

Sides

- Coleslaw ✓
- Roasted root vegetables ✓
- Steamed medley of vegetables ✓
- Mashed potatoes ✓
- Marinated olives ✓
- Sweet potato fries ✓
- Chips ✓

Desserts

Raspberry cheesecake ✓

Biscuit base, mascarpone and vanilla seed cream, raspberry glaze

Chocolate brownie ✓

Served with vanilla ice cream

Blackcurrant sorbet ✓

Lemon sorbet ✓

Vanilla ice cream, wafer and coulis ✓

Fresh fruit salad ✓ ♥

Cheese, biscuits, grapes and chutney ✓

Post-operative menu

Light meals designed for patients arriving back from theatre. These meals are designed to aid recovery.

Soup of the day with bread roll and butter

House salad ✓ ♥

Cherry tomatoes, cucumber, red onion, mixed leaves, two fillings and dressing

Sandwiches and paninis

White or granary bread, baguette, wrap or panini, filling and side salad

Your choice of filling: Chicken, cheese, ham, prawn Marie-Rose, tuna mayonnaise, roasted vegetables, smoked salmon, coronation chicken, egg mayo, salad

Post-operative Desserts

Fresh fruit salad Fruit yoghurt

Sugar-free jelly Natural yoghurt

Drinks

Tea

Fruit tea please ask for our selection

Coffee

Earl Grey

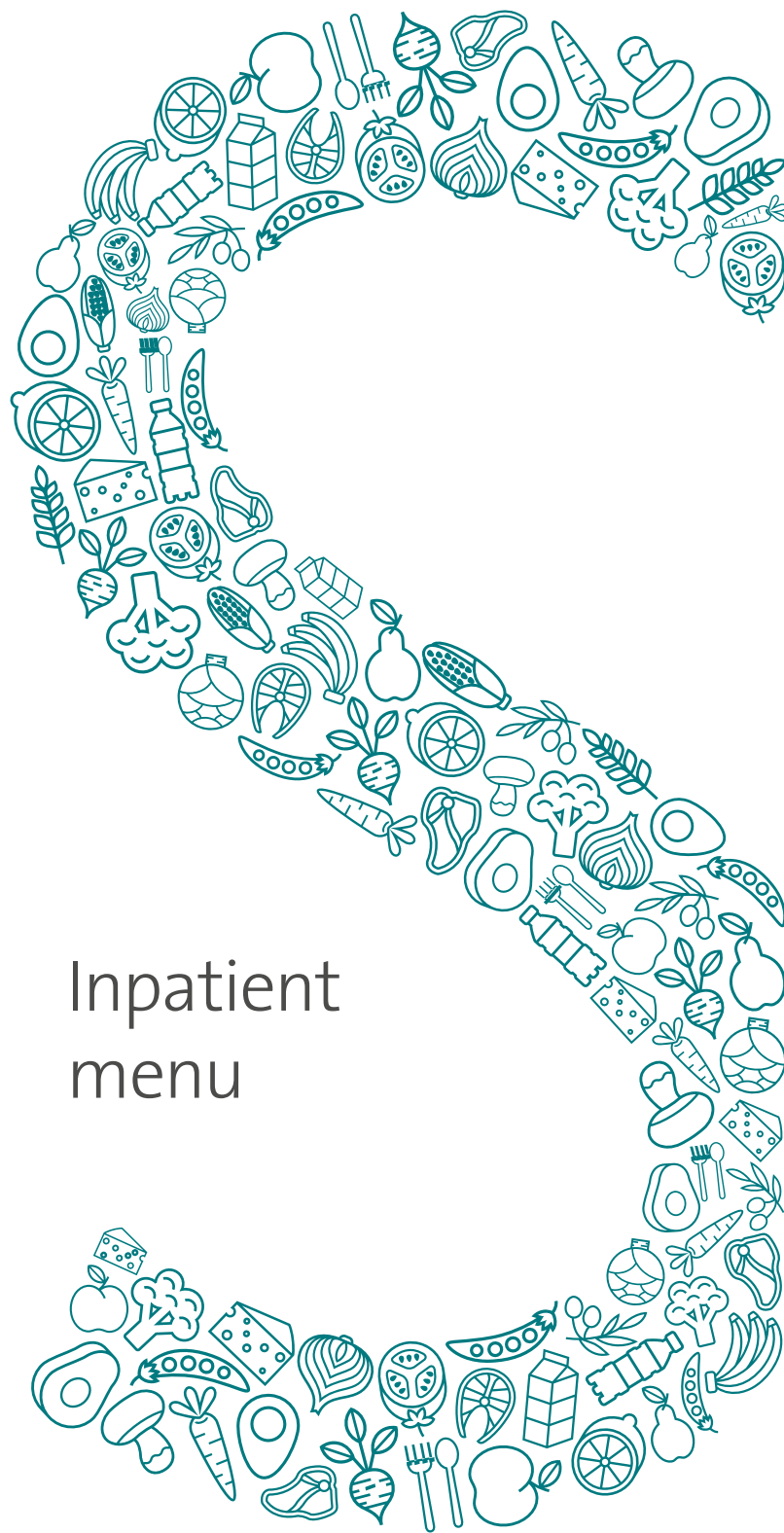
Selection of fruit juices

Squash orange or blackcurrant

Decaffeinated drinks available upon request



Spire Healthcare



Inpatient menu



Spire Healthcare

Looking after you.

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 guest menu.

Allergens and dietary requirements

Please advise us of any requirements you may have so that we can cater for your needs. For more allergen information please scan the QR code using your device.

Breakfast

Selection of cereals

Cornflakes, Frosties, Rice Krispies, Special K, Weetabix, Bran flakes, Coco Pops, porridge with honey

Whole piece of fruit

Apple, orange, banana, pear or grapefruit

Fresh fruit salad

Fruit yoghurt

Natural yoghurt

Bakery

Croissant, butter and preserve

Toast, butter and preserve

Toast with butter and eggs

Fried, scrambled or poached

Light bites

Soup of the day served with bread and butter

Jacket potato, your choice of fillings and side salad

Cheese, beans, tuna mayo, prawn Marie-Rose, coleslaw, chicken, ham, Coronation chicken


Omelette, your choice of fillings and side salad

Cheese, ham, onion, mushroom, tomato, roasted vegetables, chicken

Sandwiches and paninis

White or granary bread, baguette, wrap or Panini Filling and side salad

Your choice of filling: Chicken, cheese, ham, prawn Marie-Rose, tuna mayonnaise, roasted vegetables, smoked salmon, coronation chicken, egg mayo, salad

 Recommended by a Spire dietitian as a healthy meal choice

 Vegetarian option

Salads

House salad

Mixed baby leaves, cherry tomatoes, cucumber, red onion, watercress

Your choice of: Ham, tuna mayo, prawn Marie-Rose, chicken, cheese, egg, egg mayo, smoked salmon, coleslaw, roasted vegetables or coronation chicken

Chicken Caesar

Marinated chicken breast, baby gem, crispy streaky bacon, egg, oven baked, ciabatta croutons, parmesan, anchovies, Caesar dressing

Moroccan spiced chicken and Bulgur wheat

Pomegranate, dates, coriander and garlic

Tuna Niçoise

Green beans, new potatoes, egg, olives, cherry tomatoes, red onion, vinaigrette, tuna chunks

Greek salad

Beef tomatoes, feta cheese, cucumber, green peppers, olives, vinaigrette, oregano, red onion

Penne pasta dishes

Baked cheese and leek Mornay

Creamy cheese sauce, topped with Spring onion, and herb breadcrumbs

Mediterranean vegetables

Olives, courgettes, aubergine, red pepper, red onion, cherry tomatoes, garlic, basil leaves

Chicken and Chorizo

Marinated chicken breast, chorizo, tomato, basil leaves, parmesan

Main courses

Cottage pie

Minced steak & root vegetables in red wine gravy, topped with creamed potatoes

Puy lentil, mushroom and leek cottage pie

Topped with mashed potato, served with seasonal vegetables

Lemon and herb Grilled Sea bass

Crushed new potatoes, lemon and herb butter, dressed green salad

Roast chicken

Mascarpone sauce, roasted red onion, crispy streaky bacon and seasonal vegetables

Grilled Rump minute steak

Sweet potato fries, roasted onion, mushrooms and tomato