

Salads

- 48 **Potted crab salad:** white crab meat served with exotic baby leaves, citrus fruit and mango ♥ 🍷
- 49 **Grilled chicken caesar salad** with Romaine lettuce, croutons and parmesan cheese ♥
- 50 **Greek salad** of baby spinach leaves, olives, tomatoes, cucumber, red onion and feta cheese ♥ 🍷 V
- 51 **Moroccan couscous salad** with roasted summer vegetables and a side salad ♥ V

Desserts

- 52 **Vanilla ice cream** N 🍷 V
- 53 **Strawberry ice cream** N 🍷 V
- 54 **Chocolate ice cream** N 🍷 V
- 55 **Lemon sorbet** ♥ 🍷 V
- 56 **Mango sorbet** ♥ 🍷 V
- 57 **Crème brûlée** N V
- 58 **Triple chocolate torte** N V
- 59 **Lemon layered cheesecake** N V
- 60 **Spicy apple and ginger pudding** N V
- 61 **Hot chocolate sponge pudding** with custard N V
- 62 **Rhubarb fool** with an apple and cinnamon crunch N V
- 63 **Carrot cake** N V
- 64 **Wild berry pavlova** N 🍷 V
- 65 **Honey roasted apricots** with greek yogurt and honeycomb ♥ V
- 66 **Plain fresh fruit** ♥ 🍷 V
- 67 **Sugar free fruit jelly** ♥ 🍷 V
- 68 **Continental cheese platter** - Brie, Comté and Roquefort N V
- 69 **English cheese platter** - mature Cheddar, Red Leicester and Stilton N V

Beverages

Teas

- 70 **English breakfast**
- 71 **Earl Grey**
- 72 **Green**
- 73 **Camomile**
- 74 **Peppermint**

Coffee and chocolate

- 75 **Cappuccino**
- 76 **Café latte**
- 77 **Café mocha**
- 78 **Americano**
- 79 **Espresso**
- 80 **Hot chocolate**

Juices

- 81 **Fresh orange juice**
- 82 **Fresh apple juice**
- 83 **Pineapple juice**
- 84 **Cranberry juice**
- 85 **Elderflower cordial**

Wine list available on request

Prescribed medications can often adversely interact with any quantity of alcohol consumed. Clinical staff may refuse the service of alcohol to a patient on this basis. Please speak to your nurse if you would like to order any alcoholic beverages.

THE LISTER HOSPITAL
chelsea

À la carte menu

Spring - Summer

Welcome

Our dining service has been developed in response to customer feedback and whilst we suggest times for your meals to be served, you can eat at any time that suits you up until 8.00pm.

Tea and coffee are served mid-morning from 10.00am and mid-afternoon from 3.00pm; a hot bedtime drink is served in the evening around 8.30pm.

The Lister Hospital's menus are seasonal and change throughout the year. Everything is prepared using only the finest fresh ingredients sourced from reputable suppliers. Our highly qualified chefs are more than happy to discuss the menu with you, should you have any queries.

The pantry is open from 7.00am – 9.30pm.

The nurse in charge can organise hot and cold drinks for you after 9.30pm.

Meal times

Meals are served at the following times:

Breakfast	7.00am	–	8.30am
Lunch	12.00pm	–	2.30pm
Dinner	5.30pm	–	8.00pm

How to order your meals

Each morning you'll be given a menu selection form, which you can use to order food and drinks throughout the day, as well as having the option to order smaller portions. Your visitors are welcome to join you for meals subject to an additional charge. Your nurse will inform you if your consultant has made any recommendations regarding your diet.

Room service is available between 7.00am and 9.30pm. If you'd like to order any food or drinks, please call the ward pantry staff on the following telephone numbers:

3rd Floor **51433** 4th Floor **51533** 5th Floor **51628**

Special diets and allergies

It is very important to us that we exactly match your dietary needs and we are happy to prepare specialist food products for you - please let us know about your dietary requirements at the earliest opportunity. In each section of the menu, there is a choice of vegetarian options and our dietician has included guidance symbols next to each dish to assist you in your choice.

Menu descriptions may not list every ingredient in the dish - if you have any concerns about ingredients, don't hesitate to ask the room service team for assistance.

If you have any comments regarding the catering service, please contact the Catering Manager on **54025** or **51474**

Key

♥ Healthy heart

Low in total fat, saturated fat, sugar and salt. These choices are also suitable for diabetic patients.

N Nourishing

Suitable for those who require extra energy and protein.

V Vegetarian

Vegetarian choices contain no meat, poultry or fish but often contain other animal products such as eggs and dairy food.

🚫 Gluten free

Gluten free choices contain no wheat or gluten and are also suitable for celiac.

Light meals

Please indicate your numbered choice of light meals on your Menu Selection Form.

- 01 **Poached eggs** ♥ 🚫 V
- 02 **Scrambled eggs** ♥ 🚫 V
- 03 **Boiled eggs** ♥ 🚫 V
- 04 **Poached chicken** ♥ 🚫
- 05 **Grilled chicken** ♥ 🚫
- 06 **Grated cheddar cheese omelette** ♥ N 🚫 V
- 07 **Mushroom and ham omelette** N 🚫 V
- 08 **Tomato, mushroom and spring onion omelette** ♥ 🚫 V
- 09 **Plain omelette** ♥ 🚫 V
- 10 **Jacket potato with cottage cheese** ♥ 🚫 V
- 11 **Jacket potato with grated cheese** N 🚫 V
- 12 **Jacket potato with baked beans** ♥ 🚫 V

Deli selection

Please indicate your numbered choice of filling and your choice of bread on your Menu Selection Form.

- 13 **Smoked salmon** and low fat cream cheese ♥
- 14 **Roast beef** with caramelised onions, horseradish and salad N
- 15 **Tuna mayonnaise** with cucumber and salad ♥
- 16 **Grilled chicken**, avocado and salad ♥
- 17 **Falafal** and greek yogurt with salad ♥ V
- 18 **Prawn** with lemon mayonnaise and salad N
- 19 **Poached salmon** and horseradish with salad ♥
- 20 **Crayfish** in a marie rose sauce N
- 21 **Scottish honey roast ham** ♥
- 22 **English mature cheddar cheese** N V

Starters

Please indicate your numbered choice of starter on your Menu Selection Form.

- 23 **Soup of the day** with bread roll and butter (margarine/low fat spread) ♥ V
- 24 **Carrot, lentil and coriander soup** ♥ 🚫 V
- 25 **Chunky spring minestrone soup** ♥ V
- 26 **Warm red onion, asparagus and cheddar cheese tartlet** N V
- 27 **Grilled king prawns** infused in olive oil, garlic and fresh herbs, served with a toasted baguette ♥
- 28 **Lightly dusted calamari** with a lemon and parsley mayonnaise ♥
- 29 **Avocado and smoked salmon** on a bed of exotic baby leaves with a dill mayonnaise ♥ 🚫
- 30 **Trio of smoked fish:** trout, mackerel and salmon with rustic granary bread ♥
- 31 **Duck breast salad** with a plum and apple chutney ♥
- 32 **Goat's cheese and baby watercress** served with a caramelised red onion and chilli marmalade N 🚫 V

Main courses

All main courses are served with your choice of potato, rice and vegetables or side salad. Please indicate your numbered choice of main course, then tick your choice(s) of accompaniment on your Menu Selection Form. Some items may contain nuts or derivatives of nut products.

From the grill

- 33 **Chargrilled corn fed chicken fillet** with plain gravy ♥ 🚫
- 34 with morel and sherry wine sauce ♥ 🚫
- 35 with baby roasted shallot sauce ♥ 🚫
- 36 **Oven roasted poussin** with fresh herbs and sweet vine tomatoes ♥ 🚫
- 37 **Chargrilled Aberdeen Angus beef burger** served in a floured bun with Emmental cheese and tomato relish N
- 38 **Pork fillet medallions** with spring greens and a red wine jus N 🚫
- 39 **Trio of grilled lamb cutlets** with garlic butter (on the side) N 🚫
- 40 **Chargrilled sirloin steak** with grilled cherry tomatoes and mushrooms (served medium) N 🚫

Fish dishes

- 41 **Pole caught yellow fin tuna** marinated in lemongrass and red chilli, chargrilled on a bed of rice noodles and pak choi ♥ 🚫
- 42 **Grilled fillet of red sea bream** served with samphire and a caper sauce ♥
- 43 **Oven baked wing of skate** served with pan fried rosemary potatoes ♥
- 44 **Poached fillet of salmon** on a bed of mange tout and baby corn served with a white wine sauce ♥ 🚫

Vegetarian dishes

- 45 **Wild mushroom risotto** finished with truffle oil and parmesan cheese N 🚫 V
- 46 **Spinach and ricotta tortellini** in a sun-dried tomato sauce N V
- 47 **Linguini** with roasted peppers, courgettes and aubergine, finished with rosemary oil ♥ V