

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.

Allevia
Hospital
Ascot
Part of the Allevia Health Group



Room
service menu



Please call 69777 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: Ascot
MRN: Your NHI number found on your wristband

A better health journey
alleviahospitals.co.nz

Allevia
Hospital
Ascot

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