

Welcome to Mercy Room Service

Mercy Hospital is pleased to offer the first hospital-based Room Service experience in New Zealand. At Mercy, we believe that choice and nutritious food play an important part in your recovery. All meals are made to order and delivered straight to your room for your convenience.

How do I order?

Please telephone 3663 from your bedside phone when you are ready to order, between 7.00am and 7.00pm. The average delivery time is 20 minutes, but may be up to 40 minutes during busy times. Our friendly Food Services Team will be happy to help with your choices.

Order what you feel like, when you feel like it. Please note that some menu items are not available until 11.00am — see the Menu. We recommend small meals more frequently when you are recovering from surgery.

Where is my food from?

Mercy is committed to using high quality, sustainable ingredients, showcasing local, national and free range produce where possible. All our eggs are free-range and when available we use herbs and vegetables from our own kitchen garden.

What if I have an allergy or special diet?

This should have been noted at pre-admission or on admission. A special code will be added to your patient record, and our menu ordering system will ensure that you will only be able to order foods that are suitable for you. Our team will confirm this with you when you place your first order.

Legend * denotes that a Gluten Free option of this item is available. Many other items on the menu are naturally Gluten Free.

Phone 3663

All Day Breakfast

7am—7pm

Continental

Cereal:

Granola (grain free) — Porridge — Weetbix — All Bran —
Cornflakes* — Rice Bubbles

Milk:

Calci Trim — Blue Top — Almond — Soy

Yoghurt:

Natural Unsweetened — Smooth Mixed Berry — Coconut

Fruit:

Fruit Salad — Banana — Orange — Apple — Stewed Peaches
Stewed Prunes

Toast & Bakery:

Wholemeal Toast — Multigrain Toast * — White Toast*
Croissant

Spreads:

Butter — Margarine — Vegemite — Marmite — Peanut Butter —
Marmalade — Apricot Jam — Berry Jam — Honey

Berry Smoothie:

A delicious blend of antioxidant-rich berries, yoghurt and milk

Hot Breakfast

Hot items:

Sautéd Mushrooms — Grilled Tomatoes — Breakfast Potato —
Baked Beans — Bacon — Breakfast Sausage — Pancakes

Eggs:

Poached — Fried — Scrambled

Condiments:

Maple Syrup — Sliced Banana — Lemon Wedges — Brown Sugar
— Tomato Sauce

Omelette—choose your fillings:

Cheese — Tomato — Mushroom — Onion — Ham —
Smoked Salmon

Eggs Benedict — Poached eggs on toasted English muffin topped
with hollandaise sauce

Add Bacon — Smoked Salmon — Wilted Spinach — Tomato

Toast & Bakery — See Continental section

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Snacks & Beverages 7am—7pm

Snacks

Piece of fresh fruit in season

Yoghurt

Bliss balls

Cheese rolls (two, choose from white or wholemeal bread)

Croissant

Biscuits (three mini biscuits — anzac, afghan and shortbread)

Snack packs (all Gluten Free):

Cheese and Crackers Pack — Pottle of Dried Fruit & Nuts —

Pottle of Salted Peanuts — Chocolate Raisins —

GF Chocolate Chip Cookie

Cold Beverages

Water (ice available)

Juice:

Orange — Apple — Cranberry — Kiwi Crush

Soda:

Diet Lemon Lime & Bitters — Coke No Sugar — Diet Ginger Beer —
Ginger Beer — Lemonade

Flavoured Milk:

Chocolate — Banana

Hot Beverages

Chocolate:

Hot Chocolate — Milo

Coffee:

Plunger — Instant Moccona — Decaffeinated Moccona

Tea:

Earl Grey — English Breakfast — Green — Chamomile —

Peppermint — Spicy Berry — Alpine Tea — Decaffeinated Tea

Milk:

Blue Top — Calci Trim — Soy — Almond Milk

Sweeteners:

Sugar — Equal Sweetener

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Soups, Sandwiches & Salads 11am—7pm

Soups

Served with your choice of toast, dinner roll or cheese rolls:

Crème of Chicken Soup — Pumpkin Soup —
Vegetable & Lentil Soup (V) — Clear Chicken Broth —
Clear Vegetable Broth (V)

Sandwiches and Wraps

Choose your bread or wrap, fillings and dressings

Breads and Wraps:

Wholemeal Bread — Multigrain Bread* — White Bread* — Ciabatta
— Tortilla Wrap

Dressings & Spreads:

Butter — Margarine — Mayonnaise — Sweet Chilli Sauce —
French Dressing — Black Raspberry Vinaigrette

Fillings:

Beetroot — Carrot — Cucumber — Lettuce — Red Onion —
Tomato — Avocado — Cheese — Egg — Chicken — Ham —
Smoked Salmon — Falafel

Steak Sandwich — Minute steak, lettuce, tomato, mayonnaise, basil
pesto and caramelised onion jam on toasted sourdough ciabatta.

Add a side of wedges

Salads

Side or main size — *Add* chicken, salmon or falafel to any salad

Garden Salad — Crisp lettuce, tomato, cucumber, carrot, red onion

Dressing choices: black raspberry vinaigrette or mayonnaise or
French dressing

Caesar Salad — Lettuce, parmesan and bacon tossed in delicious
Caesar dressing, garnished with croutons

Raw Energy Garden Salad (V) — A crispy fresh salad with roasted
nuts and seeds served with black raspberry vinaigrette

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Main Meals 11am—7pm

Main Dishes

Sides and sauces can be added to any of our meals

Braised Silver Fern Farms Beef Cheeks — Melt-in-your mouth beef in a rich braising stock, served with cauliflower mash and roasted root vegetables

Pan Fried Chicken Tenderloins
Choose your sides and sauce

Seared Te Mana Lamb Rump — Cooked medium rare, very tender.
Choose your sides and sauce

Grilled Fish of the Day — Served with lemon wedge.
Choose your sides and sauce

Stir Fry — A colourful medley of fresh vegetables in a delicious Asian-style sauce. *Choose from* beef, chicken or vegan (tofu and cashew). Served with steamed rice

Chicken Satay (GF) — Grilled chicken skewers with rich satay sauce (entrée or main size). Served with your choice of steamed rice or garden salad

Burger — *Choose from* beef, chicken or falafel (vegan).
Add extras: Cheese — Lettuce — Tomato — Onion — Avocado Mash — Tomato Sauce — Mayonnaise — BBQ Sauce — Egg — Beetroot — Carrot — Cucumber — Sweet Chilli Sauce

Nachos — Healthy vegetarian nachos with a colourful five-bean chilli, avocado mash, sour cream and feta cheese (entrée or main size, can be made dairy free)

Pizza, Pasta & Risotto

Chicken, Cranberry & Brie Pizza*

Creamy Mushroom Risotto — Sautéed mushrooms folded into a creamy risotto

Macaroni Cheese — Tender pasta in a tasty cheese sauce

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Sides, Sauces, Desserts and Fluid Diets

Sides

Steamed Vegetables — Mixed Roast Vegetables — Cauliflower Mash — Steamed Rice (brown or white) — Mashed Potato — Seasoned Wedges — Side Salad

Sauces

Gravy — Mushroom Sauce — Hollandaise Sauce — Sweet Chilli Sauce — Tomato Sauce — Barbeque Sauce — Sour Cream — Tartare Sauce

Desserts

Treat yourself! All our desserts are gluten free. Choose from:
Lemon and Lime Cheesecake — Berry Friand with Yoghurt — Chocolate Brownie with Berry Coulis — Fresh Fruit Salad — Hot Custard — Sugar-Free Jelly — Vanilla Bean Ice Cream — Sorbet

Clear Fluids Diet (available 7am—7pm)

Soups:

Chicken Broth — Vegetable Broth

Desserts:

Sugar Free Jelly — Lemonade Ice Block

Beverages:

Apple Juice — Cranberry Juice — Ginger Beer — Diet Ginger Beer — Diet Lemon Lime & Bitters — Lemonade — Herbal Tea — Black Tea
Black Coffee — Fortijuce

Full Fluids Diet (available 7am—7pm)

Anything from Clear Fluids (above), plus:

Pumpkin Soup — Hot Custard — Vanilla Bean Ice Cream — Smooth Berry Yoghurt — Natural Yoghurt — Coconut Yoghurt — Fortisip

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