

Desserts

Vanilla crème Brulée ✓

Ambrosia rice pudding with preserve ✓

Sugar-free jelly ✓

Belgian chocolate cheesecake 🍷

Yarde Farm ice cream selection including plant-based vanilla ✓

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

Sorbet selection ✓

Ubley natural yoghurt, low fat ✓

Little Town Dairy low fat, bio fruit yoghurt ✓

Naked Fruit smoothies ✓ 🍷

Alpro organic soya plant based drink 🍷

Sicilian lemon cheesecake

Chocolate brownie 🍷 ✓

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

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 ✓.



Spire Healthcare



Oncology menu 2024



vegware

All of our disposable catering cups, plates and utensils are made from plants, using renewable, lower carbon, recycled or reclaimed materials. It's compostable, which means it is designed to be commercially recycled with food waste.

Revised date: June 2024

Oncology 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 Corn Flakes 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

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 GF

Alpro organic soya plant based drink GF

Cooked

Your choice of **Free-range eggs, scrambled, poached, or boiled**
Gluten-free bread GF.

Grilled English muffin with your choice of filling V

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

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** arrabbiata 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 arrabbiata 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 GF

Topped with rocket.

Chicken tikka masala GF

with steamed wild rice and mango chutney.

Salads

House salad V GF

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.

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

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.

Sandwiches GF 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.