

Key:  Healthier choice  Vegan
 Gluten friendly  Gluten-friendly option available

Beverages

- HOT**
Flat white
Latte
Cappuccino
Hot chocolate
Espresso
Black coffee
Decaf (instant)
English breakfast tea
Earl Grey tea
Green tea
Peppermint tea
Camomile tea
Lemon tea
- JUICE** 
Orange
Apple
Prune
Tomato

- MILK**
Standard
Trim 
Soy 
Almond 
Oat
- SWEETENERS**
Sugar
Equal
- SOFT DRINK**
Ginger beer
Diet ginger beer 
Lemonade
Diet lemonade 

Snack items

- Plain sweet biscuits
UP&GO 
Seasonal fresh fruit 
Fruit yoghurt
Plain Greek yoghurt 
Cottage cheese & rice crackers 
Cheese & rice crackers 
Hummus & rice crackers 
Water crackers
Raw nuts & dried fruits 
Roasted almonds 

Desserts

- Fruit crumble
Chocolate berry cheesecake 
Orange & almond cake 
Chocolate brownie 
Steamed pudding 
Fruit salad 
Lime (diet) jelly 
Raspberry jelly

Served with: 		
Vanilla ice cream	Berry compote	Soy custard 
Whipped cream	Custard	Caramel sauce

Room service enables you to place your meal order with the Food Service team between 7am and 7pm. Your meal will be made to order and delivered to your bedside within 45 minutes. Please note some items are only available from 11am.

Special diets & allergies
Please inform your nurse or our Food Service team of any allergies or dietary requirements you have. Our team will confirm these details with you when you place your first order.
While we have strict controls in place to manage allergens, please be aware that meals are prepared in a single kitchen. This means we cannot guarantee they are completely free from allergens and there may be a small risk of cross-contamination.
If you have a food intolerance, the same strict controls as for allergies will apply, which may limit your menu options. Please speak with your nurse if you find the choices too restrictive.

Healthier choice 
If you have diabetes or have had cardiac surgery, our Food Service team can help you choose the right food. Items marked with a heart symbol  are our 'healthier choice' options. These meals are either lower in added sugar, salt, saturated fat or higher in fibre.
Vegan 
This symbol identifies dishes that are suitable for a vegan diet. To ensure the menu is clear and easy to navigate, items that are naturally vegan, such as black coffee or fruit, are generally not marked with this symbol.

Gluten friendly  / 
Gluten-friendly food is food produced without the addition of any gluten-containing grains. Please note, items that are naturally gluten-free, such as fresh fruit and salads, may not be marked with this symbol to ensure the menu is easy to read. A gluten-friendly option symbol  may be used to show that a gluten-friendly alternative is available upon request for certain dishes.
Halal & Kosher meals
We understand and respect the dietary needs of all our patients. While our kitchen is not Halal or Kosher certified, we offer meal options that meet Halal & Kosher dietary requirements.
If you require a Halal or Kosher meal, please contact the Food Service team or speak with a nurse. We will be happy to assist you with selecting a suitable meal option.



Room
service menu



Please call 25777 from your bedside phone or scan this QR code to order.
Meals can be ordered between 7am and 7pm.
Our Food Service team will be happy to assist with your food choices.

Hospital facility ID: Epsom
MRN: Your NHI number found on your wristband

Key:

Heart

Healthier choice

VG

Vegan

GF

Gluten friendly

GFO

Gluten-friendly option available

Breakfast (all day)

- CEREAL VG
- Weet-Bix GFO Heart
- Muesli GFO Heart
- Bran flakes Heart
- Porridge Heart
- Congee GF
- Cornflakes GFO
- Rice bubbles

- YOGHURT GF
- Fruit yoghurt
- Plain Greek yoghurt Heart

- TOAST VG
- Wholemeal bread GFO Heart
- Multigrain bread Heart
- White bread
- Sourdough
- English muffin

- HOT MENU
- Pancakes
- Hash brown VG
- Grilled banana Heart
- Bacon GF
- Breakfast sausage
- Vegan sausage GF
- Scrambled tofu VG Heart
- Baked beans Heart
- Sautéed mushrooms Heart
- Grilled tomatoes Heart

Spreads & toppings	
Butter	
Margarine	
Honey	
Marmalade	
Berry jam	
Vegemite	

	Tomato sauce
	Hollandaise sauce
	Maple syrup
	Whipped cream
	Berry compote

- EGGS GF Heart
- Poached
- Scrambled
- Omelette
- + Cheese

+ Tomato

+ Mushrooms

- BAKERY
- Fruit danish
- Croissant
- Cheese scone
- Sweet muffin
- Orange & almond cake GF

- FRUIT Heart
- Fruit salad
- Seasonal fresh fruit
- Stewed apples
- Stewed peaches

- Milk
- Standard
- Trim Heart
- Soy Heart
- Almond Heart
- Oat

Light bites (from 11am)

- SOUP GF
- Vegetable broth
- Boil up
- Lentil VG Heart
- Pumpkin VG Heart
- Bread roll
- + Butter

+ Margarine

- SALADS GF
- (entrée & main size available)
- Garden salad Heart
- + Smoked chicken

+ Egg Heart

+ Bacon

+ Falafel VG Heart

FRESH SANDWICHES, PANINI & WRAPS

(build your own)

1 Select your bread/wrap

- Wholemeal bread GFO VG Heart
- Multigrain bread VG Heart
- White bread VG
- Panini VG
- Tortilla wrap GFO VG
- + Butter

+ Margarine

+ Aioli

+ Mayonnaise

All options can be toasted on request.

2 Select one protein GF

- Smoked chicken
- Tandoori chicken Heart
- Ham
- Tuna Heart
- Falafel VG Heart
- Egg Heart
- Vegan tuna VG Heart

3 Select your fillings GF

- Cheese
- Cottage cheese Heart
- Hummus Heart
- Lettuce Heart
- Grated carrot Heart
- Cucumber Heart
- Tomato Heart
- Red onion Heart
- Pickled beetroot

Hot mains (from 11am)

All mains served with your choice of sides

1 Select one main

- Fish of the day GF Heart
- Fillet of fish served with fresh lemon

- Cottage pie GF
- Seasoned minced beef and vegetables, topped with creamy mashed potato

- Lamb shank GF
- Slow-cooked lamb, served with gravy

- Roast chicken GF
- Juicy roast chicken served with gravy

- Tandoori chicken GF Heart
- Grilled chicken breast in tandoori spices for a light, aromatic flavour

- Butter chicken GF
- Tender chicken simmered in a rich, spiced tomato sauce

- Dal Makhani VG GF Heart
- Slow-cooked lentils simmered in a mildly spiced tomato sauce

- Macaroni cheese
- Classic creamy macaroni pasta baked in a creamy cheese sauce

- Vegan bangers & mash VG GF
- Plant-based sausages served with creamy mashed potatoes and gravy

- Dumplings VG
- Steamed or pan-fried vegetable dumplings served with soy sauce or a condiment of your choice

- Stir-fried rice GF
- Lightly fried rice with aromatic soy, seasonal vegetables, egg (optional), and choice of beef, chicken or tofu

- Burger GFO
- Beef & cheese, fish or vegan option served with lettuce, tomato, onions plus condiments and dressings of your choice

SIDES

2 Select up to three sides

- Mashed potato
- Roasted potato Heart
- Seasoned wedges
- Steamed rice Heart
- Roasted kumara Heart
- Roasted pumpkin Heart
- Steamed vegetables Heart
- Asian steamed vegetables Heart
- Green salad Heart
- Bread roll
- + Butter

+ Margarine

Condiments & dressings GF	
Gravy	Aioli
Mayonnaise	Asian soy dressing
Tartare sauce	Coriander, ginger & lime dressing
Tomato sauce	French dressing
Sweet chilli sauce	Beetroot relish