

INBALANCE MEETINGS
AT NOVOTEL



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 only a moment away.

The contemporary hotel rooms are all designed with easy living in mind. Many of the rooms also offer partial views of Australia's east coast and Newcastle's working harbour 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

NOVOTEL NEWCASTLE BEACH

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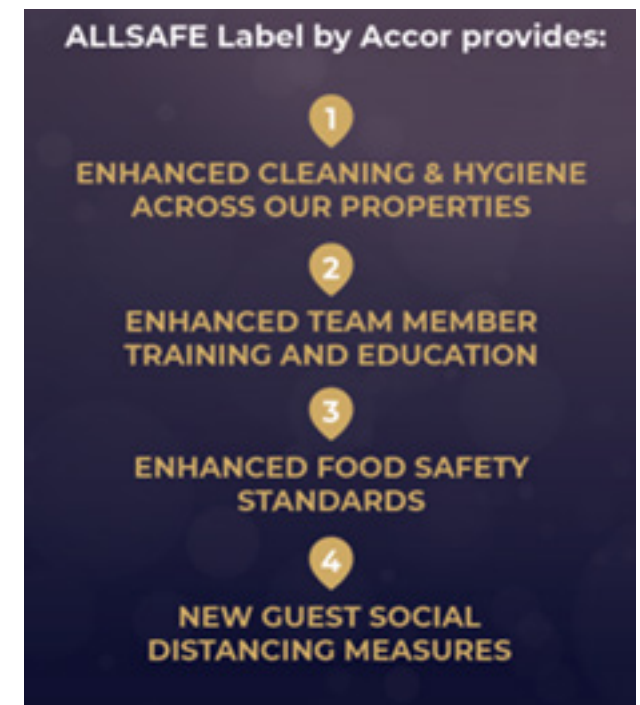


OUR INTENT

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

MISSION STATEMENT

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

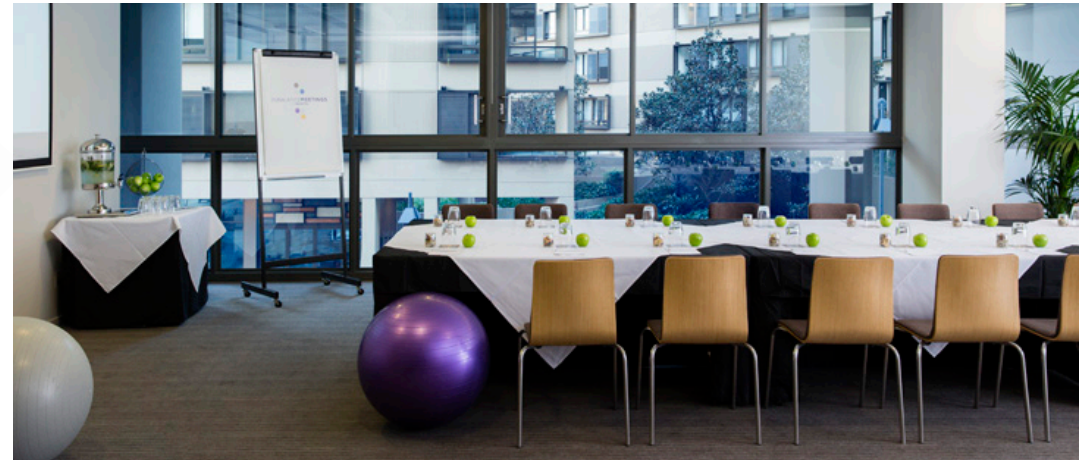


PLAN AND CONNECT

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 price or can be hired)
- Fitballs on request to facilitate a relaxed environment and as props for the timeout sessions (complimentary)
- Yoga mats available to stretch during your meeting (complimentary)
- Refreshment Station featuring fruit infused water, apples and muesli bars to ensure delegates stay hydrated and alert (included in conference package price)

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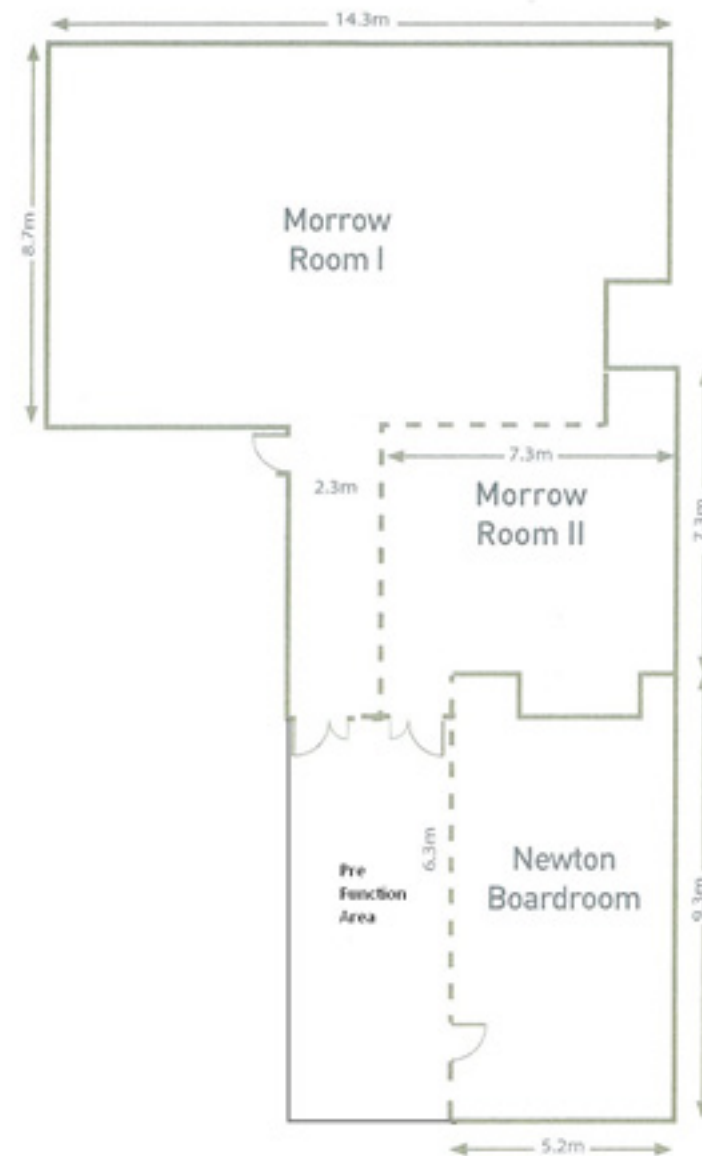
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GUEST ROOMS

FLOOR PLANS & CAPACITIES

Room Name	max Capacity	Height (m)	Area(m ²)	U-Shape	Classroom	Boardroom	Theatre	Cocktail	Banquet	Cabaret
Morrow I	62	2.8	125	22	30	21	60	NA	62	62
Morrow II	25	2.8	41	15	15	14	25	NA	25	16
Newton Boardroom	25	2.8	48	21	24	20	25	NA	25	24
Morrow Combined	90	2.8	166	NA	50	NA	90	NA	90	90
Bistro Dalby Inside	NA	4.5	65	NA	NA	NA	NA	NA	30	NA
Bistro Dalby Outside	NA	NA	121	NA	NA	NA	NA	NA	NA	NA



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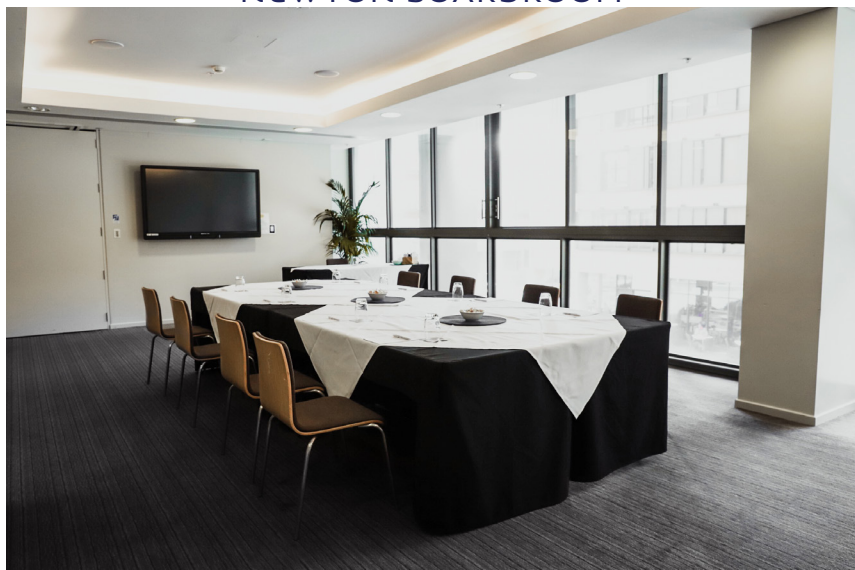
MORROW ROOM I



MORROW ROOM I



NEWTON BOARDROOM



MORROW ROOM II



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GUEST ROOMS

TIME OUT ACTIVITIES

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.

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.

COMPLIMENTARY
CONFERENCE
PACKAGE
ACTIVITIES

HEALTH AND WELLBEING

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

- Stretching Guy- this is a 1.5 hour interactive session designed to be a combination of information and also practical stretching, yoga and meditation practice. 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.

Novotel Wellness Ambassador Sally Fitzgibbons



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GUEST ROOMS

INBALANCE PACKAGES

HALF DAY CONFERENCE PACKAGE

\$60.00 PER PERSON, PER DAY

FULL DAY CONFERENCE PACKAGE

\$68.00 PER PERSON, PER DAY



Conference packages include

- . Note pads, pens, iced water, mints
- . Up to 2 timeout activities
- . Morning and afternoon tea - individually plated (half day package excludes either morning or afternoon tea)
- . Individually plated 2 course or boxed lunch with orange juice
- . 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 fruit, served individually with Nespresso pod coffee and a selection of teas

Sample break menu items :

- . Organic Greek yoghurt with berries & toasted muesli
- . Blueberry banana bread
- . Honey oat slice
- . Dark chocolate & macadamia brownie
- . Homemade lemon drizzle cake
- . Banana oat bran muffin (GF)
- . Zucchini, carrot & honey slice
- . Spinach, sundried tomato & goats cheese muffin
- . Shaved leg ham & cheddar cheese croissant
- . Chef's selection of savoury pastry scrolls

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GUEST ROOMS

INBALANCE PACKAGES

CONFERENCE LUNCHES

Included in day conference package, or additional individual cost for room hire only groups. Please note minimum/maximum numbers apply to each option

Individually plated 2 course lunch
or Individual boxed lunches



Note: Menus are samples only and rotate daily.

SAMPLE BOXED LUNCH

- . Chef's chicken & salad wrap
- . Chef's salad box
- . Whole fresh fruit
- . Protein ball
- . Slice / dessert
- . Sparkling water or juice

SAMPLE 2 COURSE LUNCH

Client's choice of entree/main or main/dessert

- . Entree (sample)
Four cheese arancini with garlic aioli
- . Main (sample)
Herb marinated chicken supreme w/ bean cassoulet & salsa verde
- . Dessert (sample)
Apple berry crumble w/ raspberry sorbet

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. Minimum 10 people for all options, excluding doughnut wall.

CONTINUOUS TEA & COFFEE

\$15 PER PERSON

Tea and Nespresso coffee station, replenished throughout the day

HEALTHY SNACK BREAK **\$6 PER PERSON**

Including popcorn and trail mix

WAKE UP BALANCED **\$15 PER PERSON**

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

TEA BREAK PICK ME UPS **\$6 PER PERSON**

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

DOUGHNUT WALL **\$4.50 PER PERSON**

Minimum 20 people

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GUEST ROOMS

PRIVATE BREAKFAST MENUS

LIGHT WORKING 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

Minimum 10 guests

Served Individually

- 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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PRIVATE PLATED MENUS

3 COURSE ALTERNATE SERVE - \$70.00 PER PERSON

2 COURSE ALTERNATE SERVE - \$60.00 PER PERSON

Minimum 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

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, 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

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

Individual pavlova, strawberries and passionfruit salad

Warm chocolate macadamia brownie, salted caramel sauce, double cream

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GUEST ROOMS

INDIVIDUALLY PLATED CANAPÉS

SERVED INDIVIDUALLY PER PERSON

MAXIMUM NUMBERS APPLY

PRE-DINNER GRAZING PLATTER

\$25.00 PER PERSON

(MUST BE BOOKED IN CONJUNCTION WITH A DINNER MENU)

Selection of 3 hot and 3 cold canapes

SUBSTANTIAL CANAPE PACKAGE 1

\$45.00 PER PERSON

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

SUBSTANTIAL CANAPE PACKAGE 2

\$65.00 PER PERSON

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

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)
- . Thai rice paper rolls with sweet chilli (v, gf)
- . Selection of house made sushi pickled ginger and soy (v, gf)

Hot Canapés

- . Lamb and rosemary koftas with cucumber raita (gf)
- . 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
- . 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
- . 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)
- . Chicken Mie Goreng Indonesian stir fried noodle boat
- . Salad of duck confit marinated feta, pear and caramelised walnuts
- . BBQ pork belly tortillas with avocado and Mexican salsa

ADDITIONAL ITEMS

\$4.00 PER PERSON

Additional hot, cold or dessert
canapé

\$6.00 PER PERSON

Substantial canapé



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BEVERAGE PACKAGES

SILVER PACKAGE

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

Bancroft Bridge NV Sparkling Brut

Bancroft Bridge Semillon Sauvignon Blanc

Bancroft Bridge Shiraz Cabernet

Lovedale Lager

Paddo Pale Ale

James Boags Premium Light

Soft drinks, orange juice and iced water

GOLD PACKAGE

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

Tyrrells Moores Creek Sparkling Brut

Tyrrells Moores Creek Semillon Sauvignon Blanc
OR Tyrrells Moores Creek Chardonnay

Tyrrells Moores Creek Shiraz
OR Tyrrells Old Winery Pinot Noir

Lovedale Lager

Paddo Pale Ale

James Boags Premium Lager

James Boags Premium Light

Soft drinks, orange juice and iced water

PLATINUM PACKAGE

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

Rococo Premium Cuvee Sparkling

3 Tales Sauvignon Blanc
OR Tyrrells Semillon

Tyrrells Shiraz
OR Keith Tulloch Merlot

Lovedale Lager

Paddo Pale Ale

Glamarama

Little Creatures Pale Ale

Sydney 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 \$10.00 per serve

Absolut Vodka
Canadian Club
42 Below Vodka
Johnnie Walker Black
Bombay Sapphire Gin
Jameson Irish Whiskey

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SPARKLING WINE

Bancroft Bridge NV Brut \$34.00 bottle | \$9.00 glass
De Bortoli King Valley Prosecco (200ml) \$10.00 bottle
Rococo Premium Cuvee \$38.00 bottle
Innocent Bystander Pink Moscato (250ml) \$12.00 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 \$34.00 bottle | \$9.00 glass
Bancroft Bridge Chardonnay \$34.00 bottle | \$9.00 glass
Bancroft Bridge Rose \$34.00 bottle | \$9.00 glass
3 Tales Sauvignon Blanc \$42.00 bottle | \$10.00 glass
Tyrrells Chardonnay \$45.00 bottle | \$10.00 glass
Keith Tulloch 'Per Diem' Pinot Gris \$45.00 bottle | \$10.00 glass
Tyrrells Semillon \$50.00 bottle
El Desperado Sauvignon Blanc \$52.00 bottle
Ashbrook Estate Verdelho \$56.00 bottle

RED WINE

Bancroft Bridge Shiraz Cabernet \$34.00 bottle | \$9.00 glass
First Creek Botanica Pinot Noir \$42.00 bottle | \$10.00 glass
Norfolk Rise Merlot \$48.00 bottle | \$11.00 glass
Gemtree Grenache Shiraz Mataro \$52.00 bottle | \$12.00 glass
Tyrrells Shiraz \$54.00 bottle | \$12.00 glass
De Beaurepaire Cabernet Sauvignon \$55.00 bottle | \$12.00 glass

BOTTLED 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

LOCAL CRAFT BEERS

\$8.00 per bottle
Lovedale Larger
Paddo Pale Ale
Glamarama Ale
Surry Hills Pils
Darlo Dark

CIDER

\$9.00 per bottle
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

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

BEVERAGES

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ACCOMMODATION

The hotel's 88 contemporary guest rooms are all designed with spaciousness and easy living in mind. Many of the rooms also offer views of Australia's east coast and Newcastle Harbour 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
- . 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

- . 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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An  **ACCORHOTELS** brand