



London Bridge Hospital

BREAKFAST Menu

Serving time – 7.30am to 9.00am

Cereals

- 01 Weetabix™ ♥ LS V
- 02 Cornflakes V
- 03 All Bran™ ♥ V
- 04 Porridge ♥ LP LS V
- 05 Muesli LS V
- 06 Rice Krispies™ LP V

Fruit & Yoghurt

- 07 Fresh grapefruit segments ♥ LS V
- 08 Stewed prunes ♥ LS V
- 09 Plain yoghurt ♥ LP LS V
- 10 Fruit yoghurt ♥ LS V
- 11 Thick & creamy yoghurt N
- 12 Low fat yoghurt ♥ LP LS V

Cooked Breakfast

- 13 Poached egg ♥ LP V
- 14 Fried egg LP N V
- 15 Scrambled egg LP N V
- 16 Boiled egg ♥ LP V
- 17 Mushroom ♥ LS V
- 18 Hash brown N
- 19 Tomato ♥ LS V
- 20 Baked beans ♥ N V
- 21 Bacon N
- 22 Cumberland sausage N
- 23 Kipper ♥ N
- 24 Black pudding N
- 25 Smoked salmon ♥ N
- 26 Eggs Benedict N V

Omelettes

- 27 Plain LP LS V
- 28 Tomato LS V
- 29 Cheese LP N V
- 30 Mushroom LS V

♥ Healthy Heart LS Low Salt
LP Low Potassium V Vegetarian N Nourishing

Breads & Spreads

- 31 Brown roll ♥ LP LS V
- 32 White roll ♥ LP LS V
- 33 All butter croissant LP LS N V
- 34 Pain au chocolate LS N V
- 35 Pitta bread ♥ LP LS V
- 36 Wholemeal toast ♥ LP LS V
- 37 White toast ♥ LP LS V
- 38 Bagel ♥ LP N V
- 39 Gluten free bread N V
- 40 Butter N
- 41 Sunflower margarine ♥ LP V
- 42 Marmalade LP LS N V
- 43 Honey LP LS N V
- 44 Jam LP LS N V
- 45 Cottage cheese ♥ LP LS V
- 46 Cheddar cheese LP N
- 47 Cream cheese LP LS N V

Fruit Juice

- 48 Chilled orange juice LS V
- 49 Chilled pineapple juice LS V
- 50 Chilled apple juice LS V
- 51 Chilled grapefruit juice LS V
NOTE: Patients on statins should avoid grapefruit juice
- 52 Chilled cranberry juice LS V
NOTE: Patients on Warfarin should avoid all cranberry products
- 53 Chilled tomato juice LS V

Hot Beverages

- 54 English tea LP LS V
- 55 Peppermint tea ♥ LP LS V
- 56 Camomile tea ♥ LP LS V
- 57 Filter coffee LS V
- 58 Decaffeinated coffee ♥ LS V
- 59 Cappuccino LS N V
- 60 Café latte LS N V
- 61 Hot chocolate LS N V
- 62 Ovaltine™ LS N V

Milk

- 63 Full cream LP LS N V
- 64 Low fat ♥ LP LS V
- 65 Soya ♥ LS V