

## Lite Bites

### Soup of the day: Gluten Free

Your choice of a roll, butter or Flora or crunchy croutons, gluten-free options available GF.

### Baked jacket potato, your choice of fillings and side salad V

Your choice of British Red Tractor mature Cheddar cheese, Heinz baked beans, grilled Mediterranean-style vegetables, crunchy coleslaw, tuna mayo, prawn Marie Rose sauce, British salt and pepper chicken, Red Tractor ham, Coronation chicken, Cannellini bean ragu or today's daily filling.

### Omelette, free range eggs with your choice of fillings and side salad V

Your choice of British Red Tractor mature Cheddar cheese, onion, mushroom, tomato, grilled Mediterranean-style vegetables, British salt and pepper chicken, and Red Tractor ham.

### Giant British cod fish finger GF

In a gluten-free ciabatta roll and accompanied with tartar sauce and mushy peas.

### Sandwiches VG V GF

Your choice, ask for today's choice of sandwiches, wraps and paninis, served with salad and Tyrrells gluten-free and vegan root vegetable crisps Vegetarian, vegan, plant-based, and gluten-free options are available.

## Desserts

### Vanilla crème Brulée V

### Ambrosia rice pudding with preserve V

### Sugar-free jelly V

### Belgian chocolate cheesecake VG

### Yarde Farm ice cream selection including plant-based vanilla V

Food Heaven's non-dairy vanilla ice cream style is available.

### Sorbet selection V

### Ubley natural yoghurt, low fat V

### Fruit Little Town Dairy low fat fruit yoghurt V

### Naked Fruit smoothies V VG

### Alpro organic soya plant based drink VG

### Sicilian lemon cheesecake

### Chocolate brownie <sup>GF</sup> V

Served with Yarde Farm plant based vanilla ice cream or Food Haven non-dairy vanilla ice cream

### Apple crumble

Served with Alpro dairy free custard

### Cheese, biscuits

Served with grapes, and chutney Nains gluten-free oatcakes

## Drinks

### Fairtrade tea and coffee

A range of styles and infusions are available. Selection of decaffeinated drinks available.

### Selection of fruit juices

### Squash

Orange or blackcurrant V.



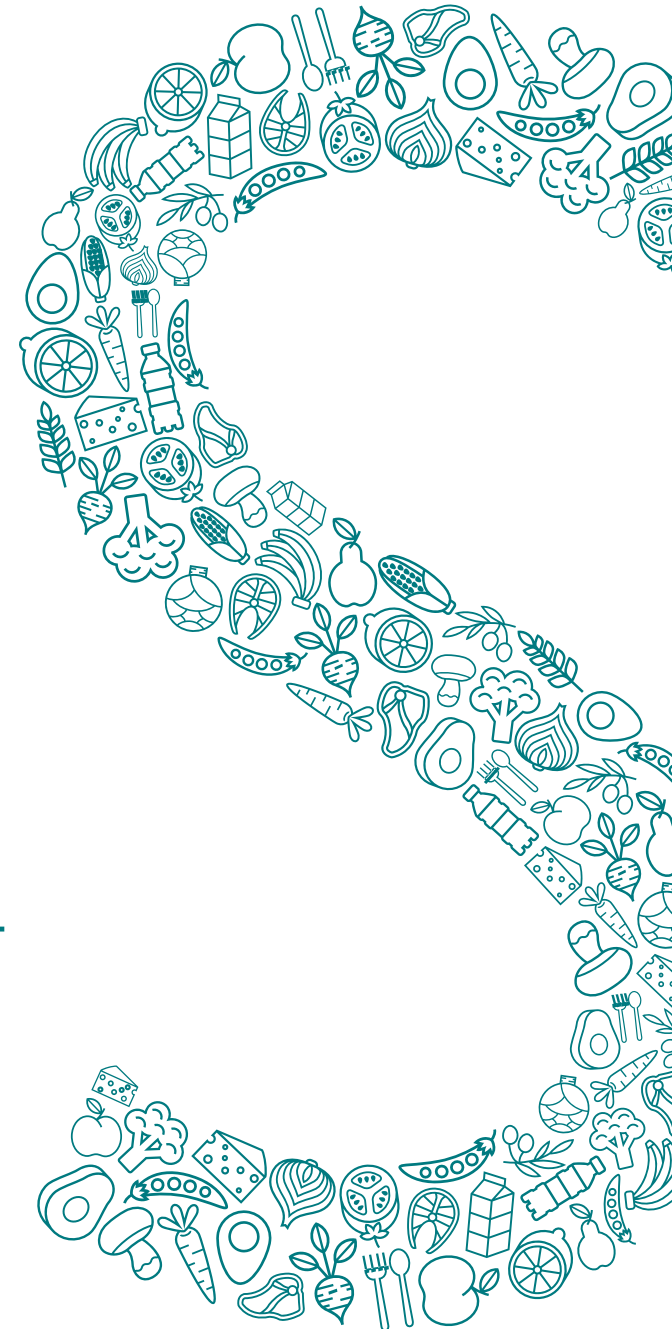
The disposable catering cups, plates, and utensils are made from plants, using renewable, lower carbon, recycled or reclaimed materials. All items are compostable, which means they are designed to be commercially recycled with food waste.

Revised date: June 2024



Spire Healthcare

# Inpatient menu 2024



# Inpatient menu

## How to order your meals

We will take your meal orders. Just sit back, relax, and let us take care of everything. If your visitors require a meal, please ask for the visitor menu.

## Allergens and dietary requirements

Please advise your ward host of any requirements you may have so we can cater for your needs.

## Wellbeing, lifestyle and dietary

- Nutritional information is available for all dishes shown on this menu
- Indicates a dish suitable for vegetarian patients to enjoy V
- Indicates menu choices suitable for vegan patients to enjoy VG
- Suitable for coeliac patients, dishes and products labelled GF contain less than 20mg/kg gluten GF

## Breakfast

### Selection of cereals

Your choice of Weetabix, Kellogg's Cornflakes, Frosties, Rice Krispies, Special K, Bran Flakes and Coco Pops and porridge.

Gluten-free cornflakes and porridge options available GF.

### Fruit and nut muesli GF

## Bakery, fruit yoghurt and smoothies

### Croissant, freshly baked, served with butter or Flora, and preserve

### Pain au Raisin freshly baked V

### Toast, white or brown bread, served with butter or Flora and preserve

Gluten-free option available GF.

No added sugar preserves are available upon request.

### Whole fresh fruit V

### Fresh fruit salad V

### Stewed prunes V

### Ubley natural yoghurt, low fat V

### Little Town Dairy low fat, bio fruit yoghurt V

### Naked Fruit smoothies V VG

### Alpro organic soya plant based drink VG

## Cooked

### Your choice of Free-range eggs, scrambled, poached, or boiled

Gluten-free bread available GF.

### Grilled English muffin with your choice of filling V

Your choice of Scottish smoked salmon, cream cheese, bacon, pork sausage, vegetarian sausage, Heinz baked beans, mushrooms, grilled tomatoes free-range scrambled or poached eggs.

### American style pancakes V

Your choice of blueberries, Canadian maple syrup, honey, or crisp bacon.

### Natural undyed smoked wild-caught Atlantic haddock

Cooked in milk, topped with a poached free-range egg.

## Main courses

Please ask your host for today's specials.

### Rigatoni pasta your way V

Your choice of

- **Plain and simple** with olive oil, black pepper, and hard Italian-style cheese. V
- **Or spicy** arrabiata sauce with cherry tomatoes, topped with rocket and Italian-style hard cheese.

### Macaroni cheese V

Plain and simple.

### Pumpkin and sage ravioli V

Tossed in spicy arrabiata sauce with cherry tomatoes, topped with rocket with Italian-style hard cheese.

### Cannellini and haricot bean tomato, red pepper and cherry tomato ragu with steamed wild rice VG GF

Topped with rocket.

### Chicken tikka masala GF

with steamed wild rice and mango chutney.

### Cajun spicy sweet potato roulade GF V

Your choice of seasonal vegetables or house salad with Tyrrells gluten-free and vegan root vegetable crisps.

## Salads

### House salad V VG

Mixed baby leaves, cherry tomatoes, cucumber, red onion, peppers, grated carrots, black olives, and sweetcorn.

Your choice of British Red Tractor mature Cheddar cheese, crunchy coleslaw, grilled Mediterranean-style vegetables, free range egg mayo, tuna mayo, prawn Marie rose, Coronation chicken, British salt and pepper chicken, Red Tractor ham.

### Short beef rib, cooked, succulent and tender

with mashed potatoes, savoy cabbage and gluten-free gravy.

### Roast chicken with roast skin on hasselback potatoes

with gluten-free gravy and steamed seasonal vegetables.

### Crisp, slowly cooked duck confit

with hasselback skin on roast potatoes, savoy cabbage and gluten-free gravy.

### Pan-seared Atlantic farmed salmon Teriyaki

with egg noodles, spring onions and broccoli.

### Natural undyed smoked wild-caught Atlantic haddock

Cooked in milk, topped with a poached free-range egg served on mashed potato topped with rocket and served with cream and chive sauce.

### Battered cod loin with skin on chips and mushy peas

with bread and butter.

### Pie of the day

with mashed potatoes and steamed seasonal vegetables.

## Caesar salad

Baby gem, crispy bacon, croutons, Italian style hard cheese, Caesar dressing, served plain or with British salt and pepper chicken.

Gluten-free croutons are available. GF

### Breaded Camembert salad V

Mixed baby leaves, cherry tomatoes, cucumber, red onion, peppers, grated carrots, black olives, sweetcorn and Tyrrells gluten-free and vegan root vegetable crisps and honey mustard dressing.