

Welcome to Allevia Hospitals (formerly MercyAscot) Room Service

Good nutrition is important for your recovery, and being able to choose what and when you eat will support this. Room Service enables you to place your meal order with the Food Services team between 7 am and 7 pm. Your meal will be made to order and delivered to your bedside within 45 minutes.

How do I order?

Please call **69777** from your bedside phone to order. Alternatively, **scan the QR code** from your personal smartphone or tablet to order online. Our online menu works best in Google Chrome.



Please feel free to order what you feel like and when you feel like it. We offer an all-day breakfast but please note some items are only available after 11 am (see menu). We recommend eating small meals more often to aid your recovery.

What if I have an allergy or special diet?

You can identify allergies before your admission or they can be recorded during your stay. Our team will confirm any allergies noted when you place your first meal order.

If you need a special diet please call the Food Services team. They will guide you through the options available to you.

Annotations/Symbols

GF Gluten-friendly menu items

V Vegan-friendly menu items

Allergy statement/disclaimer: Strict controls are in place to prevent cross-contamination. However, menu items are all prepared and cooked in the same kitchen, and so may still pose a small risk.

Gluten-friendly products are available for people requiring a gluten-free diet. Gluten-friendly food is food produced without the addition of any gluten-containing grains.

Food intolerances: Food intolerances require the same controls as food allergies. This will limit the food options available. Please speak with your nurse if you find the menu choices are too restrictive.

For people with diabetes: Please ask the kitchen assistant about low sugar options, including beverages, sweeteners, and low sugar desserts.



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★ Beverages

COFFEE

Espresso   
 Black coffee   
 Flat white  
 Cafe latte  
 Cappuccino  
 Cafe mocha  
 Decaf (Instant)   

TEA

English breakfast
 Earl Grey
 Green
 Peppermint
 Berry
 Decaffeinated tea

SOFT DRINK

Ginger beer
 Diet ginger beer
 Lemonade
 Diet lemonade

JUICE

Orange
 Apple
 Prune
 Tomato

MILK

Standard  
 Trim  
 Soy   
 Almond   

★ Snack Items

Plain sweet biscuits 
 Water crackers  
 Raw fruit and nuts  
 Roasted almonds  
 Edam cheese and rice crackers  
 Bliss bites  
 Up & Go Energize 



★ Breakfast (All Day)

CEREAL

Porridge  
 Weetbix  
 Bran flakes 
 Cornflakes   
 Rice bubbles  
 Muesli  

YOGHURT

Fruit yoghurt
 Natural Greek yoghurt

FRUIT

Fruit salad  
 Banana  
 Apple  
 Stewed apples   
 Stewed peaches   

BAKERY

Fruit Danish
 Croissant 
 Cheese scone 
 Sweet muffin

HOT MENU

Pancakes 
 Bacon   
 Breakfast sausage 
 Sautéed mushrooms  
 Grilled tomato  
 Hash brown 
 Grilled banana  
 Salmon  

EGGS

Poached
 Scrambled

OMELETTE

Cheese
 Tomato
 Mushroom

TOAST

White bread   
 Wholemeal bread 
 Multigrain bread 
 Sourdough  
 English muffin  



★ Lunch (from 11.00am)

SOUP

- Pumpkin GF M V
- Tomato and basil GF M V
- Creamy chicken M
- Chicken broth M
- Vegetable broth M V

SALADS

(ENTRÉE & MAIN
SIZE AVAILABLE)

- Garden salad GF V
 - + Add chicken
 - + Add salmon
- Caesar salad (comes with croutons and parmesan cheese)
 - + Add bacon and egg
 - + Add chicken

FROM THE GRILL

- Beef and cheese burger
 - Chicken burger GF
 - Black bean burger GF V
- All served with lettuce, tomato, onion and aioli

(Optional condiments - tomato sauce, BBQ sauce, beetroot relish, mayonnaise, sweet chilli sauce)

FRESH SANDWICHES & WRAPS

(BUILD YOUR OWN)

All sandwich options can be toasted on request

Bread (sliced):

- White bread GF M V
- Wholemeal bread V
- Multigrain bread V

Wraps:

- Tortilla wrap GF M V

FILLINGS

- Lettuce GF V
- Beetroot GF V
- Grated carrot GF V
- Cucumber GF V
- Tomato GF V
- Red onion GF V
- Cheese GF M

- Egg GF M
- Cottage cheese GF M
- Smoked chicken M
- Ham GF M
- Tuna GF M
- Falafel GF V
- Hummus GF M V

(For dressings refer to condiments section)



★ Hot Mains (From 11:00am)

Fish of the day  
 Roast pork belly  
 Lamb shank  
 Roast chicken  
 Macaroni cheese 
 Vegetable stack  
 Cottage pie 
 Egg fried rice

STIR FRY

Seasonal vegetables served with your option of rice or noodles  

- + Add beef strips 
- + Add chicken strips 
- + Add tofu  

SIDES

Mashed potato 
 Roast potato  
 Roast kumara  
 Roast pumpkin  
 Steamed seasonal vegetables  
 Seasoned wedges 
 Steamed rice  
 Stir fried rice  
 Bread roll  
 Rice noodles   

SAUCES

(For sauces refer to condiments section)

★ Spreads, Condiments & Dressings

Sugar   	Maple syrup   	Beetroot relish  
Equal sweetener   	Berry compote   	French dressing   
Butter 	Fresh whipped cream  	Black raspberry vinaigrette  
Margarine  	Hollandaise sauce  	Horseradish   
Vegemite  	Tomato sauce   	Mint sauce   
Honey  	BBQ sauce   	Tartare sauce  
Marmalade  	Sweet chilli sauce  	Gravy  
Berry jam   	Mayonnaise 	

★ Desserts

Chocolate mud cake  	Raspberry jelly 
Apple and berry crumble	Custard 
Chocolate berry cheesecake  	Fresh whipped cream  
Raspberry friand  	Fruit salad  
Orange and almond cake 	
Vanilla ice cream   	
Lime jelly  	



★ Special Menus

PUREE / MINCED & MOIST

BREAKFAST

Weetbix 

Up & Go Energize 

SOUPS

Creamy chicken soup

Tomato and basil soup   

Vegetable broth  

Pumpkin soup   

HOT MAINS

Beef bolognese  

Golden chicken  

Roast lamb  

Cauliflower gratin  

Minted peas  

Glazed carrots  

Sweet potato mash 

DESSERTS

Chocolate brownie  

Vanilla ice cream  

Plain Greek yoghurt  

Apple puree   

Peach puree   

All main meals are served with gravy. Meals can be ordered with juice and hot beverages.

CLEAR FLUIDS

Black coffee   

English breakfast tea   

Peppermint tea   

Green tea   

Vegetable broth  

Lemonade/
diet lemonade   

Lime jelly  

Raspberry jelly 

FREE FLUIDS

Espresso   

Black coffee   

Flat white  

Cappuccino  

Cafe mocha  

Decaf (Instant)
coffee   

English breakfast
tea   

Earl Grey tea   

Peppermint tea   

Berry tea   

Green tea   

Decaffeinated tea   

Chicken broth 

Vegetable broth  

Pumpkin soup   

Tomato and basil soup   

Up & Go Energize 

Orange juice   

Apple juice   

Tomato juice   

BARIATRIC

Plain Greek yoghurt 

Vegetable broth 

Golden chicken puree 

Minted pea puree  