



CROWNE PLAZA[®]
HOTELS & RESORTS



IN-ROOM DINING

BODY AND SOUL

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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.

LF Lower Fat

G Gluten Free

DF Dairy Free

O³ Omega-3

F Higher Fibre

P High Protein

V Vegetarian

V Vegan

GI 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.



CROWNE PLAZA®
AUCKLAND

STARTERS

-   **SOUP OF THE DAY**
Vegan soup, served with toasted bread
\$16.00
-   **GORAKA SOUR TUNA**
Spiced tuna loin with mango salsa and rice wafer
\$16.00
-   **QUESADILLAS**
Roasted courgette, capsicum, eggplants, salsa verde, manchego cheese, rocket
\$16.00
-  **PORK AND PISTACHIO TERRINE**
Pork and pistachio terrine, Dijon mustard, fruit compote, cornichons and toasted baguette pistachio terrine wrapped in streaky bacon and served with toasted baguette
\$17.00
-  **PUMPKIN RAVIOLI**
Pumpkin and ricotta filled ravioli, sage butter, amaretti, parmigiano
\$17.00
-   **SALMON SALAD**
Gin cured salmon, cos, pickled red onion, dill and crispy capers
\$18.00

MAINS

-  **MURGH METHI MALAI CURRY**
Traditional Punjab chicken curry served with naan and fragrant rice
\$28.00
-  **FARRO SALAD**
Farro, pistachio basil pesto, walnuts, Portobello mushroom, pumpkin
\$28.00
-   **CONFIT DUCK LEGS**
Slow cook duck legs served with lentils, baby carrots, kumara mash, sour cherry sauce
\$32.00
-  **MARKET FISH**
Fennel, tomato, capsicum, pernot, chilli, lemon, garlic crostini, Romesco sauce
\$32.00
-   **BEEF RANDANG**
Traditional Indonesian beef curry, served with turmeric rice, fried onion
\$28.00
-  **PAELLA**
Spanish Paella with chorizo, chicken and prawns, mussels and fish of the day
\$32.00

GRILL

YOUR WAY

SIDES

CHOOSE FROM...

- 200gm Akaroa Salmon Fillet
- 200gm Fish of the Day
- 200gm Free Range Chicken Breast
- 200gm Beef Eye Fillet
- 300gm Beef Scotch Fillet

CHOOSE 1

ACCOMPANIED BY...

- Steak fries
- Fragrant rice
- Agria mash potato
- Green salad
- Sauté spinach
- Stir fry Asian vegetables
- Sauted mushrooms

CHOOSE 2

FINISH WITH...

- Red wine Jus
- Green peppercorn Jus
- Bearnaise
- Romesco
- Teriyaki

CHOOSE 1

\$39.50


KUMARA MASH

Tossed in fresh herbs
\$8.00

STEAK FRIES

Served with Aioli
\$8.00

FRAGRANT RICE

 Steamed fragrant rice
\$8.00

AGRIA MASH POTATO

Potato mash
\$8.00

GREEN SALAD

Heirloom tomato, cured red onion, radish and citrus dressing
\$8.00

SAUTÉ SPINACH

Spinach leaves, olive oil, garlic
\$8.00

STIR FRY ASIAN VEGETABLES

Seasonal Asian vegetables, with chilli, coriander and crispy shallots
\$8.00

SAUTÉED MUSHROOMS

Mushroom medley sautéed with garlic butter.
\$8.00

CLASSICS

 **HERB AND GARLIC BATARD**

Roast garlic and parsley butter
\$11.00

 **CAESAR SALAD**

Cos lettuce, croutons, crispy bacon, free range egg, shaved parmesan tossed with anchovy based mayonnaise dressing
\$20.00 | With chargrilled chicken breast \$28.00

CROWNE CLUB SANDWICH

Chicken breast, bacon, egg, avocado, lettuce, tomato, basil mayonnaise on triple decker toasted sliced bread with chunky chips
\$19.00

 **GRILLED BEEF BURGER**

Beef patty, cos lettuce, tomato, cheddar cheese, dill pickle, beetroot relish, mayo, sesame bun with chunky chips
\$26.00

GRILLED PERI PERI CHICKEN BURGER

Chargrilled marinated chicken, tomato, cos lettuce, avocado, mayonnaise and chilli jam on milk bun with chunky chips
\$26.00

 **FISH AND CHIPS**

Tempura battered fish fillets, chunky chips, lemon and tartare sauce
\$28.00

 **TOASTED CHEESE SANDWICH**

Cheddar cheese on toasted white or wholemeal bread with additional choice of tomato, ham or chicken
\$16.00

 **VEGETARIAN PIZZA**

Grilled eggplants fresh basil, cherry tomato, bocconcini, mozzarella, pistachio pesto, pine nuts
\$20.00

MEAT LOVERS PIZZA

Prosciutto, portobello, shaved parmesan, cappers, capsicum, baby spinach leaves
\$23.00

 **LASAGNE**

Traditional Italian lasagne
\$25.00

ALL DAY BIG BREAKFAST

Eggs cooked any style served on toast with grilled tomato, bacon, sausage, sautéed mushrooms and hash brown
\$22.00

DESSERTS

KAPITI CHEESE BOARD

Choose 2 from the following:
Blue, brie, ramara or aged cheddar.
Served with fresh fruit and fruit paste
\$18.00



SEASONAL FRUIT PLATE

Fresh seasonal fruits, natural yoghurt topped with Manuka honey
\$14.50



CHOCOLATE TART

Whittaker's fair trade chocolate tart, lemon yoghurt and berries
\$16.00



TASTE OF THE TROPICS

Rum infused pineapple, lemon polenta cake, shaved coconut, basil and mint sorbet
\$16.00

PANNA COTTA

Bay leaves pannacotta, caramelised banana, amaretti, curry leave
\$16.00



TRIO OF ICE CREAMS

3 house flavours ice cream served with strawberries, chocolate sauce and berry coulis
\$14.50

KID'S MENU

PLEASE CHOOSE 1 MAIN AND 1 DESSERT

\$16.50 INCLUSIVE OF A CAN OF SOFT DRINK OR FRUIT JUICE

Available only for children 12 years and under

MAIN



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



TOASTED SANDWICH

Toasted ham and cheese sandwich with chips

DESSERT

CHOCOLATE MUD CAKE

With chocolate sauce



FRUIT SALAD

Fresh seasonal fruit salad with natural yoghurt

BEVERAGES

WINE

Sparkling

Lindauer Brut NV, 150ml \$11.00

White

Trinity Hill Sauvignon Blanc, 150ml \$10.50

Trinity Hill Chardonnay, 150ml \$10.50

Trinity Hill Pinot Gris, 150ml \$10.50

Red

Trinity Hill Pinot Noir, 150ml \$12.00

Trinity Hill Merlot, 150ml \$12.00

Trinity Hill Syrah, 150ml \$12.00

Please ask us for more wine selections available by the bottle

BEER

Peroni \$10.00

Corona \$9.00

Becks \$11.00

Macs Gold \$8.00

Low Carb

Export 33 \$9.00

JUICE

Pineapple \$5.00

Orange \$5.00

Apple \$5.00

Tomato \$5.00

Cranberry \$5.00

LF FRESHLY SQUEEZED JUICE BLENDS

Beetroot, Apple, Spinach and Carrot \$10.00

Orange, Pineapple and Apple \$10.00

COFFEE & TEA

Espresso Varieties

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

Teas & Infusions

English Breakfast Tea \$4.50

Green Tea

Peppermint Infusion

Jasmine Green Tea

Earl Grey Tea

Chamomile Infusion

Chai Latte \$4.50

Hot Chocolate \$4.50

Iced Chocolate \$7.00

Iced Coffee \$7.00

SMOOTHIES & MILKSHAKES

LF Low Fat Banana Smoothie \$8.00

Milkshakes: Chocolate, Strawberry, Vanilla \$8.00

SOFTDRINKS

Coke | Diet Coke | Coke Zero | \$5.00

Sprite | Fanta | Lift, 330ml

Schweppes Ginger Beer, 330ml \$5.00

Schweppes Soda Water, 330ml \$5.00

Schweppes Tonic Water, 330ml \$5.00

Waiwera Still Mineral Water, 500ml \$6.00

Waiwera Sparkling Mineral Water, 500ml \$6.00

