



INBALANCE**MEETINGS**

DESTINATION AND OVERVIEW

Novotel Newcastle Beach is situated on the doorstep of one of the best surfbreaks in Australia, Newcastle Beach. The hotel commands the corner of a quaint beachside city block surrounded by renowned Newcastle restaurants, cafes and bars that make it the perfect destination for families, couples and business travellers. Shopping precincts, art galleries and picturesque coastal walks are also a moment's walk away.

The contemporary hotel rooms are all designed with spaciousness and easy living in mind. Many of the rooms also offer magnificent views of Australia's east coast that make staying at Novotel Newcastle Beach a dream.

The hotel's modern dining restaurant, Bistro Dalby, offers a contemporary Australian menu that tempts taste buds with local and seasonal dishes. With a fully equipped bar, indoor and alfresco dining options and a relaxed atmosphere, it is the perfect place to catch up with friends or colleagues.

Novotel Newcastle Beach offers three flexible function rooms all with natural light. The rooms can accommodate large conferences and smaller boutique events and a dedicated events coordinator makes the entire process a seamless experience.

GETTING HERE

- By Train: Station- 3km
- By Lightrail: Station- 200m
- By Plane: Newcastle Airport- 35km
- By Car: 2 hours drive north of Sydney via the M1 Pacific Motorway
- · By Bus: Easy access to bus stops

NOVOTEL NEWCASTLE BEACH

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2 PLAN AND CONNECT



4 TIME OUTS & HEALTH WELLBEING

5 MENU OPTIONS



OUR INTENT INBALANCE**MEETINGS**

INBALANCE MEETINGS SIGNATURES

A place for people to meet, focus their energy and create moments of impact to achieve great meeting outcomes.



For every guest to leave a Novotel feeling calm, grounded, clear-headed and motivated. In our words they are balanced.





2 PLAN AND CONNECT





TIME OUTS & HEALTH WELLBEING







We understand that clients are often searching for new, unique venues that offer something different from the standard room set up. We know the ideals you could be looking to cultivate: inventiveness, creativity, connection.

Designed to help foster these ideals, InBalance Meetings provides a comfortable, flexible space that can adapt to almost any type of meeting.

All meeting rooms feature floor-to-ceiling windows allowing ample natural light to promote balance with the outside world.



THE INBALANCE MEETING ROOM FEATURES THE FOLLOWING:

- White boards and flip charts to capture ideas to support the brainstorming and problem solving process (included in conference package or can be hired)
- Fitballs to facilitate a relaxed environment and as props for the timeout sessions
- · Yoga mats to stretch during your meeting
- Refreshment Station featuring fruit infused water, apples and muesli bars to ensure delegates stay hydrated and alert (included in conference packages)

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FLOOR

PLANSS

CAPACITY

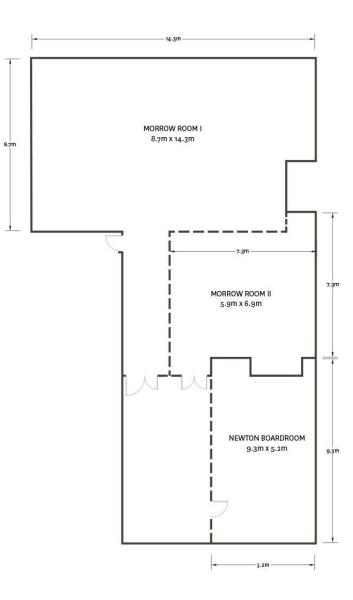
4 TIME OUTS & HEALTH WELLBEING



GUEST ROOMS



Room Name	min Capacity	Height (m)	Area(m²)	U-Shape	Classroom	Boardroom	••• •••••• Theatre	Cocktail	Banquet	Cabaret
Morrow I	30	2.8	125	30	54	30	120	100	100	64
Morrow II	10	2.8	41	15	15	14	30	30	30	24
Newton Boardroom	10	2.8	48	21	24	20	30	30	40	24
Morrow Combined	50	2.8	166	NA	75	NA	150	160	140	96
Bistro Dalby Inside	NA	4.5	65	NA	NA	NA	NA	80	60	NA
Bistro Dalby Outside	NA	NA	121	NA	NA	NA	NA	160	60	NA







PLAN AND CONNECT



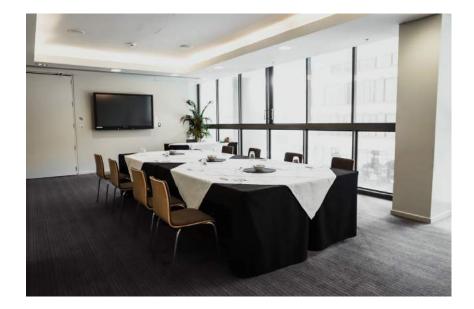
TIME OUTS & HEALTH WELLBEING



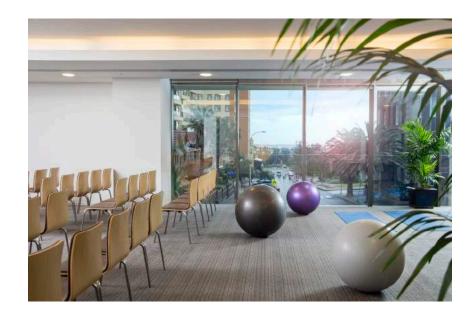


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TIME OUT **ACTIVITIES**

HEALTH AND WELLBEING

PEAK PERFORMANCE MEETINGS & EVENTS

Novotel InBalance provides the ideal setting for a high performance health and wellbeing conference experience. Clients can choose to incorporate nutritional content, high energy time out activities and team building experiences to forge a greater connection and collaboration between meeting participants.

MEDITAINMENT

The ability to clear the mind to focus on the task ahead is something successful people have known for generations.

We can take you there with Meditainment, a 20 minute audio-visual relaxation experience using multi-sensory techniques to clear the mind so you focus on the meeting agenda.

YOGA STRETCH WITH MINDFULNESS

Head to toe is a virtual 12 minute yoga stretch, a low impact routine that can be done in business attire.

COMPLIMENTARY CONFERENCE PACKAGE ACTIVITIES

TAKE A WALK

InBalance local area maps give you options for a 20 minute walk or run to revive the senses, relieve stress and get the creative juices flowing again.

ADDITIONAL OPTIONS- PRICED SEPARATELY

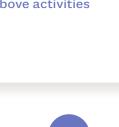
ACTIVITIES

- Newcastle Scramble Teams explore the Newcastle CBD and city beaches solving clues, collecting scavenger items and capturing team photos aiming to outscore their opponents.
- Amazing Race An action packed 3 hour adventure that takes teams across Newcastle as they compete to complete all the roadblock challenges and arrive to the finish location.
- Beach Olympics Healthy competition with sand between your toes as teams face off in a series of mild team based sporting challenges.

WORKSHOPS

- Lieir Noosalu Fitzgibbons Stretching Guy- this is a 1.5 hour interactive session design to be a combination of information and also practical stretching, yoga and meditation practise. Fun and also very informative. Indoors or out.
- Team Energy Balance- this session is designed to be an investigation into the energy balance and functionality levels of the team. Investigate the impact of individual behaviours that combine to affect the collective team energy.
- Nutrition workshop- learn the basics and the extremes of nutrition in our lives. Session can be shaped to be specific to your team and their needs.

* Additional charges apply for the above activities



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TIME OUTS & HEALTH WELLBEING

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INBALANCE PACKAGES

HALF DAY CONFERENCE PACKAGE FROM \$60.00 PER PERSON

FULL DAY CONFERENCE PACKAGE

FROM \$68.00 PER PERSON

Conference packages include:

- Note pads, pens, iced water, mints
- . Up to 2 timeout activities
- Morning and afternoon tea (half day package excludes either morning or afternoon tea)
- Nurture yourself buffet with orange juice and fruit flavoured waters
- Refreshment Station with apples, fruit flavoured waters and muesli bars
- Plenary Room Hire (as per timings and minimum numbers below)
- Whiteboard & flip chart

Full day: 8:00am to 5:00pm Half day: 8:00am to 12:00pm OR 1:00pm to 5:00pm

Minimum numbers for day packages apply: 10 people in Morrow II and Newton Boardroom 30 people in Morrow I Room 50 people in Morrow Room





BREAKS

Chef's daily rotation of morning and afternoon tea including 1 item per break from the following menu accompanied by seasonal sliced fruit platter, Nespresso pod coffee and selection of teas:

- Banana and walnut muffins
- Mixed Berry Friands
- Dark Chocolate & Macadamia Brownie
- Vanilla slice
- Muesli Slice
- · Moroccan Lamb Pies
- Baby Tomato & Olive Tart
- Spinach & Ricotta Roll
- 🗉 Chicken & Leek Pie
- Ham & Cheese Croissants

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TIME OUTS & HEALTH WELLBEING

MENU OPTIONS



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INBALANCE PACKAGES

NURTURE YOURSELF BUFFET

Minimum 15 people

All menus served with bread rolls, orange juice and fruit flavoured iced water.

Groups 15 and under will be provided with a working lunch buffet or two.



Note: Menus are samples only and rotate daily.

LUNCH MENU 1

SANDWICHES & WRAPS

· Chef's daily creation

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- · Spiced chicken tenders & tzakziki
- Herb roasted kipfler potatoes
- · Buttered green beans

SALAD

- Waldorf salad, apple, walnuts, blue cheese dressing
- Dukkha spiced chicken salad, quinoa, raisins, iceberg lettuce

DESSERT

Dessert selection
Fresh fruit platter

LUNCH MENU 3

SANDWICHES & WRAPS

Chef's daily creation

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- Lemon & thyme roasted chicken
- · Buttered zucchini, almonds, parley & lemon
- Roast potato, oregano, extra virgin olive oil

SALAD

Asparagus, apple, sultana & cous cous salad
Garden salad

DESSERT

- Dessert selection
- · Fresh fruit platter

LUNCH MENU 2

SANDWICHES & WRAPS

Chef's daily creation

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- · Red Beef curry, bok choy, coriander
- Steamed rice
- · Buttered carrots, dill sauce

SALAD

- Thai vegetable, cashew & noodle salad, nahm jim dressing
- Traditional Coleslaw

DESSERT

- Dessert selection
- Fresh fruit platter

LUNCH MENU 4

SANDWICHES

· Chef's daily creation

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- BBQ Tasmanian salmon
- Baked Qld blue pumpkin, sage, goats cheese & macadamias
- Seasonal vegetable tagine, natural yoghurt

SALAD

- · Waldorf salad, apple, walnuts, blue cheese dressing.
- Dukkha spiced chicken salad, quinoa, raisins, iceberg lettuce

DESSERT

- Dessert selection
- Fresh fruit platter





5 FLOOR PLANS & CAPACITY



MENU OPTIONS



ADDITIONAL OPTIONS

These additional items can be served at any time of the day to boost energy and increase productivity. Please note these are an additional cost.

CONTINUOUS TEA & COFFEE \$15 PER PERSON

Tea and Nespresso coffee station, replenished throughout the day.

HEALTHY SNACK STATION \$6 PER PERSON

Including popcorn and trail mix

WAKE UP BALANCED \$15 PER PERSON CHOOSE THREE ITEMS

- · Fruit juices
- . Fresh fruit platter
- InBalance Bircher muesli
- Deli yoghurt, honey almond crunch pots
- · Banana bread

TEA BREAK PICK ME UPS \$6 PER PERSON CHOOSE ONE ITEM, PER BREAK

- Grilled breads with dips
- . Rocky road slice
- . InBalance brownie
- · Fresh baked cookies
- . Mini ice-cream
- Iced tea



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TIME OUTS & HEALTH WELLBEING









GRAZING PLATTERS \$60 PER PLATTER, SUITABLE FOR 6 PEOPLE

- Cheese board
- Antipasto PLatter

PRIVATE BREAKFAST MENUS

LIGHT WORKING BUFFET BREAKFAST - \$25.00 PER PERSON Minimum 10 guests

- · Seasonal fresh fruit salad
- · Yoghurt with berries and almond crunch
- · Bircher muesli cups
- Banana bread, mini muffins, croissants and Danishes
- Mushroom, tomato and cheese frittata
- · Selection of chilled fruit juices
- Tea and Nespresso coffee station





PLATED BREAKFAST - \$37.00 PER PERSON

min 10 guests

Served to the centre of the table

- · Seasonal fresh fruit salad
- · Yoghurt with berries and almond crunch
- Banana bread, mini muffins, croissants and Danishes

Served individually

- Scrambled eggs with toasted sourdough, streaky bacon and grilled tomato
- OR Poached eggs with toasted rye bread, smoked salmon, grilled asparagus, lemon and chive cream fraiche
- OR Banana pancakes with lemon mascarpone, toasted almonds and honey

Selection of chilled fruit juices Tea and Nespresso coffee station

Alternate serve of two dishes, add \$5.00 per person

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TIME OUTS & HEALTH WELLBEING MENU OPTIONS





PRIVATE DINNER MENUS

3 COURSE ALTERNATE SERVE - \$70.00 PER PERSON

2 COURSE ALTERNATE SERVE - \$60.00 PER PERSON

Min 20 guests

Menus are served with bread rolls and are followed with tea, coffee and almond biscotti

Entree

- · Seared king prawns, pico de gallo, avocado tian, lemon oil
- $\cdot\,$ Wood smoked chicken, witlof, black grape and walnut salad, verjuice dressing
- · Apple cider braised pork ravioli, sea salt crackling and chunky tomato sauce
- · Charred lamb fillet, sweet potato puree, blistered cherry tomato and rosemary jus
- · Five spice duck breast, warm green bean and asparagus salad, shaved almonds
- · Roasted pumpkin and ginger soup, crème fraiche sunflower granola (v)

Main

- $\cdot\,$ Pan seared chicken supreme, roasted sweet potato, broccolini, red wine jus
- · Char grilled lamb rump, crushed herb potato, dutch carrots, salsa rossa
- · Kumara and parmesan ravioli, radicchio, sage burnt butter (v)
- · Barramundi fillet, roast fennel, cavolo nero, saffron beurre blanc
- · Char grilled beef sirloin, potato galette, green bean, mushroom ragout
- · Grilled pork cutlet, apple and red cabbage compote, sautéed kipflers, calvados reduction

Dessert

- · Sticky date pudding, butterscotch sauce, vanilla cream
- · Frangipane tart, raspberry coulis, double cream
- · Vanilla bean panna cotta, mixed berry compote, almond praline
- · Dark chocolate tart, candied orange and farmhouse cream
- $\cdot\,$ Individual pavlova, strawberries and passion fruit salad
- · Warm chocolate macadamia brownie, salted caramel sauce, double cream

BUFFET MENU - \$60.00 PER PERSON

min 30 guests

Hot Selection

- · Horseradish and herb crusted rare beef sirloin, red wine jus
- · Pan seared Atlantic salmon, tomato ratatouille
- Lemon and thyme roasted corn fed chicken, aged balsamic roasted root vegetables

Sides

- · Parmesan and sage dauphinoise potatoes
- · Steamed sweet corn, sea salt flakes
- · Green beans with toasted almonds

Salads

- · Fresh garden salad red wine vinaigrette
- · Green bean, chickpea, cherry tomato and almonds
- · Roasted sweet potato, pinenut and parmesan
- · Rocket, pear and walnut salad

Desserts

- · Seasonal fruit platter
- · Individual Pavlova, mixed berry compote and vanilla cream
- Assorted petit cakes
- · Cheese platter with served with quince paste, dried fruit and crackers

Menus are served with bread rolls and are followed with tea, coffee and almond biscotti

LIGHT SUPPER PLATTERS - \$19.00 PER PERSON

(pre or post meeting catering addition)

Choose two menu items to be served on platters

- · Antipasto plate of grilled marinated vegetable and cured meats
- Selection of Gyoza's and dipping sauce
- · Pumpkin and goats cheese arancini garlic aioli
- · Tomato, olive tart, Persian fetta
- · Mini beef burgers, beetroot, pickles, blue cheese
- · Selection of Australian cheeses, dried fruit and crackers
- · Sliced fruit platter
- In house Muesli slice

Additional menu items can be selected \$4.00 per person per item

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CANAPÉS

min 20 guests

1/2 HOUR* Selection of 2 hot and 2 cold canapes

1 HOUR*

Selection of 3 hot and 3 cold canapes

2 HOURS

Selection of 3 hot and 3 cold canapes, 1 substantial and 1 dessert canapes

3 HOURS

Selection of 3 hot and 3 cold canapes, 2 substantial and 2 dessert canapes

*1/2 hour and 1 hour packages available only when booked with a dinner function

Cold Canapés

- · Smoked salmon and cream cheese with rye crumble
- · Prawn ceviche with lime, avocado and crisp tortilla
- Sundried tomato and goat cheese tartlet (v)
- · BBQ peking duck and Asian herb salad
- · Vine ripened tomato and olive bruschetta (v)
- · Smoked chicken, grape and walnut salad (gf)
- · Mini pork belly with pineapple chilli salsa (gf)
- $\cdot\,$ Thai rice paper rolls with sweet chilli (v, gf)
- $\cdot\,$ Selection of house made sushi pickled ginger and soy (v, gf)

Hot Canapés

- $\cdot\,$ Lamb and rosemary koftas with cucumber raita (gf)
- $\cdot\,$ Satay chicken skewers with peanut dipping sauce
- · Mini vegetable spring rolls (v)
- · Seared Canadian scallops with roast capsicum salsa (gf)
- · Spinach, zucchini and feta roll (v)
- · Panko crusted king prawns with lemon aioli
- $\cdot\,$ Selection of mini gourmet pies
- · Braised beef cheek and caramelised onion tart
- · Roast pumpkin, leek and feta tartlet (v)
- · Wild mushroom and brie arancini pesto aioli (v, gf)

Dessert Canapés

- · Mini vanilla brulees (gf)
- · Strawberries and cream with Belgium chocolate
- Mini apple crumble
- · Washed rind, toasted sour dough, baked pear
- Portuguese tarts
- Seasonal fruit flan
- Petit pecan pie
- Chocolate fudge cake
- Passion fruit cheese cake

Substantial Canapés

- · Pulled pork slider with red cabbage and apple compote
- $\cdot\,$ Waygu beef cheek slider with caramelised onion, tomato and rocket
- · Seafood fritto misto fried whitting , squid, prawn with lemon aioli
- · Wild mushroom risotto, white truffle oil and grana padano (v, gf)
- · Smokey chorizo, chicken and prawn paella (gf)
- $\cdot\,$ Chicken Mie Goreng Indonesian stir fried noodle boat
- $\cdot\,$ Salad of duck confit marinated feta, pear and caramelised walnuts
- $\cdot\,$ BBQ pork belly tortillas with avocado and Mexican salsa

ADDITIONAL ITEMS

\$4.00 PER PERSON

- \$6.00 PER PERSON
- Additional hot, cold or dessert canapé





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5 MENU OPTIONS





\$17.00 PER PERSON

\$23.00 PER PERSON

\$43.50 PPER PERSON

\$61.00 PER PERSON



SILVER PACKAGE

PRICE PER PERSON

1 hour	\$26.00
2 hours	\$32.00
3 hours	\$37.00
4 hours	\$44.00
5 hours	\$48.00

Sparkling Bancroft Bridge NV Brut

White Bancroft Bridge Semillon Sauvignon Blanc

OR Bancroft Bridge Chardonnay Red

Bancroft Bridge Shiraz Cabernet

Beers

Tooheys Extra Dry James Boags Premium Light Soft drinks, orange juice and iced water

GOLD PACKAGE

PRICE PER PERSON

1 hour	\$29.00 per person
2 hours	\$35.00 per person
3 hours	\$40.00 per person
4 hours	\$47.00 per person
5 hours	\$51.00 per person

Sparkling

Tyrrells Moores Creek Sparkling Brut White Tyrrells Moores Creek Semillon Sauvignon Blanc **OR Tyrrells Moores Creek Chardonnay** Red Tyrrells Moores Creek Shiraz **OR Tyrrells Old Winery Pinot Noir** Beers Tooheys Extra Dry James Boags Premium Lager

James Boags Premium Light

PLATINUM PACKAGE

PRICE PER PERSON

1 hour	\$33.00 per person
2 hours	\$39.00 per person
3 hours	\$46.00 per person
4 hours	\$51.00 per person
5 hours	\$55.00 per person

Sparkling

Veuve Ambal Blanc de Blancs Brut White 3 Tales Sauvignon Blanc OR Tyrrells Semillon Red Tyrrells Shiraz **OR Tatachilla Merlot** Beers Tooheys Extra Dry Little Creatures Pale Ale

James Boags Premium Lager **Pipsqueak Apple Cider** James Boags Premium Light Soft drinks, orange juice and iced water

ADDITIONAL OPTIONS

Basic Spirits

With mixer \$8.00 per serve Smirnoff Vodka Johnnie Walker Red Gordons Gin Jim Beam Bundaberg UP rum Southern Comfort Bacardi Jose Cuervo Especial Tequila

Premium Spirits

With mixer \$9.00 per serve Absolut Vodka Canadian Club 42 Below Vodka Johnnie Walker Black **Bombay Sapphire Gin** Jameson Irish Whiskey Wild Turkey

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Soft drinks, orange juice and iced water

TIME OUTS & HEALTH WELLBEING



GUEST ROOMS

SPARKLING WINE

Bancroft Bridge NV Brut \$30.00 bottle | \$8.00 glass Yarra Burn Premium Cuvee Brut (200ml) \$10.00 bottle Veuve Ambal Blanc de Blancs Brut \$42.00 bottle Innocent Bystander Pink Moscato \$40.00 bottle Chandon Brut Rose (750ml) \$56.00 bottle

CHAMPAGNE

NV Moët & Chandon Imperial \$99.00 bottle NV Veuve Clicquot Yellow Label Brut \$125.00 bottle

WHITE WINE

Bancroft Bridge Semillon Sauvignon Blanc \$30.00 bottle | \$8.00 glass 3 Tales Sauvignon Blanc \$36.00 bottle | \$8.00 glass Drift Sauvignon Blanc \$39.00 bottle Tyrrells Semillon \$45.00 bottle | \$10.00 glass Bancroft Bridge Chardonnay \$30.00 bottle | \$8.00 glass De Bortoli Winemakers Selection Sauv Blanc \$39.00 bottle De Bortoli Winemakers Selection Chardonnay \$39.00 bottle Fordwich Verdelho \$40.00 bottle | \$9.00 glass Black Cottage Chardonnay \$45.00 bottle | \$10.00 glass Keith Tulloch 'Per Diem' Pinot Gris \$42.00 bottle

RED WINE

Bancroft Bridge Shiraz Cabernet \$30.00 bottle | \$8.00 glass Tatachilla Merlot \$45.00 bottle | \$10.00 glass Tyrrells Shiraz \$45.00 bottle | \$10.00 glass Crabtree Hilltop Cabernet Sauvignon \$48.00 bottle | \$11.00 glass Sticks Pinot Noir \$48.00 bottle | \$11.00 glass De Bortoli Winemakers Selection Shiraz \$39.00 bottle Cape Barren Cabernet Sauv Merlot Cabernet Franc \$48.00 Bottle Knapstein Cabernet Sauvignon \$60.00 bottle

BEER

LIGHT BEER

\$7.00 per bottle James Boags Premium Light

CLASSIC BEERS

\$7.50 per bottle **Tooheys New** XXXX Gold

CONTEMPORARY BEERS

\$8.00 per bottle Hahn Superdry **Tooheys Extra Dry** XXXX Summer Bright Lager

CIDER

\$9.00 per bottle Pipsqueak Apple Cider James Squire Orchard Crush Pear Cider Sydney Cider Agave Ginger Cider

AUSTRALIAN PREMIUM BEERS

\$8.50 per bottle James Boags Premium

CRAFT BEERS

\$9.00 per bottle James Squire 'The Chancer' Golden Ale James Squire 'One Fifty Lashes' Pale Ale James Squire 'Jack of Spades' Porter Little Creatures Pale Ale \$9.50

LOCAL BEERS

\$8.00 per bottle Paddo Pale Ale Glamarama Ale

INTERNATIONAL PREMIUM BEERS \$9.50 per bottle Kirin Heineken Birra Moretti Stein Lager

NON-ALCOHOLIC

SOFT DRINKS

\$4.00 per glass | \$12.00 per jug Coke, Diet Coke, Coke No Sugar, Sprite, Lift and sparkling mineral water

JUICE

\$5.00 per glass | \$15.00 per jug Orange, apple, pineapple & apple blackcurrant

BEVERAGES ON CONSUMPTION

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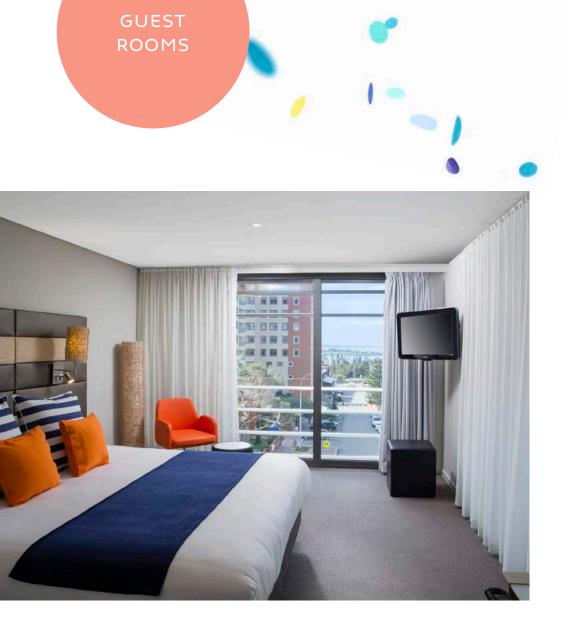
CAPACITY



OUTS & HEALTH WELLBEING

MENU OPTIONS

GUEST ROOMS



ACCOMMODATION

The hotel's 88 contemporary guest rooms are all designed with spaciousness and easy living in mind. Many of the rooms also offer magnificent views of Australia's east coast that make staying at Novotel Newcastle Beach a dream.

Room Facilities

- Spacious, generously proportioned guestrooms
- · Individually controlled air-conditioning
- · Cable TV
- · Movies on demand
- · Alarm/Clock radio
- High-speed broadband internet
- Writing desk
- Tea and coffee making facilities
- Mini bar
- Iron and ironing board
- Hairdryer
- In-room safe

Room Categories

- · Standard Room
- · Standard Balcony Room
- Superior Room
- · Superior Harbour View Room
- · Family Room with Dining Table

· Family Room with Bath

Guest Services

- · Concierge
- · Laundry and dry cleaning service
- 24-hour reception

Food and Beverage

- $\cdot\,$ Bistro Dalby, indoor and outdoor dining
- Lobby bar
- · 24-hour in-room dining
- · In-Balance healthy choice menu items

Leisure Facilities

- · Gymnasium
- · Spa
- · Steam room

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NEWCASTLE BEACH

