHICKEN AVOCADO SALAD GF** \$18  
Mixed mesculin lettice, avocado, poached chicken fillet, tomato vinaigrette.

## ENTRÉES.

- SOUP OF THE DAY GF** \$14  
Ask for our chefs daily creation.
- TWO ONION SOUP** \$14.5  
Spanish and brown onions in beef broth, brie crouton.
- MULLIGATAWNY SOUP 24HR | V | GF** \$14  
Lightly infused curry spiced pumpkin, potato, onion
- CHICKPEA AND QUINOA TIAN 24HR | GF** \$17  
Hummus, radish, asparagus, sun-dried tomato, green herb oil
- SEA SCALLOP AND PORK BELLY GF** \$18  
Curry butter, walnut praline, apple gel.
- CHARCUTERIE PLATE** \$20.5  
French terrine, pancetta, sumac spice rare roast beef, salami, pickled slaw, gerkins and ciabatta bread
- FENNEL RISOTTO 24HR | V | GF** \$17.5  
Vegetable broth, fennel, green peas, red radish, grapes.
- CHICKEN WRAP 24HR** \$17.5  
Flour tortilla, hinterland chicken, cos lettuce, parmesan cheese, boiled egg with chunky chips
- MEAT LOVERS PIZZA 24HR** \$24  
Tomato and cheese base, bacon, chorizo, chicken, double smoked ham, salami, onion, pineapple, BBQ aioli

# MAINS.

- CROWNE CLUB SANDWICH 24HR** \$20.5  
Triple decker Vienna sourdough, chicken breast, bacon, egg, avocado, lettuce, tomato, basil mayonnaise with chunky chips.
- ANGUS BEEF BURGER 24HR** \$24.5  
200g Angus beef patty, lettuce, tomato, cheddar cheese, dill pickle, beetroot, truffle mayonnaise on brioche bun with chunky chips.
- TEMPURA FISH 24HR** \$26  
Barramundi fillet lightly battered with garden salad, chunky chips and tartare sauce.
- JAMAICAN JERK CHICKEN BREAST** \$29  
Butternut pumpkin pave, sweet corn puree.
- PILTON VALLEY PORK RIBS** \$36  
Slow cooked pork ribs in tangy BBQ sauce, sweet potato fries and spicy coleslaw.
- BUTTER CHICKEN 24HR | GF** \$24  
Lean diced boneless hinterland chicken cooked in mild sauce with naan bread, raita and chutney.
- LINGUINI BEEF CHEEK RAGOUT** \$28  
Linguini pasta, braised beef cheek, bacon, mushrooms & prunes.
- VEGETARIAN LASAGNE 24HR | V** \$24  
House made vegetarian lasagne with eggplant, zucchini, tomato, pumpkin, mixed peppers & green pea emulsion.
- FENNEL RISOTTO 24HR | V | GF** \$26  
Vegetable broth, fennel, green peas, red radish, grapes.

## GRILL.

### CHOOSE ONE OF THE FOLLOWING AMAZING DISHES:

- 200g Salmon Fillet
- 220gm Lamb Rump
- 300gm Black Angus Rib Fillet
- 220gm Hinterland Chicken Breast

### PAIR WITH ANY TWO OF THE FOLLOWING SIDES:

- Chunky chips
- Spicy coleslaw
- Creamy potato mash
- Seasonal green vegetables
- Grilled mushroom
- Onion rings
- Basmati rice

### TOP IT OFF WITH ONE OF THE FOLLOWING SAUCES:

- Mixed peppercorn sauce
- Creamy mushroom sauce
- Sweet soy teriyaki
- Red wine jus

ANY COMBINATION FOR \$38

## SIDES.

- CHUNKY CHIPS 24HR | V** \$9  
Served with aioli.
- SPICY COLESLAW V | GF** \$9  
in house made coleslaw with spicy dressing.
- CREAMY POTATO MASH V | GF** \$9  
Lightly seasoned creamy buttered mashed potato.
- SEASONAL GREEN VEGETABLES V | GF** \$9  
Seasonal green vegetables with pink salt, virgin olive oil.
- GRILLED MUSHROOM V | GF** \$9  
Pan fried mushroom with herb & garlic
- ONION RINGS 24HR | V** \$9  
Cajun spiced onion rings
- BASMATI RICE 24HR | V | GF** \$9

## DESSERTS.

<b>CHEESE PLATE</b>	\$25
A selection of local cheese including Brie, Cheddar and Blue. Served with macadamia nut honey, lavosh and crackers.	
<b>SEASONAL FRUIT PLATE 24HR</b>	\$16
Seasonal fruits with passionfruit and greek yoghurt.	
<b>NEW YORK CHEESECAKE</b>	\$16
Baked cheesecake dessert with berry compote.	
<b>CHOCOLATE JAFFA FONDANT</b>	\$16
Self-saucing chocolate pudding with orange and cointreau compote.	
<b>TRIOLOGY OF ICE CREAM 24HR</b>	\$16
Trio of ice cream and fruit coulis.	

## KID'S MENU.

### CHOOSE ONE MAIN: FISH & CHIPS

With tartare sauce and garden salad

### GRILLED CHICKEN TENDERS

Lightly grilled chicken tender fillets with mixed salad and BBQ mayonnaise

### GRILL SIRLOIN

150g grilled beef sirloin served with panache of seasonal vegetables

### TOASTED SANDWICH

Ham & cheese on white bread with chips

### PASTA BOLOGNAISE

Traditional Bolognese sauce with basil

### CHOOSE ONE DESSERT: VANILLA ICECREAM

With fruit coulis.

### CHOCOLATE MUD CAKE

With chocolate sauce.

### FRUIT SALAD

Fresh seasonal fruit salad with natural yoghurt.

INCLUSIVE OF A CAN OF SOFT DRINK, BOTTLED WATER  
OR FRUIT JUICE FOR \$16.5 EACH

\*Available for children 12 years and under

# BEVERAGE

## WINE.

### SPARKLING

Innocent Bystander Moscato, Yarra Valley, Vic 13

### WHITE

Petaluma 'White Label' Sauvignon Blanc, Adelaide Hills, SA 14

Robert Oatley Signature Chardonnay, Margaret River, WA 13

Mud House Pinot Gris, Marlborough, NZ 12

### RED

St Hallet 'Garden of Eden' Shiraz Barossa Valley, SA 14

Amadio Single Vinyard Merlot, Adelaide Hills, SA 13

PLEASE ASK US FOR MORE WINE SELECTIONS  
AVAILABLE BY THE BOTTLE

## BEER.

Corona \$11

Stella Artois \$10

Great Northern \$9

Pure Blonde \$9

Strongbow \$9

## SOFT DRINKS.

Coke | Diet Coke | Coke Zero | Sprite  
Fanta | Lift, 330ml \$6

Cascade Ginger Beer, 330ml \$6

Mount Franklin Sparkling Mineral Water, 750ml \$8

## COFFEE & TEA.

### ESPRESSO VARIETIES

Espresso | Cappuccino | Flat White | Café Latte

\$4.5

### TEAS

English Breakfast | Earl Grey  
Pure Peppermint Leaves | Jasmine Green Tea  
Chamomile Flowers | Green Tea

\$4.5

Chai Latte

\$5.5

Hot Chocolate

\$5

Iced Chocolate

\$7

Iced Coffee

\$7

## SMOOTHIES & MILKSHAKES.

Smoothies: Mango | Mixed berry | Banana | Tropical

\$8

Milkshakes: Vanilla | Chocolate | Caramel | Strawberry

\$8

## JUICE.

Orange

\$5

Apple

\$5

Pineapple

\$5