

Hot menu

Pancakes		#2
Maple syrup		#1.5
Shortcut bacon	GF	
Breakfast sausage	GF	
Sauté mushrooms	GF	♥
Grilled tomato	GF	♥
Breakfast potato	GF	♥ #1
Baked beans	GF	GI #1

Eggs (choose one)

Poached • Scrambled	GF	♥
Fried	GF	
Plain omelette	GF	♥
Cheese omelette	GF	
Ham and cheese omelette	GF	
Vegetarian omelette (mushroom, onion, capsicum)	GF	♥

Beverages (choose up to two)

Cold

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

Juice

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

Milk

Full cream	GF	GI #0.5
Low fat • Skim • Zymil	GF	♥ GI #0.5
Soy	GF	♥ GI #1

Flavoured milk

Chocolate • Strawberry	GF	#1.5
Milo	♥	GI #1.5

Hot

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

Tea

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

Sugar • Sweetener

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
- GI Lower glycaemic index carbohydrate choices
- #1 One carbohydrate serve = 15 grams of carbohydrate
- GF Gluten free options are available for many menu items.

Our Room Service Call Centre 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...” are not included in menu items offered for allergy diets (gluten, peanuts, tree nuts, soy, egg, milk, sesame, fish and shellfish).

Please discuss any concerns regarding specific food allergies with the Room Service Call Centre on 3663.

Patients on most diets are also able to order via their bedside terminal. Please be mindful there are limits on the number of items able to be ordered—if there are any questions about this process, please call the Room Service Call Centre on 3663.

At times the Room Service Call Centre experiences a high volume of calls. During these busy times, patients are able to request a call back. Please listen to the prompts and press the “\*” key during the prompt and wait to hear the confirmation message to enable this feature and one of our team will return your call as soon as possible.



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**.



Dial 3663



6.30 am – 7 pm

mater.org.au

All day breakfast



6.30 am to 7 pm



Dial 3663

Continental

Cereal (choose up to two)

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

Assorted yoghurt

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

Fruit

Fresh fruit

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

Stewed fruit

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

Bakery

Bread/toast

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

Spreads

Butter • Margarine ♥ • Vegemite • Honey #0.5 • Marmalade #0.5 • Strawberry jam #0.5 • Peanut butter

Pastries

Sweet muffin	#2
Danish	#1
Croissant	#1.5



From 11 am

🕒 11 am to 7 pm 📞 Dial 3663

Build your own—  
Sandwich, salad or bowl

1. Base (choose one)			
Bread: White • Wholemeal			#1
Bread: Multigrain	GF		#1
White wrap			#2
White bread roll			#1.5
Gluten free bread	GF	♥	#1.5
Gluten free wrap	GF	♥	#3
Brown rice	GF	♥	#1
2. Protein (choose up to two)			
Egg and mayonnaise • Boiled egg	GF	♥	
Ham • Smoked salmon • Chicken breast			
Chickpeas	GF	♥	#1
Chickpeas	GF	♥	#1
3. Salad/vegetables (choose up to five)			
Cos lettuce • Tomato	GF	♥	
Cucumber	GF	♥	
Carrot • Beetroot • Onion	GF	♥	
Avocado	GF	♥	
4. Toppings – for bowls and salads only (choose up to three)			
Bacon (diced)	GF		
Parmesan	GF		
Roasted cashews	GF	♥	
Croutons			#0.5
Pepitas	GF	♥	
Beetroot hummus	GF	♥	#0.5

Dressings and condiments

All GF, except BBQ sauce	
Italian • Balsamic	♥ • Caesar
Mayonnaise • Mustard	♥ • Tomato • BBQ
• Sweet chilli	#0.5 • Pickles
Salt • Pepper • Lemon wedges	

Legend

- ♥ Lower saturated fat/lower salt options
- GI Lower glycaemic index carbohydrate choices
- #1 One carbohydrate serve = 15 grams of carbohydrate
- GF Gluten free option available

Soups

Pumpkin	GF	#0.5
Chicken and corn	GF	#0.5
Consommé (beef or chicken or vegetable)	GF ♥	

Hot Mains/Burgers/Pizza (choose one)

Asian stir fry (vegetarian or chicken or beef)	GF	#1
Shepherd's pie		#1.5
Grilled chicken breast	GF ♥	
Grilled salmon	GF ♥	
Grilled seasonal fish	GF ♥	
Grilled sirloin steak	GF ♥	
Roast of the day (not ♥ on Sunday, Tuesday, Friday)	GF ♥	
Butter chicken	♥	
Macaroni cheese		#2

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.

Pizza

Roast pumpkin and feta	#3
Ham and pineapple	#2.5
Smokey beef and chipotle	#3

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

Sauces

Mushroom	GF	
Gravy	GF	
Olive oil and lemon juice	GF ♥	
Basil pesto	GF ♥	
Béarnaise		

Seasonal produce

At Mater, we believe producing quality, nourishing food, while also giving back to our community and the environment is paramount. We constantly endeavour to use fresh, locally grown seasonal produce to create nutritionally balanced meals for the wellbeing of our patients.

Sides (choose up to four)

Mashed potato	GF ♥	#1
Mashed sweet potato	GF ♥ GI	#1
Steamed vegetables	GF ♥	
Roast pumpkin	GF ♥	
Roast carrot	GF ♥	
Roast potato	GF ♥	#0.5
Sweet potato fries		#2.5
Steamed rice	GF ♥ GI	#2.5
Green beans	GF ♥	
Side salad	GF ♥	

Desserts (choose one)

Mango and coconut cheesecake		#1.5
Chocolate brownie		#1.5
Orange and almond cake	GF	#1

Dessert Extras (choose up to two)

Jelly	GF	#1.5
Diet jelly	GF ♥	
Vanilla ice cream	GF ♥	#1
Lemon sorbet	GF ♥	#2
Custard	GF ♥	#1.5
Lactose free custard	GF ♥	#1.5
Soy custard	GF ♥	#1.5

Snack items

🕒 6.30 am to 7 pm 📞 Dial 3663

Plain sweet biscuit	♥	#0.5
Water crackers	♥	#0.5
Cheddar cheese		
Reduced fat cheddar cheese	♥	
Muesli bar	♥ GI	#1.5
Fruit and nut snack pack	♥ GI	#1.5
Rice cakes	GF ♥	#1.5
Gluten free sweet biscuits	GF ♥	#1

Fluid menus

🕒 6.30 am to 7 pm 📞 Dial 3663

Clear fluid diet

Consommé (beef or chicken or vegetable)	GF ♥	
Lemon sorbet	GF ♥	#1
Jelly	GF	#1.5
Diet jelly	GF	

Beverages

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

Free fluid diet

Consommé (beef or chicken or vegetable)	GF ♥	
Pureed soup (from 11 am)	GF	#0.5
Semolina		#2
Jelly	GF	#1.5
Diet jelly	GF	
Custard	GF GI	#1.5
Vanilla ice cream	GF	#1
Lemon sorbet	GF ♥	#2
Low fat vanilla yoghurt	GF GI	#1.5
Full fat vanilla yoghurt	GF GI	#1

Beverages

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

Milk

Full cream	GF GI	#0.5
Low fat • Skim • Zymil	GF ♥ GI	#0.5
Soy	GF ♥ GI	#1

Flavoured milk

Chocolate	GF	#1.5
Strawberry	GF	#1.5