

BREAKFAST

Breakfast items are available before 10:30 a.m.

Beverages

Pick up to 2 beverages at breakfast, lunch and dinner

Coffee

Regular | Decaf

Tea

Black | Decaf Black | Green | Peppermint

Milk

Skim | 2% | Whole | Lactose-free | Soy

Juice

Apple | Orange | Cranberry Cocktail

Cereals

Pick up to 1 item

Cold Cereal

Optional: served with 1x milk

Bran Flakes

Raisin Bran

Cheerios

Rice Krispies

Corn Flakes

Hot Cereal

Oatmeal

Cream of Wheat

Congee

Meat and Eggs

Pick up to 2 items

Sausages

Bacon

Hard-boiled Egg

Scrambled Egg

Cheese Omelet

Western Omelet

Breakfast Specials

Pick up to 2 items

Homestyle Pancakes

French Toast

Belgian Waffle

Freshly Baked Muffin

English Muffin

Multigrain Bagel

Hash Browns

Toast

Breakfast Sides

Pick up to 2 items

Seasonal Fruit

Cheese Portion

Blueberry Granola Yogurt Parfait

Fruit Yogurt



MENU

Freshly prepared meals served to your room within 45 minutes.

Women's Health

Room Service meals are served from 8:30 a.m. to 6:45 p.m. daily. There are short pauses in service from 10:30 a.m. to 11:30 a.m. and from 3:30 p.m. to 4:30 p.m. The last call is at 6:15 p.m.

Call to place your order:

**604-875-2233 or
2233 on internal phone**

A food service staff member will consult with you to ensure your selections meet your prescribed diet needs. Meals can be pre-ordered up to 7 days in advance.

What did you think of your meal? Scan the code and let us know!



Please keep this menu for the duration of your stay.

LUNCH AND DINNER

Lunch and dinner items are available after 11:30 a.m.

Sandwiches

Filling

Chicken Salad | Tuna Salad | Egg Salad | Cheese

Peanut Butter & Jam 

Bread

Multigrain | White | Whole Wheat

Hot Grill

Grilled Cheese Sandwich

Grilled Chicken Caesar Wrap

Quesadilla

[Cheese | Chicken]

Burger

Grilled Chicken | Beef

Black Bean 

Lettuce | Tomato

Red Onion | Cheddar Cheese

Salad Bowls

Caesar Salad

Garden Salad  

Optional

Chicken Breast | Baked Salmon

Chickpeas

Cold Plates

Fruit Plate

Hummus Plate

Pick up to 2 items from entrées [sandwiches, hot grill, salad bowl, cold plates and hot plates]

Hot Plates

Teriyaki Chicken Strips

Breaded Chicken Fingers

Chicken Parmesan Alfredo

Butter Chicken 

Turkey Schnitzel

Maple Salmon 

Breaded Fish Sticks

Spaghetti with Veggie Meatballs

Thin Crust Pizza [= 2 entrées]

[Pepperoni | Cheese]

Vegetable Lasagna

Macaroni and Cheese

Dhal  

Saag Paneer 

Condiments

Salt | Pepper | Margarine | Whipped Butter

Jam | Syrup | Peanut Butter | Cream Cheese

Lemon Wedge | Crackers

Mayonnaise Ketchup | Mustard | Relish

Sauce

Plum | Salsa | Soy | Gravy | Tartar

Dressing

Italian | Ranch | Thousand Island | Caesar

Sides

Pick up to 2 items

Soup of the Day

Three Sisters Soup 

Steamed Vegetables of the Day

Vegetable Sticks

Garden Salad

Caesar Salad

Dinner Roll

French Fries

Brown Rice

Whipped Potatoes

Mini Vegetable Spring Rolls

Spaghetti Noodles

[Butter | Marinara]

Bannock 

Fruits and Desserts

Pick up to 2 items

Dessert of the Day

Seasonal Fruit

Fruit Yogurt

Assorted Pudding

Assorted Cookie

Ice Cream

Vegan Entree 

Gluten-free Entree 

Indigenous Recipe 