

Welcome

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.

Telephone Extension 3663

7:00AM - 7:00PM



Where is my food from?

Mercy is committed to providing nutritious and sustainable ingredients, showcasing local and national produce. Where possible we use:

- Free range chicken, meeting the highest animal welfare standards in New Zealand
- Free range eggs sourced from a local farm
- Te Mana Lamb - ‘food from heaven’, richer in omega3 than any other red meat
- Quality meat regularly sourced from our local butcher
- Fresh fish from a family owned Dunedin supplier
- Delicious organic, New Zealand made ice cream
- A variety of fresh vegetables and herbs from Mercy Hospital’s own garden.

Legend Ⓞ GF Gluten Free option available

Snack Items

FROM THE PANTRY

Plain Sweet Biscuits (GF)

Water Crackers

Dried Fruit and Nuts

Salted Peanuts

Edam Cheese and Rice Crackers





Beverages

COLD

Soda

Diet Lemon Lime and Bitters
Diet Ginger Beer
Ginger Beer
Zesty Lemonade
Pepsi Max

Juice

Orange
Apple
Cranberry
Kiwi Crush

Flavoured Milk

Chocolate
Strawberry
Banana
Milo

HOT

Coffee

Plunger
Instant Granulated
Decaffeinated

Chocolate

Hot Chocolate
Milo

Tea

Earl Grey
English Breakfast
Green
Chamomile
Peppermint
Spicy Berry
Alpine Tea
Decaffeinated Tea

Milk

Blue Top
Calci Trim
Soy
Lactose Free

Spreads, Condiments & Dressings

Sugar
Equal Sweetener
Butter
Margarine
Vegemite
Marmite
Honey
Apricot Jam
Marmalade
Berry Jam
Peanut Butter

Maple Syrup
Lemon Wedges
Sour Cream
Mayonnaise
Tomato Sauce
Barbeque Sauce
Sweet Chilli Sauce
Cranberry Sauce
Hollandaise Sauce
Beetroot Relish
French Dressing
Black Raspberry Vinaigrette



Breakfast

(ALL DAY)

CEREAL

Porridge
Weetbix
All Bran
Cornflakes (GF)
Rice Bubbles
Granola (GF)

ASSORTED YOGHURTS

Smooth Mixed Berry
Natural Yoghurt
Soy

FRUITS

Fresh Fruit

Fruit Salad
Banana
Apple

Stewed Fruit

Peaches
Pears
Prunes

HOT MENU

Pancakes
Bacon
Breakfast Sausage
Sauté Mushrooms
Grilled Tomatoes
Breakfast Potato
Baked Beans

Eggs

Poached
Scrambled
Fried

Omelettes

Cheese
Capsicum
Mushroom
Onion
Ham
Smoked Salmon
Egg White Omelette

BAKERY

Fruit Danish
Croissant

Toast

White Bread (GF)
Wholemeal Bread
Multigrain Bread (GF)



Lunch

(FROM 11:00AM)

SOUP

Crème of Chicken Soup
Pumpkin Soup
Vegetable and Lentil Soup
Chicken Broth
Vegetable Broth

SALAD

Entrée and Main Size Available

Garden Salad
• Add Chicken
• Add Salmon
Caesar Salad
• Add Chicken
• Add Salmon

FROM THE GRILL

Beef and Cheese Burger
Chicken Burger ^{GF}
Vegetable Burger ^{GF}
(All served with Lettuce, Tomato and Onion)
Mouse Trap

PIZZA

Vegetarian (Capsicum, Mushroom, Onion) ^{GF}
Ham and Pineapple ^{GF}
Chicken, Cranberry and Camembert ^{GF}

SANDWICHES AND WRAPS

Bread

White Bread ^{GF}
Wholemeal Bread
Multigrain Bread ^{GF}

Wraps

Tortilla Wrap ^{GF}

Fillings

Beetroot
Carrot
Cucumber
Lettuce
Red Onion
Tomato
Cheese
Egg
Chicken
Ham
Tuna
Falafel



Hot Mains

(FROM 11:00AM)

Home Baked Meatloaf
Grilled Chicken Tenderloins
Te Mana Lamb Rump
Roast of the Day
Fish of the Day
Macaroni and Cheese

Stir Fry

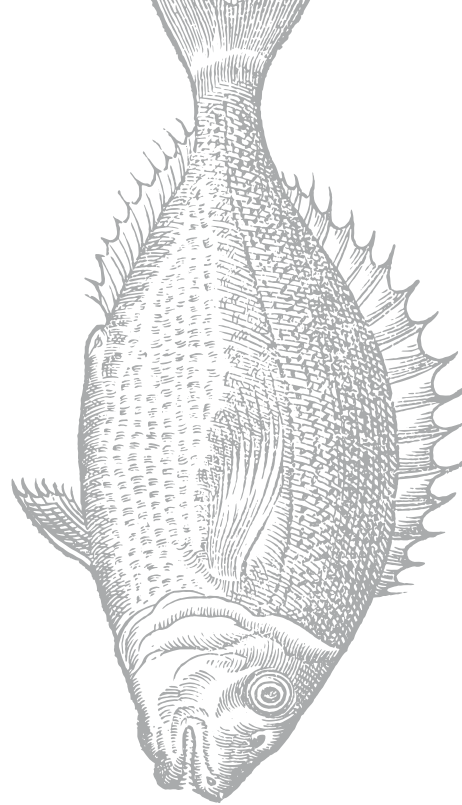
Beef
Chicken
Vegetarian

Sauces

Basil Pesto
Gravy
Mushroom Sauce
Pomegranate Balsamic Drizzle

Sides

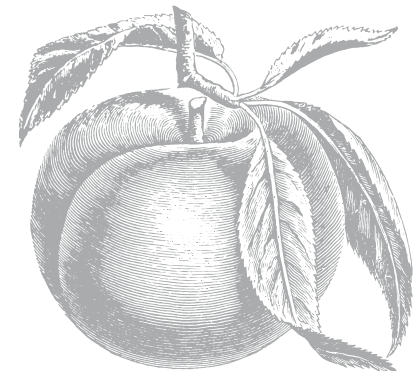
Mashed Potato
Baked Jacket Potato
Roast Potato
Roast Kumara
Roast Pumpkin
Steamed Vegetables
Seasoned Wedges
Bread Roll
Steamed Rice



Desserts ^{GF}

(FROM 11:00AM)

Lemon and Lime Cheesecake
Orange and Almond Cake
Meringue Nest with Mixed Berry Mousse and Berries
Chocolate Brownie
Fresh Fruit Salad
Jelly
Diet Jelly
Vanilla Bean Ice Cream
Blueberry Sorbet
Mixed Berry Mousse
Hot Custard



Fluid and Puree Diets

CLEAR FLUID DIET

Chicken Broth
Vegetable Broth
Jelly
Diet Jelly
Tropical Ice Block
Lemonade Ice Block

Beverages

Apple Juice
Cranberry Juice
Ginger Beer
Diet Ginger Beer
Diet Lemon Lime and Bitters
Zesty Lemonade
Herbal Tea
Black Tea
Black Coffee
Fortijuce

FREE FLUID DIET

Chicken Broth
Vegetable Broth
Pumpkin Soup
Hot Custard
Jelly
Diet Jelly
Tropical Ice Block
Lemonade Ice Block
Vanilla Bean Ice Cream
Smooth Yoghurt
Plain Yoghurt
Fortisip

Beverages

See Beverage List

PUREE

Breakfast

Porridge
Hot Custard
Scrambled Eggs
Baked Beans

HOT MEALS

Soups

Pumpkin Soup
Crème of Chicken Soup

Mains

Roast Lamb
Fish Pie
Yellow Lentil Curry

Sides

Creamy Broccoli
Minted Peas
Glazed Carrot
Mashed Potato
Zesty White Beans
Roast Pumpkin

Desserts

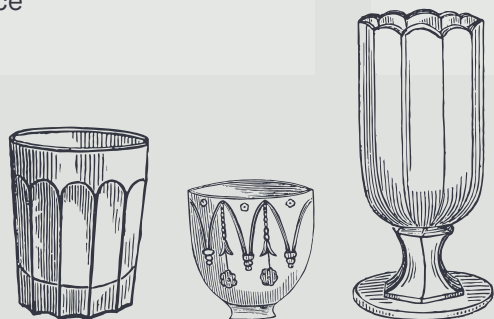
Mixed Berry Mousse
Vanilla Bean Ice Cream

Snacks

Jelly
Diet Jelly
Smooth Mixed Berry Yoghurt
Plain Yoghurt

Condiments

Gravy
Mayonnaise
Tomato Sauce
Barbeque Sauce
Butter
Margarine
Honey



Post-Bariatric

BREAKFAST

150mls

Plain, Low Fat,
Unsweetened Yoghurt

Morning Tea

200mls

Optifast

LUNCH

180mls

Chicken Broth
or
Vegetable Broth

Afternoon Tea

200mls

Optifast

DINNER

180mls

Chicken Broth
or
Vegetable Broth

Supper

180mls

Sugar Free Jelly

Additional Fluids

500mls

Water, in addition to the
above menu

Notes

Consume fluids at a rate of 30mls per 15 minutes

Ensure all fluids are at room temperature, inclusive of the broth

Avoid the use of straws

Document consumed fluids on fluid chart

