

## 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. Due to current supply challenges, ingredients are subject to change.

### *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. Vegetarian and vegan dishes are available throughout the menu — check with our staff if you are unsure.

**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 dairy-free mixed berry smoothie

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### Hot Breakfast

#### Hot items:

Sautéd Mushrooms — Grilled Tomatoes — Hash Brown Sticks —  
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

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

Croissant

Snack packs (gluten free) :

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

Pottle of Salted Peanuts — GF Chocolate Chip Cookie — Bliss Balls

Snack packs (contain/may contain gluten):

Chocolate Raisins — Berry-Dusted White or Dark Chocolate Almonds

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

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### Cold Beverages (water always available on the ward)

Juice:

Orange — Apple — Cranberry — Kiwi Crush

Soda:

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

Ginger Beer — Lemonade

Flavoured Milk & Smoothie:

Chocolate Milk — Banana Milk — Dairy-Free Berry Smoothie

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### Hot Beverages

Chocolate:

Hot Chocolate — Milo

Coffee:

Plunger — Instant Moccona — Decaffeinated Moccona

Tea:

Earl Grey — English Breakfast — Green — Chamomile —

Peppermint — Spicy Berry — Manuka & Flower — Decaffeinated

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 — Clear Chicken Broth —  
Clear Vegetable Broth

### Sandwiches, Toasted 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 — Cranberry Sauce

**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** — 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. All our mains can be modified to be gluten free.*

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

**Pork Belly** — Tender sous-vide pork belly served with mashed potato, wilted spinach and courgettes, with hoisin sauce

**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

**Grilled Mushroom & Vege Rosti** — Bean and vegetable rosti on a bed of cauliflower mash topped with grilled Portobello mushroom, cherry tomatoes, baby spinach and balsamic glaze

**Chicken Honey Soy Sticks** — Grilled chicken skewers with honey soy glaze. Served with your choice of steamed rice or garden salad

**Burger** — *Choose from* beef, chicken, falafel or black bean patty

*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)

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### Pizza & Pasta

**Chicken, Cranberry & Brie Pizza\***

**Mushroom Pasta** — Mushroom & cheese ravioli in a light creamy sauce

**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 — Side Salad — Cauliflower Mash — Steamed Rice (brown or white) — Mashed Potato — Polenta Chips — Seasoned Wedges — Hash Brown Sticks

Sauces

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

Desserts

All our desserts are gluten free. *Choose from:*  
Salted Caramel Cheesecake with Caramel Sauce — Carrot Cake with Yoghurt — Lemon Tart — Fresh Fruit Salad — Boysenberry Gelato — Berry Fusion Sorbet — Hot Custard — Sugar-Free Jelly — Vanilla Bean Ice Cream

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

Full Fluids Diet (available 7am—7pm)

Anything from Clear Fluids (above), plus:  
Pumpkin Soup — Hot Custard — Vanilla Bean Ice Cream — Boysenberry Gelato — Hot Custard — Berry Fusion Sorbet — Smooth Berry Yoghurt — Natural Yoghurt — Coconut Yoghurt

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