



Breakfast options

- **Toast** with sunflower spread, choice of jam/marmalade/marmite
- **Choice of cereals with soya milk:**
Weetabix, Ready Brek, Gluten-free Corn Flakes, Quaker rolled oats
- **Fresh fruit:** Apple, Orange or Banana
- **Alpro dessert pot:** chocolate or vanilla (order via catering)

Anytime snacks

- Biscuits: rich tea, bourbon, ginger snaps
- Fresh fruit
- Alpro dessert pot
- Toast with choice of spreads (see breakfast options)
- Heinz vegetable soup
- Crusha milkshake *made with soya milk*

Main Meals

We have a selection of vegan meals coded **VG** on the main menu.

These are a range of additional vegan dishes available at lunch and dinner

- Butternut Squash & Butterbean Stew **GF HC V VG MWM**
- Vegetable Gratin **VG V HC MWM**
- Vegan Meatballs in Tomato Sauce **GF HC V VG MWM**
- Chana dal with chickpeas, plain rice, and aloo zeera mutter **ED V VG MWM**
- Gobi aloo, plain rice **ED V VG MWM**
- Vegan Sausages with chips and beans **V VG MWM**
- Vegan Hot Pot **HC V VG MWM**

Salads, Sandwiches & Jacket Potatoes

- Houmous & Carrot sandwich on white or wholemeal bread. **EC V VG MWM**
- Vegan Sausage sandwich **EC V VG MWM**
- Falafel Pea and Mint salad **HC V VG MWM**
- Jacket Potato with Baked Beans **GF V VG MWM**

Desserts

- Hot dessert from the main (lunch time) menu coded **VG MWM**
- Fresh fruit: Apple, Orange or Banana **GF HC V VG MWM**
- Alpro Soya Dessert: Vanilla **GF EC V VG MWM**
- Coconut and Raspberry Rice Pudding **EC GF HC V VG MWM**

Gluten Free (GF) Menu



University Hospitals
Bristol and Weston
NHS Foundation Trust

Breakfast options *(Gluten-free cereal and bread to be ordered from catering)*

- Gluten-free toast with choice of jam or marmalade
- Gluten-free oats or cornflakes
- Fresh fruit and yoghurt

Anytime snacks

- A range of gluten-free cakes
- Fresh fruit and/or yoghurt
- Cold dessert options listed below
- Gluten-free cereals
- Toast with choice of preserves
- Heinz vegetable soup
- Crusha milkshake or milk
- Hot chocolate

Main Meals

We have a selection of gluten free options coded **GF** on the main menu.

These are a range of additional gluten free dishes available at lunch and dinner:

- Cheese & Tomato Omelette, diced potatoes & mixed vegetables **GF ED V**
- Gammon & Pineapple with diced potatoes broccoli & peas **GF MWM**
- Butternut squash & butterbean stew with potatoes & peas **GF HC V VG MWM**
- Fish in Parsley Sauce with potatoes, carrots & green beans **GF HC**
- Beef Casserole with diced potato, broccoli & peas **GF EC**
- Cauliflower Cheese with diced potato & broccoli **GF ED V EC**

Please see the main menu for a range of **GF** sandwiches/salads/Jacket potatoes & fillings
(please specify gluten free when ordering)

Hot desserts

- Hot dessert from the main (lunch time) menu coded **GF**
- Rice pudding (Vive) **EC GF V**
- Vegan coconut and raspberry rice pudding **EC GF V VG MWM**

Cold desserts

- Fresh fruit: apple, banana, orange **GF HC V VG MWM**
- Full fat yoghurt **EC GF V** or Low fat yoghurt **EC GF HC V**
- Ice cream and/or gluten free cake **GF V**
- Ambrosia custard pot **EC GF V ED** or Alpro vanilla pot **EC GF V VG MWM ED**

GF: Gluten free suitable for people with coeliac disease or gluten intolerance **MWM:** made without milk

V: Vegetarian **VG:** Vegan **EC:** easy to chew **ED:** Energy Dense – good option for a poor appetite

HC: Healthy Choice – low in fat, sugar & salt for people advised to eat a 'healthy' diet

We are legally required to be able to inform patients accurately of the allergen content of all foods and drinks we provide. It is the duty of all staff to provide this information accurately. If you have a food allergy or intolerance please inform a member of staff who will be able to inform you which dishes will be suitable .

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