

At your request

We know that while you are in hospital, meals are an important part of your stay and recovery.

We also know that you may feel hungry outside of typical meal times, so we have tailored our food service to meet your needs.

Simply order what you like from our Room Service menu, and your meal and snacks will be freshly prepared and delivered to your room.

Please note: there may be times that restrictions are placed on your diet due to medical requirements – please contact your nursing caregivers for details.

Your dietary needs will always be considered and catered for during your stay with us. Special diet and allergy-specific options are included within this menu.

SPECIAL DIETARY CONSIDERATIONS 🌾 Gluten free 🌱 Vegan 🍷 Diabetic 🥛 Texture Modified Available ↓ Low fibre

Our environmental impact is important to us, which is why we embed sustainable practices into our hospital kitchens including shortening the supply chain where possible, food wastage and disposal, recycling and we proudly partner with suppliers who promote and supply sustainable packaging.

How to order

- Use your bedside phone and call **#789**
- Place your meal order with our room service call centre caregivers
- To order from mobile or outside phone, call **1300 156 544** and please state ward, bed number and full name

Menu available all day from 6.30am to 5.30pm

Continental Breakfast

BAKERY

Breads (toast optional 🌾, 🌱 available)

White 🍷 ↓ 🥛 | Wholemeal 🍷 🥛

Multigrain 🍷 | Sourdough 🍷 ↓ | Banana 🌾

Muffin of the Day 🌾 (↓ available)

FRUITS 🌾 🍷 🍷, (🥛 option)

Fruit salad | Watermelon ↓ | Tinned Peaches ↓

Prunes | Apple | Banana

CEREALS & GRAINS

Porridge 🍷 (🥛, 🌱 available) | Weetbix | All Bran

Rice Bubbles | Muesli 🌾 | Cornflakes 🌾

DAIRY

Milks 🌾 🍷 ↓ 🥛

Low Fat | Full Cream | Soy 🌱 | Almond 🌱

Low Lactose

Yoghurt 🌾 🍷 🥛 (🌱, ↓ option) – Assorted Flavours

Hot Breakfast

EGGS 🌾 🍷 ↓

Poached 🥛 | Fried | Scrambled 🥛

OMELETTE

Plain | Ham | Cheese | Tomato | Mushroom | Onion

CROISSANT

Plain | Ham | Cheese | Tomato

BREAKFAST SIDES

Bacon 🌾 ↓ | Beef Chipolata | Smoked Salmon 🌾 🍷 ↓ 🥛

Baked Beans 🌾 🌱 🍷 🥛 | Hash Brown 🌾 🌱 ↓

Grilled Tomato 🌾 🌱 🍷 | Avo Mash 🌾 🌱 🍷 🥛 ↓

Sautéed Mushroom 🌾 🌱 🍷

CONDIMENTS – see selection overleaf

SNACKS

Cheese & Crackers 🍷, ↓, (🌾 option)

Potato Wedges 🌾 🌱

Scone with Jam & Cream ↓

Banana Bread 🌾

Assorted Sweet Biscuits (🌾 option), 🥛 ↓ 🍷

Muesli Bar 🍷 🌱

Yoghurt Selection 🌾 🥛 ↓ 🍷

Custard 🌾 🥛 ↓ 🍷

Drinks

COLD DRINKS 🌾 🌱 🥛 (↓ except prune juice & green smoothie)

Bottled Water 🍷 | Sparkling Water 🍷 | Lemonade 🍷

(diet available) | Coke 🍷 (diet available) | Ginger Ale

Juices: Apple | Orange | Prune

Milkshakes: Vanilla | Chocolate | Spearmint | Strawberry

Iced coffee | Smoothies: Green | Banana

HOT DRINKS 🌾 ↓, all 🍷 & 🌱 (except hot chocolate)

Coffee | Hot Chocolate

Teas 🌱: Chamomile | Green | Peppermint |

English Breakfast | Lemongrass and Ginger

Main Meals Please choose one main, your side and vegetables

CLASSIC MAINS

Shepherd’s Pie | Butter Chicken | Green Curry (option)
Mixed Vegetable & Bean Hot Pot
Roast of the Day | Grilled Barramundi
Grilled Beef Fillet | Grilled Chicken Breast

SAUCES, all and (except White Wine)

Gravy | Mushroom | Pepper | Creamy White Wine
Napolitano

SIDES, (except naan)

Rice ↓ | Side Salad | Potato Wedges
Naan Bread ↓ | Mashed Potato ↓
Roast Potato ↓ | Hot Chips ↓

CLASSIC PASTAS (↓)

Beef Lasagne | Macaroni Cheese
Spaghetti Bolognese

VEGETABLES, (↓ & option)

Roast Potato | Roast Sweet Potato
Roast Carrot | Roast Pumpkin
Mixed Vegetables (Carrot, Broccoli, Cauliflower, Beans)
Steamed Greens (Broccoli, Green Beans, Sugar Snap Peas)

FROM THE WOK, (↓, option)

Stir fried capsicum, carrot and broccoli in a soy glaze
Add: Chicken | Beef | Tofu Add: Rice | Hokkien Noodles

BURGER

Served on a ciabatta roll (available)
with lettuce, tomato, red onion & cheddar cheese
Add: Steak ↓ | Beef Patty | Chicken Breast ↓
Vegetable Patty

SOUP, Served with an optional dinner roll

Smooth Pumpkin ↓ | Smooth Chicken ↓
Vegetable Minestrone | Beef Consommé ↓
Vegetable Consommé ↓

SALAD entrée or main serve

Garden Salad | Caesar Salad
Pumpkin & Quinoa Salad
Add: Grilled Chicken | Smoked Salmon
Cheddar Cheese | Boiled Egg | Tuna
Add: Quinoa | Dinner Roll, (option)
Add: Dressing (Balsamic | Caesar | Olive Oil |
Lemon Wedge)

SANDWICH (↓, available) Create Your Own

Bread: White | Wholemeal | Multigrain
Protein: Cheese | Egg | Chicken | Tuna
Smoked Salmon | Ham
Salad: Lettuce | Tomato | Cucumber | Carrot
Red Onion | Avocado Mash

CONDIMENTS, (except Vegemite)

Butter ↓ | Margarine ↓ | Vegemite ↓ | Honey ↓
Strawberry Jam ↓ | Orange Marmalade ↓
Whipped Cream ↓ | Tomato Sauce ↓ | BBQ Sauce ↓
Mayonnaise ↓ | Cream Cheese ↓ | Mustard ↓
Aioli ↓ | Sour Cream | Sweet Chilli | Tartare
Lemon Wedge ↓ | Olive Oil ↓

DESSERTS

Apple Pie | Tiramisu ↓ | Choc Mud Cake ↓
Berry Cheesecake ↓ | Fruit Salad
Ice Cream ↓ (option) | Sorbet ↓
Custard ↓ | Jelly ↓ (Lemon | Lime | Diet Orange)

SPECIAL DIET *Menu*

Clear Fluids

SAVOURY OPTIONS, ↓

Consommé (Clear Soup): Beef | Vegetable

SWEET OPTIONS, ↓ (option)

Jelly: Lemon | Lime | Diet Orange | Sorbet

DRINKS ↓, ↓

Bottled Water | Apple Juice | Coffee (black only)
Teas: Chamomile | Green | Peppermint |
Lemongrass & Ginger | English Breakfast (black only)

Full Fluids

SWEET OPTIONS

Thin Porridge ↓ (option) | Custard ↓ | Ice Cream
, ↓ (option) | Sorbet ↓ | Jelly (Lemon | Lime |
Diet Orange) ↓ | Yoghurt, (option)

SAVOURY OPTIONS, ↓

Soup: Pumpkin | Chicken | Beef Consommé
Vegetable Consommé

DRINKS ↓, ↓ (except hot chocolate)

Bottled Water | Apple Juice | Orange Juice
Milkshakes: Vanilla | Strawberry | Spearmint | Chocolate
Banana Smoothie | Coffee | Hot Chocolate
Teas: Green | Chamomile | Peppermint | Lemongrass &
Ginger | English Breakfast

If you are on a special diet for medical or religious reasons, some meal items may not be suitable. Our Room Service Staff will advise you of appropriate options to meet your dietary requirements.