



CROWNE PLAZA®  
QUEENSTOWN



# IN-ROOM DINING

BODY AND SOUL

# BODY AND SOUL

Sticking to a diet when you're travelling may 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 our Body and Soul In-Room Dining Menu as well as our threesixty Restaurant & Bar menu; 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 our menu also offers a selection of classics for when you need to reward yourself.

We hope you enjoy it and would love to hear your feedback.

 Lower Fat

 Gluten Free

 Omega-3

 Higher Fibre

 High Protein

 Vegetarian

 Lower GI Carbohydrates

 24 Hour Availability

All menu items are available between 11am and 10:30pm. For orders after 11pm 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, or simply charge it to your room.






**CROWNE PLAZA®**  
QUEENSTOWN



# STARTERS

   **ROAST PUMPKIN SOUP**  
With toasted pumpkin seeds and nutmeg served with ciabatta  
\$14.00



 **SOUP OF THE DAY**  
Served with bread. Please check with our team for today's creation  
\$12.00



 **HOME CURED AKAROA SALMON**  
Beetroot cured salmon with crostini, citron confit, and leafy green salad  
\$17.50

  **PAN FRIED SCALLOPS**  
Scallops served on curried leeks and finished with a pinot gris sabayon  
\$21.00



  **GOATS CHEESE SALAD**  
Goat's cheese and honey almond croquettes, mesclun, walnut and honey mustard dressing  
\$16.50



 **HOMEMADE DUCK LIVER PÂTÉ**  
Homemade duck liver pate with port wine jelly, pickles and toasted breads  
\$17.50

  **HOMEMADE KUMARA GNOCCHI**  
Kumara gnocchi served with wilted spinach and cream of confit garlic topped with mixed green leaves  
\$17.50

  **GARDEN SALAD**  
Mesclun, carrots, cucumber, onions and tomato served with balsamic vinaigrette  
\$8.50



# MAINS



  **FREE RANGE CHICKEN SUPREME**  
Stuffed with mushroom and spinach duxelle on kumara puree served with porcini jus  
\$32.00

  **PUMPKIN AND PEA RISOTTO**  
Roast pumpkin, garden peas, arborio rice, served with parmigiano reggiano  
\$23.00

  **HEREFORD PRIME BEEF TENDERLOIN**  
200g eye fillet, served on truffle mash potato, confit onion and Central Otago Pinot Noir jus  
\$38.00

 **FISH OF THE DAY**  
Locally sourced market fish delivered fresh daily. Please check with your waiter for today's catch and creation. Subject to availability  
\$29.00

  **PAD THAI**  
Rice noodles, bok choy, carrots, coriander, cashew nuts  
\$19.50  
Add chicken or prawns \$25.00

  **LAMB RUMP**  
24 hour slow cooked lamb rump with seasonal vegetables cooked with Moroccan flavours  
\$32.00

# GRILL YOUR WAY

# SIDES

## CHOOSE FROM...

- Catch of the Day  
(Please check with your waiter)
- Akaroa Salmon Fillet
- 250g Hereford Rib Eye Steak
- Cardrona Merino Lamb Rump
- Free Range Chicken Breast

CHOOSE 1

## ACCOMPANIED BY...

- Mashed Potato
- Homemade Agria Chips
- Kumara Puree
- Steamed Basmati Rice
- Potato Gratin
- Vegetable of the Day
- Side Salad

CHOOSE 2

## FINISH WITH...

- Pinot Noir Jus
- Creamy Peppercorn Sauce
- Mushroom Sauce
- Garlic and Parsley Butter
- Beef and Oyster Sauce Jus

CHOOSE 1

\$39.50

### MASHED POTATO

Homemade agria mashed potato finished with butter  
\$8.50

### HOMEMADE AGRIA CHIPS

Hand-cut chips fried in 100% canola oil served with  
tomato sauce  
\$8.50

### KUMARA MASH

Sweet potato mash  
\$8.50

### STEAMED RICE

Steamed basmati rice lightly salted  
\$8.50

### POTATO DAUPHINOISE

Potato gratin baked with cream and butter  
\$8.50

### VEGETABLES OF THE DAY

Please check with your waiter for today's selection  
\$8.50

### GARDEN SALAD

Mesclun, carrots, cucumber, onions and tomato, served  
with balsamic vinaigrette  
\$8.50

### STEAMED MARKET VEGETABLES

Selection of steamed vegetables lightly seasoned  
\$8.50

### FRIED RICE

Fried rice with mixed vegetables  
\$8.50

# CLASSICS

## **HERB AND GARLIC BATARD**

Roasted garlic and parsley butter served on a fresh batard.  
\$12.50

## **CAESAR SALAD**

Cos lettuce, croutons, crispy bacon, crumbed fried egg, shaved parmesan tossed with anchovy based mayonnaise dressing

\$15.50

Add chargrilled chicken breast \$21.5

## **ALL DAY BIG BREAKFAST**

Eggs cooked any style served on toast with grilled tomato, bacon, sausage, sautéed mushrooms and hash brown

\$26.00

## **CROWNE CLUB SANDWICH**

Chicken breast, bacon, egg, avocado, lettuce, tomato, basil and mayonnaise on triple decker toasted sliced bread with chunky chips

\$24.00

## **GRILLED BEEF BURGER**

100% grain fed beef, cos lettuce, tomato, cheddar cheese, dill pickle, beetroot relish, mayo, ciabatta bun with chunky chips

\$24.00

## **GRILLED PERI PERI CHICKEN BURGER**

Chargrilled marinated chicken, tomato, cos lettuce, avocado, mayonnaise and chilli jam on ciabatta bun with chunky chips

\$24.00

## **FISH AND CHIPS**

Tempura fish fillets, crunchy chips, lemon and tartare sauce  
\$20.00

## **TOASTY YOUR WAY**

Please select any 2 of the following ingredients: ham, chicken, red onion, cheddar cheese, tomato. Served on either white or wholemeal toast with chunky chips  
\$15.00

Add extra Ingredient \$2.00

## **CLASSIC MARGARITA PIZZA**

Pizza margarita, with mozzarella, sliced tomato oregano and tomato sauce  
\$18.00

## **SPAGHETTI BOLOGNAISE**

Prime Hereford beef mince, cooked in the traditional Italian method slow and low for 6 hours. Served with shaved parmesan

\$18.00

## **BUTTER CHICKEN**

Mildly spiced butter chicken curry, served with basmati rice and naan

\$24.00

# DESSERTS

## **V P** CHEESE PLATTER

Locally sourced Gibbston Valley cheeses  
please choose any 2

**KAWARAU BLUE, AUTUMN GOLD,  
WASHED RIND BALFOUR PECORINO, AND  
SHEEP'S MILK NEVIS MAASDAM EMMENTAL STYLE**

Served with quince membrillo, dried apricots,  
walnut mesclun salad and crackers

\$19.00

Add any extra cheese \$7.00

## **L V g** SEASONAL FRUIT SALAD

Sliced seasonal fruit  
\$12.50

## **V** CROWNE CRUMBLE

Seasonal fruit crumble served with Wanaka Pure ice cream.  
Ask our team about today's creation.  
\$13.50

## **L g GI** CRÈME BRULEE

Classic vanilla crème brulee served with orange confit  
\$12.50

## **V** CHOCOLATE FONDANT

Rich dark Belgian chocolate fondant served with vanilla  
crème anglaise and ice cream  
\$14.00

## **L g** WANAKA PURE ICE CREAM TUBS

Please ask our team regarding today's selections  
\$5.50

# KIDS MENU

\$16.50

## **CHOOSE 1 MAIN, 1 DESSERT**

INCLUSIVE OF A SOFT DRINK,  
ORANGE JUICE OR WATER

*For Kids 12 Years and under*

## **L** FISH & CHIPS

With tartare sauce and garden salad

## **LEAN BEEF BURGER**

On white bun with lettuce, tomato, cheddar cheese and  
tomato sauce, served with chips

## **PASTA BOLOGNAISE**

Traditional bolognaise sauce with fresh basil (also available  
napoli sauce)

## **CHICKEN SALAD**

Free range chicken breast with mixed garden salad and  
caesar dressing

## **L** TOASTED SANDWICH

Toasted ham and cheese sandwich with chips

## **CHOCOLATE MUD CAKE**

With chocolate sauce

## **L** FRUIT SALAD

Fresh seasonal fruit salad with natural yoghurt

# BEVERAGES

## WINE

### Sparkling

Brancott Estate Brut Cuvee  
Marlborough NZ

Glass / Bottle  
\$13 / \$69

### White

Settler's Hill Sauvignon Blanc

\$9.5 / \$39

Settler's Hill Chardonnay

\$9.5 / \$39

Stoneleigh Rapaura Series - Marlborough

\$15 / \$73

### Red

Settler's Hill Merlot Cabernet

\$9.5 / \$39

Settler's Hill Pinot Noir

\$9.5 / \$39

Gibbston Valley Gold River  
Pinot Noir, NZ

\$14 / \$65

Please ask our team for more wine selections available by the bottle

## BEER

### Low Alcohol

Amstel Light

\$8.5

Heineken

\$8.5

Tiger

\$8.5

Peroni

\$9

Monteiths Range: Original or Golden

\$8.5

### CIDER

Monteith's Apple Cider

\$8.5

## SIMPLY SQUEEZED JUICES

Orange

\$5.5

Apple

\$5.5

Cranberry

\$5.5

Pineapple

\$5.5

Tomato

\$5.5

## FRESH SQUEEZED JUICES

Orange

\$7.5

Pineapple

\$7.5

## COFFEE & TEA

### Espresso Varieties

Espresso | Cappuccino | Flat White | Café Latte

\$5

### Tea

Earl Grey | English Breakfast | Peppermint

\$5

Berry Sensation | Chamomile | Lemon Verbena

Jasmine Green | Lime and Orange

Chai Latte

\$5

Hot Chocolate

\$5

Iced Coffee

\$6.5

## SMOOTHIES & MILKSHAKES

**LF** Low Fat Banana Smoothie

\$6.5

Milkshakes | Chocolate, Strawberry or Vanilla

\$6.5

## SOFTDRINKS

Coke | Diet Coke | Sprite | Fanta, 330ml

\$5

L&P | Ginger Ale, 330ml

\$5

Schweppes Ginger Beer, 330ml

\$5

Waiwera Mineral Water, 500ml

\$6.5

Waiwera Sparkling Mineral Water, 500ml

\$6.5



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