

# MENU



WEYMOUTH STREET HOSPITAL

part of Phoenix Hospital Group

# WELCOME TO WEYMOUTH STREET HOSPITAL

We appreciate that good food is an important part of your stay with us and your recovery. Whether you prefer a small, light meal or something more substantial, our experienced chefs are here to prepare your choice of freshly cooked food.

The timings of our dining service and our menu choices have been developed in response to our patients' feedback.

## How to order meals

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A member of our Guest Support team will come to take your order every morning, afternoon and evening. Please take some time to read through the menu before they arrive and have your choices ready. Your nurse can inform you if your consultant has any recommendations for your diet.

Your visitors are welcome to join you for any meals, however please be aware that this will be subject to an additional charge.

## Special diets & requirements

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We do our very best to accommodate all diets and dietary requirements. Some menu items may not contain details about every ingredient included in the dish, so please feel free to ask Guest Support if you have any concerns or queries.

Halal and Kosher options are also available, and we can provide gluten and dairy free options as required. Please let us know if you have any other special dietary requirements and we will endeavor to provide it for you.

## Meal times

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<b>BREAKFAST</b>	7.30am-8.30am
<b>MORNING TEA &amp; COFFEE</b>	From 10.30am
<b>LUNCH</b>	12 noon - 5.30pm
<b>AFTERNOON TEA &amp; COFFEE</b>	From 3.00pm
<b>DINNER</b>	5.30pm - 8.00pm

## Food Preparation

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As our patients all have different needs and requirements, our chefs use minimal amounts of salt when preparing all meals. You are welcome to season your food using the salt and pepper provided.

All of our ingredients are locally sourced and cooked to order. We always use fresh, shelled eggs and take all measures to ensure that food is always cooked thoroughly.

We are very proud of our 5 star food hygiene rating and our excellent patient feedback. Our Head Chef has achieved the highest food hygiene qualifications and instills these high standards throughout his team.

If you have any further questions about the preparation of the food, please speak to Guest Support.

## Day of discharge

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As our discharge time is 10am, please note that we do not offer lunch service on your discharge day.

Before you leave, we will ask you to complete a patient satisfaction survey. These results are used by our team to continuously improve our service.



# BREAKFAST

## FULL ENGLISH BREAKFAST

*Egg cooked to your preference, grilled bacon, Cumberland sausage, mushrooms, grilled tomato, hash brown, baked beans and toast*

## VEGETARIAN BREAKFAST (V)

*Egg cooked to your preference, sliced avocado, mushrooms, grilled tomato, hash brown, baked beans and toast*

## VEGAN BREAKFAST (V)

*Sliced avocado, mushrooms, grilled tomato, hash brown, baked beans and toast*

## YOGHURT (V)(S)

*Your choice of plain, strawberry or peach yoghurt*

## FRESHLY BAKED FRUIT SCONES (V)

*Served with jam and Cornish clotted cream*

## CEREALS

*Your choice of Cornflakes, Special K, Bran Flakes or Weetabix (a variety of non-dairy milks available)*

## EGGS ROYALE

*Poached egg on a toasted English muffin with hollandaise sauce and bacon or smoked salmon or ham*

## EGGS FLORENTINE (V)

*Poached egg on a toasted English muffin with hollandaise sauce and spinach*

## VEGAN PANCAKES (V)

*Fluffy pancakes drizzled with maple syrup and banana or mixed fruit*

## ORGANIC PORRIDGE (V)(S)

*Drizzled with honey*

## FRESHLY BAKED BUTTERY CROISSANTS (V)

## SOURDOUGH TOAST WITH YOUR CHOICE OF TOPPINGS

*Crushed avocado & poached eggs (V) | Marinated tomato & poached eggs (V) | Smoked salmon & poached eggs | Fresh baby spinach & poached eggs with cream cheese (V)*

**(S)** - Soft **(V)** - Vegetarian **Gluten free** - on request

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# LUNCH

## Freshly Made Salads

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CHICKEN CAESAR SALAD

WHITE CRAB SALAD

SCOTCH EGGS, SALAD, PICKLES &  
CRANBERRY CHUTNEY

QUINOA & BEETROOT SALAD (V)

GOAT'S CHEESE SALAD (V)

## Soups

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CHICKEN BROTH (S)

VEGETARIAN BROTH (V)(S)

ROASTED TOMATO (V)(S)

PUMPKIN & BUTTERNUT SQUASH (V)(S)

CAULIFLOWER & BROCCOLI (V)(S)

## Sides

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SALAD (V)

HOMEMADE CHIPS (V)

GARLIC BREAD (V)

## Mains

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**PENNE RIGATE WITH YOUR CHOICE OF SAUCE (S)**

*Bolognese | Tomato & basil (V) | Roasted vegetable (V) | Pesto (V) | Smoked salmon with cream | Macaroni cheese (V)*

**SHEPHERD'S PIE**

*Served with roasted broccoli and cauliflower florets*

**CREAMY SEASONAL RISOTTO**

*Vegetarian (V) | Fish | Chicken*

**JACKET POTATO**

*Four cheeses (V) | Baked beans (V) | Tuna*

**VEGETABLE LASAGNE (V)**

*Topped with chopped chives and shaved parmesan*

**THREE EGG OMELETTE (S)**

*(Choose up to three) Spinach (V) | Tomato (V) | Mushrooms (V) | Onions (V) | Smoked salmon | Ham | Cheese (V) | Feta (V)*

## Fresh Sandwiches

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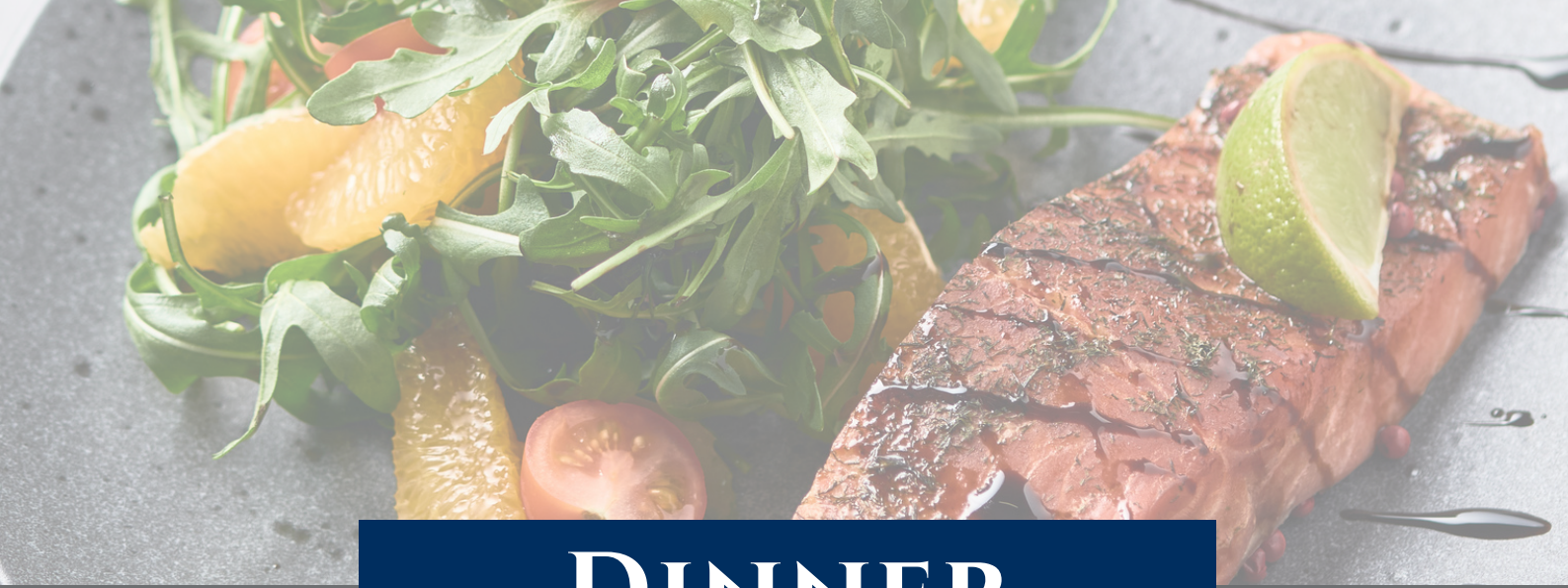
**AVAILABLE ON WHITE, BROWN OR GLUTEN FREE BREAD, OR AS A WRAP**

*Club sandwich | Vegetarian club sandwich (V) | Chicken & avocado | Tuna & cucumber | Smoked salmon, cream cheese & cucumber | Hummus with roasted vegetables & rocket (V) | Bacon with baby gem lettuce & tomato | Ham, cheese & apple chutney*

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# DINNER

## Homemade Soups

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AVAILABLE AS A STARTER OR A MAIN

**CHICKEN BROTH (S)**

**ROASTED TOMATO (V)(S)**

**CAULIFLOWER & BROCCOLI (V)(S)**

**MISO SOUP (V)(S)**

*With pak choi*

**LEEK & POTATO (V)(S)**

**PUMPKIN & BUTTERNUT SQUASH (V)(S)**

## Starters

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**TUSCAN MOZZARELLA CAPRESE SALAD (V)**

*With grilled bell peppers*

**CHICKEN LIVER PÂTÉ**

*Served with apple chutney and toasted sourdough*

**SCOTCH EGG**

*On a bed of salad, served with pickles and cranberry chutney*

## Mains

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**CHICKEN SUPREME**

*Pan-fried chicken breast on a bed of mashed potato with a creamy white wine sauce and seasonal root vegetables*

**VEGETABLE LASAGNE (V)(S)**

*Topped with chopped chives and shaved parmesan*

**CREAMY SEASONAL RISOTTO**

*Vegetarian (V) | Fish | Chicken*

**FISH CAKE**

*Served with tartar sauce and spinach*

**SEARED LAMB RUMP**

*With fondant potato and seasonal green vegetables*

**THAI RED CHICKEN CURRY**

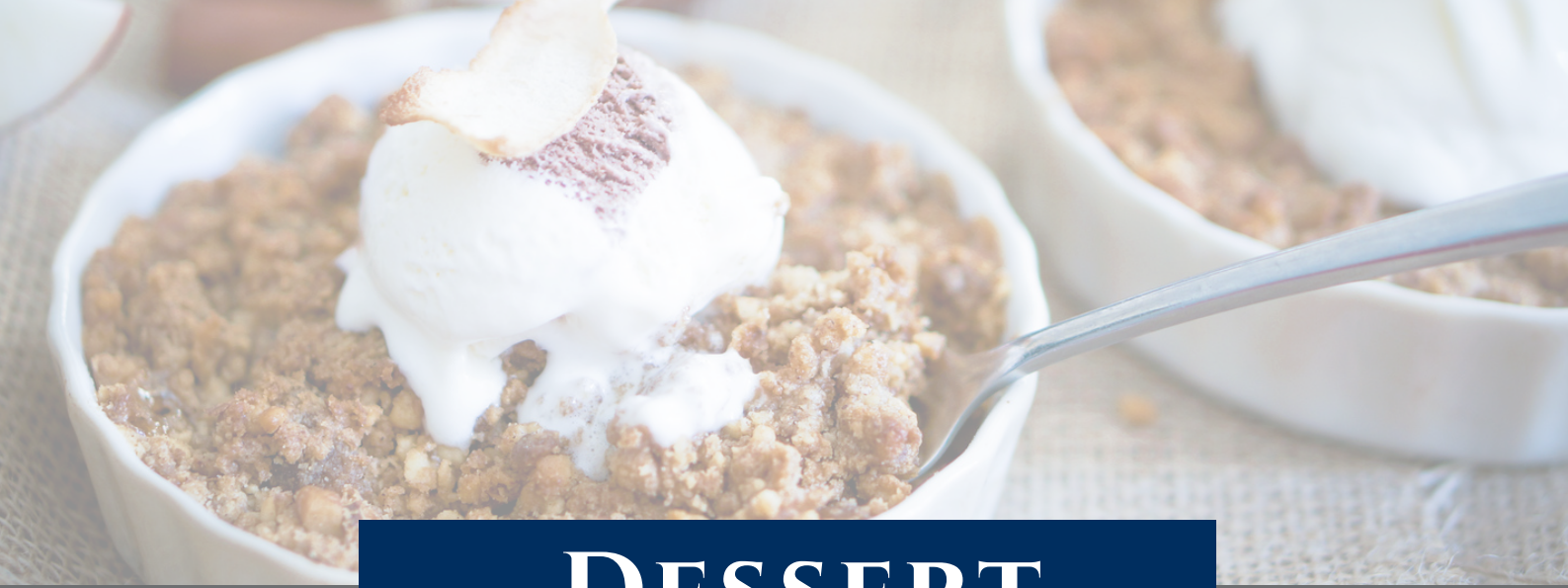
*Served with jasmine rice and pak choi tempura*

**FISH OF THE WEEK**

*Please ask Guest Support for more information*

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# DESSERT

## Desserts

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### **SORBET (V)(S)**

*Your choice of raspberry, lemon, mango or blackcurrant*

### **ICE CREAM (V)(S)**

*Your choice of strawberry, vanilla or chocolate*

### **WARM BANANA BREAD (V)**

*With raspberry coulis*

### **INDULGENT CHOCOLATE MOUSSE (V)(S)**

### **RICH STICKY TOFFEE PUDDING (V)**

### **RASPBERRY JELLY (V)**

### **APPLE CRUMBLE (V)**

*With ice cream*

## Drinks

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### **WATER**

*A choice of still or sparkling water*

### **TEA & COFFEE**

*With your choice of milk*

### **SMOOTHIES**

*We offer a variety of healthy smoothies*

### **JUICES**

*A selection of chilled fruit juices*

## Snacks

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### **BISCUITS**

### **CRISPS**

### **RAISINS**

### **GRANOLA BARS**

### **CHOCOLATE BARS**

### **YOGHURTS**

### **FRESH FRUIT**

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# VEGAN MENU

## Breakfast

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### VEGAN BREAKFAST

*Sliced avocado, mushrooms, grilled tomato, hash brown, baked beans and toast*

### VEGAN PANCAKES

*Fluffy pancakes drizzled with maple syrup and banana or mixed fruit*

### SOURDOUGH TOAST

*Crushed avocado | Fresh tomato | Spinach*

### FRESH FRUIT SALAD

## Lunch

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### RED QUINOA & SNAP PEA SALAD

### BEETROOT & POMEGRANATE SALAD

### MIXED BEAN SALAD

### PUMPKIN & BUTTERNUT SQUASH SOUP (S)

### CAULIFLOWER & BROCCOLI SOUP (S)

### LEEK & POTATO SOUP (S)

## Dinner

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### SLOW COOKED LENTILS & BUTTERNUT SQUASH (S)

*Served with crispy curly kale*

### ROASTED VEGETABLE COUSCOUS

### ROASTED BUTTERNUT SQUASH

*With green vegetables*

### SEASONAL GRILLED VEGETABLES

*With wild rice*

### SPICY ORGANIC BLACK BEANS

*With fresh herbs*

### DISH OF THE WEEK

*Please ask Guest Support for more information*

## Dessert

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### CAKE OF THE WEEK

### SORBET OR ICE CREAM (S)

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