

## Hot menu

Pancakes		#4
Shortcut bacon	GF	
Breakfast sausage	GF	
Sauté mushrooms	GF	♥
Grilled tomato	GF	♥
Breakfast potato	GF	♥ #1
Baked beans	GF	GF #1

## Eggs

Poached • Scrambled	GF	♥
Fried	GF	

## Omelettes – build your own

Cheese • Capsicum • Mushroom • Onion	GF	♥
Smoked salmon • Ham	GF	

Egg white omelettes available. For all sauces refer to *condiments and dressings* section.

## Beverages

### Cold

Lemonade • Ginger ale	GF	#2
Soda water • Diet lemonade • Diet ginger ale • Diet cordial	GF	
Cordial	GF	#1

### Juice

Orange • Pear	GF	#1
Apple • Cranberry	GF	#1.5
Prune	GF	#2

### Milk

Full cream	GF	GF #0.5
Low fat • Skim • Soy • Zymil	GF	♥ GF #0.5

### Flavoured milk

Chocolate • Strawberry • Iced coffee • Vanilla	GF	#1.5
Milo	♥	GF #1.5

### Hot

Coffee • Decaffeinated coffee	GF	
Hot chocolate	GF	GF #1.5
Milo	♥	GF #1.5

### Tea

Regular	GF	
Earl grey	GF	
English breakfast	GF	
Green	GF	
Chamomile	GF	
Peppermint	GF	

### Milk

Full cream	GF	GF #0.5
Low fat • Skim • Soy • Zymil	GF	♥ GF #0.5

## Special dietary considerations

If you are on a diet that has special requirements, including preparation for a procedure, your menu choices may be modified or restricted.

To assist you in making a healthier meal choice, there are symbols throughout the menu to indicate:

- ♥ Lower saturated fat/lower salt options
- GF Lower glycaemic index carbohydrate choices
- #1 Carbohydrate serves
- GF Gluten free options are available for many menu items.

**Our room service representatives will assist you to make appropriate selections for your individual needs.**

## Food allergy concerns

Products with precautionary allergen statements such as “may contain traces of...” may be included in menu items offered for allergy diets (gluten, nuts, soy, egg, milk and seafood).

**Please discuss any concerns regarding specific food allergies with your room service representative.**

## For patients with diabetes

If you follow a diabetes or consistent carbohydrate meal plan, it is recommended that you eat three well balanced meals a day, with carbohydrate serves similar at each meal from day to day.

If you are carbohydrate counting to match insulin to each meal, carbohydrate serves are indicated on the menu.

One carbohydrate serve #1 = 15 grams of carbohydrate.

Monitoring blood sugars and administering medications must be timed with food intake in order to be most effective.

**Please inform your nurse when you order a meal so they are able to monitor your blood glucose or administer your diabetes medication appropriately.**

# Room service menu

Mater Mothers' Private Brisbane is pleased to offer room service. All meals are freshly prepared and can be ordered at your convenience and delivered to your room within 45 minutes of your request.

## How to place an order

Please use the telephone at your bedside to call extension **3663**.

A family member or carer can place an order on your behalf by calling **07 3163 3663** from outside the hospital.

Orders can be placed between **6.30 am** and **7 pm**.

## All day breakfast

 6.30 am to 7 pm  Dial 3663

## Continental

### Cereal

Porridge	♥	#1
Semolina	♥	GF #2
All Bran	♥	GF #1.5
Special K	♥	GF #1.5
Weetbix	♥	#1.5
Cornflakes	♥	#1.5
Gluten free Cornflakes	♥	#1.5
Gluten free Weetbix	♥	#1.5
Rice Bubbles		#1.5

### Assorted yoghurt

Low fat	GF	♥	GF #1.5
Full fat	GF		GF #1
Natural berry	GF		GF #2

### Fruit

#### Fresh fruit

Apple	GF	♥	GF #1.5
Banana	GF	♥	GF #2
Orange	GF	♥	GF #1
Fruit salad	GF	♥	GF #0.5

#### Stewed fruit

Apricots	GF	♥	GF #1
Peaches	GF	♥	GF #1
Pears	GF	♥	GF #1
Two fruits	GF	♥	GF #1
Prunes	GF	♥	GF #1.5

## Bakery

### Bread/toast

White	♥	#1
Wholemeal	♥	#1
Multigrain	♥	GF #1
Gluten free	GF	♥ #1.5

### Pastries

Sweet muffin		#3.5
Apple danish		#1
Croissant		#1.5

# Snack items

🕒 6.30 am to 7 pm 📞 Dial 3663

Plain sweet biscuits	♡	#1
Jatz		#0.5
Water crackers	♡	#0.5
Cheddar cheese		
Reduced fat cheddar cheese	♡	
Forest fruits museli bar	♡ Ⓞ	#1.5
Fruit and nut snack pack	Ⓞ ♡ Ⓞ	#1.5
Rice cakes	Ⓞ ♡	#1.5
Gluten free sweet biscuits	Ⓞ ♡	#1

## Condiments and dressings

All items Ⓞ except Vegemite, BBQ sauce and mayonnaise

Milk • Sugar • Sweetener

Butter • Margarine ♡ • Vegemite • Honey #0.5 • Marmalade #0.5 • Strawberry jam #0.5 • Peanut butter • Maple syrup #1.5

Salt • Pepper • Lemon wedges • Pickles • Chutney #0.5

Mayonnaise • Mustard ♡ • Tomato sauce • BBQ sauce ♡ #0.5 • Sweet chilli sauce #0.5 • Cranberry sauce ♡ #0.5

Italian dressing • Balsamic dressing ♡ • French dressing ♡

## Legend

♡ Lower saturated fat/lower salt options

Ⓞ Lower glycaemic index carbohydrate choices

#1 One carbohydrate serve = 15 grams of carbohydrate

Ⓞ Gluten free option available

# From 11 am

🕒 11 am to 7 pm 📞 Dial 3663

## Soups

Pumpkin	Ⓞ	#0.5
Chicken and corn	Ⓞ	#0.5
Consommé (beef <b>or</b> chicken <b>or</b> vegetable)	Ⓞ ♡	

## Salads

Garden salad	Ⓞ ♡	
Add chicken	Ⓞ ♡	
Add smoked salmon	Ⓞ	
Caesar salad		#1
Add chicken	Ⓞ ♡	
Add smoked salmon	Ⓞ	

Entrée and main size options available.

## Wraps and sandwiches – build your own

### Bread

White • Wholemeal	♡	#1
Multigrain	♡ Ⓞ	#1
White wrap		#2
White bread roll		#1.5
Gluten free bread	Ⓞ ♡	#1.5
Gluten free wrap	Ⓞ ♡	#3

### Fillings all Ⓞ except mayonnaise

Avocado	Beetroot ♡	Carrot ♡	Cucumber ♡
Cheese ♡	Chicken ♡	Lettuce ♡	Ham
Onion ♡	Tomato ♡	Turkey ♡	
Silverside	Tuna ♡	Egg and mayonnaise ♡	

For all sauces refer to *condiments and dressings*.

## Burgers and sandwiches

Steak sandwich	♡	#2.5
Beef burger		#2
Grilled chicken burger	♡	#1.5
Vegetable burger	♡	#3

All served with lettuce, tomato and onion. Gluten free bread available. For all sauces refer to *condiments and dressings*.

## Pizza

Vegetarian (capsicum, mushroom and onion)	#3
Ham and pineapple	#2.5
Chicken and mushroom	#3

All served on a herbed tomato base. Gluten free base available.

## Hot mains

Asian stir fry (vegetarian <b>or</b> chicken <b>or</b> beef)	Ⓞ	#1
Home baked meatloaf		#1
Grilled chicken breast	Ⓞ ♡	
Grilled salmon	Ⓞ ♡	
Grilled seasonal fish	Ⓞ ♡	
Grilled sirloin steak	Ⓞ ♡	
Roast of the day (not on Sunday, Tuesday, Friday)	Ⓞ ♡	
Beef stroganoff	Ⓞ ♡	
Macaroni cheese		#2

## Sauces

Mushroom	Ⓞ	
Peppercorn	Ⓞ	
Red wine jus	Ⓞ	
Gravy	Ⓞ	
Olive oil and lemon juice	Ⓞ ♡	
Basil pesto	Ⓞ ♡	
Béarnaise		

## Sides

Mashed potato	Ⓞ ♡	#1
Mashed sweet potato	Ⓞ ♡ Ⓞ	#1
Steamed vegetables	Ⓞ ♡	
Roast pumpkin	Ⓞ ♡	
Roast carrot	Ⓞ ♡	
Roast potato	Ⓞ ♡	#0.5
Baked potato wedges		#2.5
Steamed rice	Ⓞ ♡ Ⓞ	#2.5

## Desserts

Mango and coconut cheesecake		#1.5
Chocolate brownie		#1.5
Orange and almond cake	Ⓞ	#1
Fresh fruit salad	Ⓞ ♡ Ⓞ	#0.5
Jelly	Ⓞ	#1.5
Diet jelly	Ⓞ ♡	
Vanilla ice cream	Ⓞ ♡	#1
Lemon sorbet	Ⓞ ♡	#1
Custard	Ⓞ ♡	#1.5
Lactose free custard	♡	#1.5
Soy custard	♡	#1.5

See *all day breakfast* for fruit selection.



Ask our call centre about our chef's specials

# Fluid menus

🕒 6.30 am to 7 pm 📞 Dial 3663

## Clear fluid diet

Consommé (beef <b>or</b> chicken <b>or</b> vegetable)	Ⓞ ♡	
Lemon sorbet	Ⓞ ♡	#1
Jelly	Ⓞ	#1.5
Diet jelly	Ⓞ	

## Beverages

Apple juice	Ⓞ	#1.5
Cranberry juice	Ⓞ	#1.5
Lemonade	Ⓞ	#2
Ginger ale	Ⓞ	#2
Diet lemonade • Diet ginger ale • Diet cordial	Ⓞ	
Cordial	Ⓞ	#1
Tea • Coffee	Ⓞ	

## Free fluid diet

Consommé (beef <b>or</b> chicken <b>or</b> vegetable)	Ⓞ ♡	
Pureed soup	Ⓞ	#0.5
Semolina		#2
Jelly	Ⓞ	#1.5
Diet jelly	Ⓞ	
Custard	Ⓞ Ⓞ	#1.5
Vanilla ice cream	Ⓞ	#1
Lemon sorbet	Ⓞ ♡	#1
Low fat vanilla yoghurt	Ⓞ Ⓞ	#1.5
Full fat vanilla yoghurt	Ⓞ Ⓞ	#1

## Beverages

Apple juice	Ⓞ	#1.5
Orange juice	Ⓞ	#1
Cranberry juice	Ⓞ	#1.5
Lemonade	Ⓞ	#2
Ginger ale	Ⓞ	#2
Diet ginger ale • Diet lemonade • Diet cordial	Ⓞ	
Cordial	Ⓞ	#1
Tea • Coffee	Ⓞ	

## Milk

Full cream	Ⓞ Ⓞ	#0.5
Low fat • Skim • Soy • Zymil	Ⓞ ♡ Ⓞ	#0.5

## Flavoured milk

Chocolate	Ⓞ	#1.5
Strawberry	Ⓞ	#1.5
Iced coffee	Ⓞ	#1.5
Vanilla	Ⓞ	#1.5