



London Bridge Hospital

BREAKFAST Menu

Serving time – 7.30am to 10.00am

Cereals

- 01 Weetabix™ ♥ V S
- 02 Cornflakes V
- 03 All Bran™ ♥ V
- 04 Porridge – cooked in milk or water ♥ V S
- 05 Haleeb – wheat porridge V
- 06 Unsweetened muesli ♥ V
- 07 Pecan crunch with maple syrup V
- 08 Rice Krispies™ V
- 09 Gluten-free cereals (on request)

Fruit and Yoghurt

- 10 Platter of dried banana, goji berry, apricot and pineapple V GF
- 11 Greek yoghurt N GF S
- 12 Low fat yoghurt ♥ GF S
- 13 Fruit yoghurt N GF S
- 14 Grilled grapefruit V GF
- 15 Stewed fruits V GF S

Cooked Breakfast

- 16 Poached egg ♥ V GF S
- 17 Scrambled egg V GF S
- 18 Fried egg V N GF S
- 19 Boiled egg ♥ V GF S
- 20 Button mushrooms GF S
- 21 Hash brown V N
- 22 Grilled tomato/stewed plum tomato ♥ V GF
- 23 Baked beans V S
- 24 Cured bacon N GF
- 25 Cumberland sausage N
- 26 Grilled haddock/kippers GF
- 27 Kedgeree GF
- 28 Black pudding/white pudding N
- 29 Eggs Benedict N

Key

If you have been advised to follow a specific diet, look for the symbol against each item to help you make the most appropriate choices:

♥ **Healthier Eating** choices are lower in fat, salt and sugar and are suitable if you have been advised to follow a 'healthier diet', e.g. for diabetes, heart health or to encourage weight loss.

V **Vegetarian** choices are suitable for lacto-ovo vegetarians. They do not contain meat, poultry or fish but may contain other animal products such as eggs and dairy foods.

N **Nourishing** choices are suitable if you have a small appetite or require food high in energy and protein due to your illness, weight loss or surgery.

GF **Gluten-free** choices are available for those that follow a gluten-free diet, for example, people with coeliac disease.

S **Soft choices** are easier to eat because they require less work to chew and swallow, e.g. for people who tire easily, have poor dentition or a sore mouth.

Omelettes – 3 whole eggs or whites only

- 30 Plain V GF S
- 31 Tomato V GF
- 32 Cheese V N GF S
- 32 Mushroom V GF S

Breads and Preserves

- 34 Freshly baked white roll V
- 35 Freshly baked brown roll ♥ V
- 36 Buttered croissant N
- 37 Pecan and maple danish N
- 38 Pain au chocolate N
- 39 Wholemeal toast and preserve V N
- 40 White toast and preserve V N
- 41 Waffles with maple syrup N
- 42 Toasted bagel V
- 43 Gluten-free bread/toast V GF
- 44 Butter – salted or unsalted N GF S
- 45 Sunflower spread ♥ V GF S
- 46 Marmalade V N
- 47 Clear mexican honey V N GF S
- 48 Preserve – individual pot N GF
- 49 Cottage cheese ♥ GF S
- 50 Low fat cream cheese ♥ GF S

Cold Drinks/Fruit Juices

- 51 Pomegranate juice V N GF S
 - 52 Lassi N GF
 - 53 Flavoured milk shake N GF
 - 54 Pressed apple juice V GF
 - 55 Cranberry juice V GF
- NOTE: Patients on Warfarin should avoid all cranberry products*
- 56 Prune juice V GF
 - 57 Pineapple juice V GF
 - 58 Carrot juice ♥ V GF
 - 59 Cucumber juice ♥ V GF
 - 60 Fruit smoothie V GF

Hot Beverages

- 61 Traditional English tea V GF
- 62 Peppermint tea ♥ V GF
- 63 Arabic fresh ginger tea ♥ V GF
- 64 Moroccan mint tea ♥ V GF
- 65 Earl grey tea V GF
- 66 Camomile tea ♥ V GF
- 67 Espresso V GF
- 68 Americano V GF
- 69 Decaffeinated coffee ♥ V GF
- 70 Cappuccino V GF
- 71 Café latte V GF
- 72 Hot chocolate V
- 73 Ovaltine™ V
- 74 Horlicks V

Milk

- 75 Full cream milk N GF
- 76 Low fat milk ♥ GF
- 77 Soya milk ♥ V GF
- 78 Goats' milk GF
- 79 Butter milk GF

Your head chef, Lee Szukalski, will be happy to come and see you to discuss your menu requests. For any other service please ask to speak to the Catering Manager, who will be happy to assist.