

# Healthy Options

In line with Novotel's philosophy of healthy alternatives, we are proud to present our healthy food options, which all meet the New Zealand Heart Foundation criteria, designed as a healthy yet equally tasty alternative.

**Mini Tasters & Entrees:** The maximum portion size for all meats, fish and poultry is 100g raw weight. The maximum saturated fat content is 3g per serve. The maximum sodium content 450mg per serve.

**Main Meals:** The maximum portion size for all meat is 125g raw weight except skinless chicken and fish, which is 150g raw weight. The maximum saturated fat content is 5g per serve, with a maximum sodium content of 600mg per serve.

**Dessert:** The maximum saturated fat content is 2g per serve and 20g total sugar per serve.

Nutrient count	Energy	Saturated Fat	Total Sugars	Sodium	Fibre
<b>Mini Tasters</b>					
Cajun prawn bruschetta	1272.4kJ	2.5g	1.4g	448.7mg	3.5g
Cherry tomato bruschetta	415.6kJ	1.2g	2.3g	20.6mg	2.8g
Char grilled Chicken thigh	1329.4kJ	2.9g	7.7g	322.8mg	2.3g
<b>Entrées</b>					
Seared scallops	1372.7kJ	2.1g	1.9g	163.6mg	2.8g
Sesame and garlic prawns	1371.8kJ	2.98g	1.3g	416.1mg	2.4g
<b>Mains</b>					
Chicken Breast	1714.5kJ	4.4g	2.8g	573.4mg	3.1g
Salmon fillet	1158.3kJ	4.8g	3.3g	125mg	1.4g
Beetroot & spring onion risotto	1996kJ	4.8g	9.4g	288.5mg	4g
Baked fish fillets	2145.88kJ	4.9g	3.00g	485.60mg	1.96g
<b>Dessert</b>					
Fresh fruit salad	409.8kJ	0.1g	19.9g	30.5mg	1.7g

**HO** Healthy Option **GF** Gluten Free **LS** Low Sugar **V** Vegetarian **LC** Low Carbohydrate

**N** Contains Nuts **DF** Dairy Free **VG** Vegan

## Breads

- Baked Ciabatta Loaf** with garlic butter **v** \$7
- Freshly Baked Breads** with chef's selection of dips **v, N, LS** \$9
- Gluten Free bread available on request

## Entrees

- Soup du Jour** with ciabatta roll **LS** \$11  
Your attendant will advise today's creation
- Seared Scallops** with crayfish & pea risotto, finished with watercress and almonds **\$18**  
**N, GF, DF, LS, HO**
- Sesame & Garlic Prawns**, served with avocado & lime puree, pistachio & pine nut crumbs and micro spring onions **\$16**  
**N, LC, LS, HO**
- Cured Salmon Salad**  
home cured salmon fillet in a Greek salad, finished with a pickled ginger & caper vinaigrette **LC** \$16

## Mini Tasters – pick a few to share

All \$11 each

- Caramelised Onion Bruschetta** with Kikorangi blue, pear & fig chutney **LS**
- Cajun Prawn Bruschetta** with avocado & lime salsa, finished with fresh coriander **LS, HO**
- Cherry Tomato Bruschetta** served with roasted garlic puree, finished with basil & a balsamic reduction **VG, DF, LS, HO**
- Truffle Mushroom Aranchini** with Parmesan cheese, finished with pine nut aioli **N, LS**
- Spiced Pork Meatball** in a rich napoli sauce, finished with Parmesan cheese & ciabatta bread
- Asian Marinated Beef** with tempura onion and toasted sesame **DF, LS**
- Char- Grilled Chicken Thigh**, marinated in a sweet spicy rub, finished with corn & tomato salsa and chilli bread **LS, HO**

## Mains

<b>Char-Grilled Beef Eye Fillet</b> with a herb crust, onion tart and finished with a roasted garlic potato gratin and mustard jus <i>LS</i>	\$32
<b>Steak Frites;</b> 200g Savannah rump steak with shoestring fries & watercress, finished with caramelized onion aioli <i>LS, GF</i>	\$29
<b>Chicken Breast</b> with mushroom & Parmesan cheese risotto cake, spinach puree, crisp prosciutto & lemon oil <i>LS</i>	\$29
<b>Beetroot and Spring Onion Risotto,</b> finished with a poached free range egg, pine nuts and Parmesan cheese <i>LS, GF, N</i>	\$24
<b>Lamb Loin</b> pistachio crust with a potato & rosemary croquette, egg plant puree, roast vine ripened tomato and finished with aged balsamic <i>N, LS</i>	\$32
<b>Salmon Fillet,</b> served with a warm green bean & kumara salad, spicy crab & coconut yoghurt and lime air <i>LS, GF</i>	\$29
<b>Fish of the Day</b> Your waitperson will advise today's creation	\$30

## Healthy Options

<b>Chicken Breast</b> with mushroom & Parmesan cheese risotto cake, steamed broccoli, spinach puree & lemon oil <i>LS, HO</i>	\$25
<b>Salmon Fillet,</b> served with a warm green bean & kumara salad, finished with spicy crab & coconut yoghurt <i>LS, GF, HO</i>	\$25
<b>Beetroot &amp; Spring Onion Risotto,</b> finished with pine nuts and Parmesan cheese <i>V, LS, GF, N, HO</i>	\$22
<b>Baked Fish Fillets,</b> served with steamed rice, Greek salad and basil pesto <i>N, LS, HO</i>	\$25

## Sides

<b>Greek Style Salad</b>	\$6
<i>V, LS, GF, HO</i>	
<b>Steamed Vegetables</b>	\$6
<i>with chilli garlic butter V, LS, GF</i>	
<b>Rocket &amp; Quail Egg Salad</b>	\$6
<i>with balsamic dressing V, DE, HO</i>	
<b>French Fries &amp; Aioli</b>	\$6
<i>V</i>	
<b>Creamy Rosemary Mashed Potatoes</b>	\$6
<i>V, GF, LS</i>	

## Desserts

<b>Rhubarb Eaton Mess</b> <i>vanilla poached rhubarb</i>	\$11
<i>with strawberry coulis &amp; almonds V, N</i>	
<b>Chocolate Fondant</b> , <i>served with vanilla</i>	\$11
<i>ice cream and Anglaise V</i>	
<b>Kahlua Crème Brulee</b> , <i>topped with</i>	\$11
<i>macadamia crumble, orange &amp; raisin compote</i>	
<i>and chocolate tuille V</i>	
<b>Pliable Chocolate Ganache</b> , <i>served with</i>	\$11
<i>strawberry ice cream, pistachio praline</i>	
<i>and Anglaise</i>	
<b>Ice Cream Selection</b> , <i>served with chocolate sauce</i>	\$11
<i>and berry compote</i>	
<b>Kikorangi Blue Vein</b> <i>with manuka honey jelly,</i>	\$13
<i>toasted walnut bread, fresh pear and</i>	
<i>a port reduction V, N</i>	

## Mini Temptations

<b>Dark Chocolate Brownie</b> , <i>served with</i>	\$7
<i>strawberry ice cream &amp; vanilla Anglaise</i>	
<b>Fresh Fruit Salad</b> <i>with frozen yoghurt &amp;</i>	\$6
<i>berry coulis HO</i>	
<b>Mango Sorbet</b> <i>with diced pineapple &amp;</i>	\$6
<i>passion fruit syrup V, LC, GF</i>	