

# Food Services Information Sheet



Whether it's inside the hospital or in the surrounding area nearby, there are a variety of locations where clients, families and caregivers can grab a bite to eat. This information sheet contains a comprehensive list of food services available in and around Holland Bloorview.



## Food services available onsite at Holland Bloorview

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### Tim Hortons

**Hours:** Open Monday to Friday from 7:30 a.m. to 4:00 p.m. (closed on holidays and weekends)

Located on the first floor of the hospital, Tim Hortons's famous selection of beverages and breakfast items including coffee, tea, donuts, bagels, muffins and breakfast sandwiches are served fresh every weekday.

### Garden Grill

**Hours:** Open Monday to Friday from 11:30 a.m. to 1:30 p.m. (closed on holidays and weekends)

On the first floor next to the Tim Hortons, the Garden Grill is a kitchen serving hot food for purchase at lunch time. Daily entrées include burgers, chicken fingers, fries, pizza, soup, and sandwiches. A salad bar is located inside the kitchen area as well.

There is also a weekly menu, featuring a special entrée each day that includes a full meal with protein, vegetable and side such as fries, rice or pasta. Additionally, the Meal to Go Program offers a daily meal for those on the move.

Pre-packaged meals, cold drinks, fruit and other snacks are also available here.

To find out more about what food options are available, please visit

<https://hollandbloorview.catertrax.com/>.

## Vending machines and self-serve coffee

**Hours:** 24 hours a day

Vending machines featuring an assortment of drinks and snacks are available on the first floor (behind Tim Hortons) and the third floor (near the main elevators) of the hospital. A self-serve coffee machine is also located on the first floor near the vending machines. Credit card and debit card payment is accepted (not cash).

## Cafeteria amenities

**Hours:** 24 hours a day

The cafeteria on the first floor (next to the Tim Hortons and Garden Grill) features a large dining area with tables and seating, and contains stations where you can microwave your food, access hot and cold water, dispense ice and grab some napkins.

## Inpatient meal times

We provide a comprehensive menu to support the diverse needs of inpatients. The recipes cover modified versions of each dish, as well as the regular version, and are sized according to each patient.

### Breakfast:

- Complex Continuing Care (CCC) and Specialized Orthopedic and Developmental Rehab (SODR): 8:15 a.m. – 9 a.m. (SODR lounge)
- Brain Injury Rehab Team (BIRT): 8:15 a.m. – 9 a.m.
- **Weekend breakfast:** 9 a.m. – 9:45 a.m. (meet in SODR unit lounge)

### Lunch:

- CCC and SODR: 11:45 a.m. – 12:15 p.m. (SODR lounge)
- BIRT: 12:20 p.m. – 12:50 p.m.
- **Weekend lunch:** Noon – 1 p.m. (meet in SODR unit lounge)

### Dinner:

- CCC and SODR: 4:45 p.m. – 5:15 p.m. (SODR lounge)
- BIRT: 5:20 p.m. – 5:50 p.m.
- **Weekend dinner:** 4:30 p.m. – 5:30 p.m. (meet in SODR unit lounge)

## Family & caregiver meal vouchers

**Where to find:** Purchased from Main Reception at the hospital entrance.

Our food services department has prepared breakfast, lunch, and dinner vouchers. These vouchers allow an inpatient family member or caregiver to have the same meal being served to inpatient clients at a reduced cost of:

- Breakfast Vouchers: \$5.00 per voucher
- Lunch Vouchers: \$10.00 per voucher
- Dinner Vouchers: \$10.00 per voucher

Vouchers are redeemable at the following locations:

- Brain Injury Rehab Team (BIRT) kitchen, located on the 3rd floor east wing
- Complex Continuing Care and Specialized Orthopaedic and Developmental Rehabilitation in SODR kitchen, 3rd floor east wing.

**Please note that we might not be able to accommodate certain dietary restrictions. Please contact the food services staff at 416-425-6220, ext. 7052 for any inquiries.**

## Inpatient unit lounges

Fresh fruit, hot beverages and granola bars are provided at 10am and 3pm in each inpatient unit kitchen on the weekend.

## Inpatient unit kitchens

Limited food storage and a few appliances are available in each kitchen for your use. Please clean up after you use these areas. Complimentary coffee and tea are available on the inpatient units.

## Kosher food pantry, Family Lounge, 3W115

A food pantry, filled with kosher, non-perishable items, is available to clients and families who require kosher foods based on faith-based and dietary needs and may have food access challenges. The food pantry was kindly donated by a Jewish organization called Bikur Cholim. Volunteers from Bikur Cholim will be occasionally stocking the pantry with kosher food free of charge. The pantry is locked and is accessible with a passcode. Families that need access can speak to a member of their clinical team.

## ADL (Activities of Daily Living) kitchen

This kitchen space is mainly used for life skills programming, but we are pleased to make this space available to families at limited times when the kitchen is not booked for client use. If you wish to prepare your own meals, the ADL kitchen is **located on 0W245** (basement level, west wing) where you can cook at the times stated below.

### Family Hours:

Monday to Friday: 6:30 a.m. - 8:00 a.m.

Saturday to Sunday: 5:00 p.m. - 9:00 p.m.

**How to access:** Please visit the Main Reception at the hospital entrance during the times the ADL kitchen is open, and security will bring you down to the kitchen and provide you with a set of keys.

**What to bring:** Families and caregivers are required bring the food, ingredients and take away containers or plates to eat your meal. We have a family cupboard in the kitchen which provides the essentials you'll need to cook your meal (i.e. pots, pans, cutting boards, spatulas, mixing bowls, etc.)

**What you can use:** The kitchen includes appliances such as an oven, stove, toaster oven and microwave. You are allowed to bring in small kitchen appliances, such as an air fryer, to help you cook. However, you will be required to clean up after using the kitchen, including wiping surfaces, and cleaning, drying and putting away any dishes in the family cupboard. Dish soap, hand towels and cleaning supplies are provided.

Please do not take any dishes, bowls or utensils out of the kitchen.

Click to access [ADL Kitchen Tip Sheet](#) for further information.

## **Grocery shuttle services at Holland Bloorview**

**Hours:** Every Tuesday from 1:00 p.m. to 2:15 p.m. with the possibility of additional days if requested.

**How to book:** Please visit the Main Reception at the hospital entrance to request the shuttle with our transportation services.

The hospital offers a grocery shuttle service once a week, where clients, families and caregivers are driven to local grocery stores and back to the hospital. Passengers can specify their preference of stores in the area that best accommodates their dietary and budgetary needs.

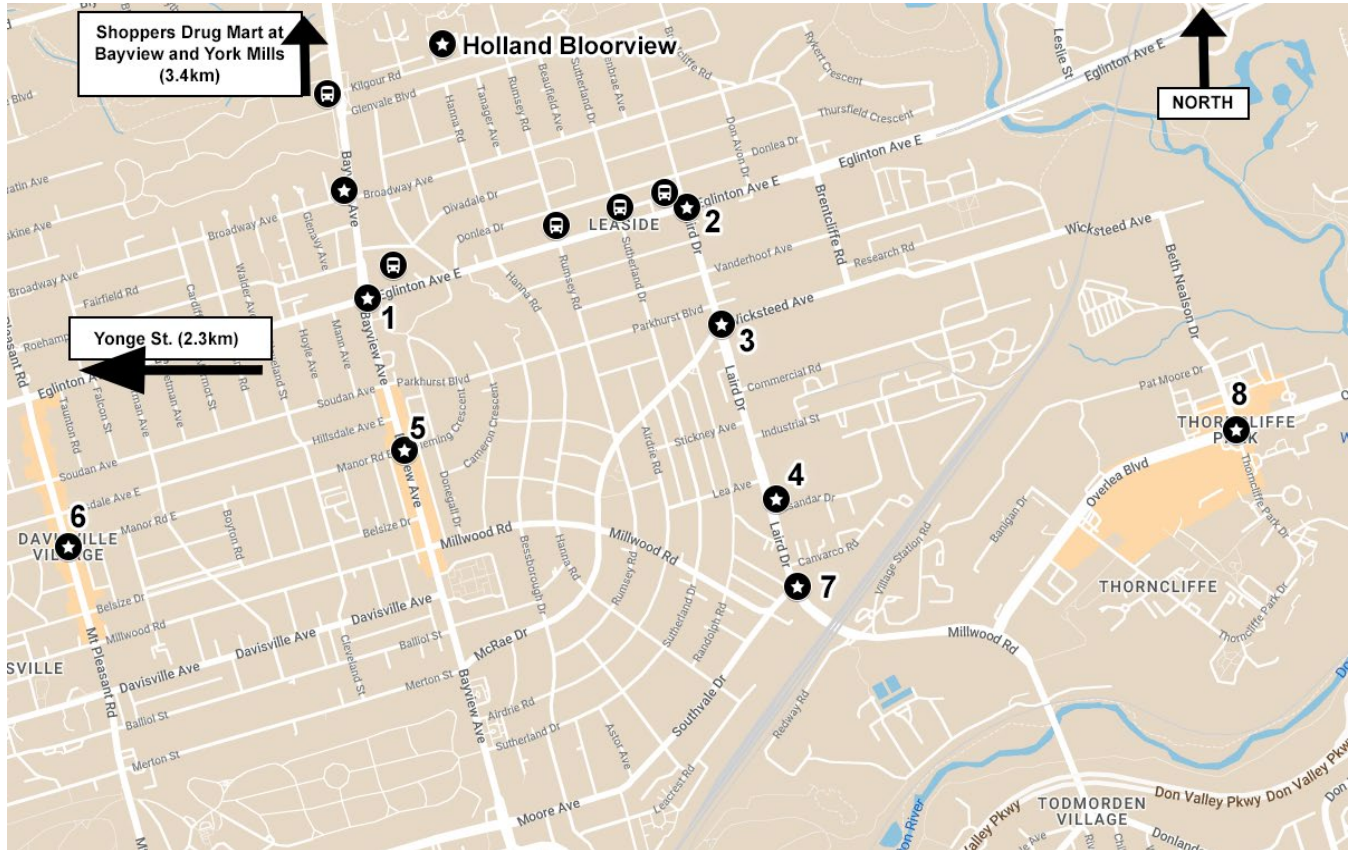
If several families or caregivers request shuttle services that cannot be completed within the designated timeslot, we will serve them in the order that they signed up, unless there is a specific arrangement agreed upon by the families or caregivers.

If scheduling and availability permit, we may also add another shuttle day to accommodate additional requests in the same week.



## Map of food services in surrounding areas

The map and legend below will help you plan your trip from the hospital to grocery stores, restaurants (dine-in and takeout), convenience stores and shopping centres near Holland Bloorview.



### 1. Bayview Ave. & Eglinton Ave. E (1.1 km)

- Metro Supermarket
- The WORKS Craft Burgers & Beer
- Tim Hortons
- Rexall Pharmacy
- Shoppers Drug Mart

### 2. Eglinton Ave. East & Laird Dr. (2.0 km)

- Pizza Nova
- Domino's Pizza
- East York Eats
- Tao Northern Chinese Cuisine
- Mt. Everest Restaurant

### 3. Laird Dr. & Wicksteed Ave. (2.3 km)

- Penguin SmartCentre Shopping
- Sobey's Supermarket
- Sunset Grill
- LOCAL Public Eatery Leaside
- South St. Burger

### 4. Leaside Village (2.8 km)

- Longo's Leaside Supermarket
- Bulk Barn
- Five Guys
- Amsterdam Barrel House
- Tim Hortons and more

**5. Bayview Ave. (1.9 km)**

- Valu-mart Bayview
- Mamma's Pizza
- Summer's Best grocery store

**6. Mt. Pleasant Rd. (2.5 km)**

- Summerhill Market
- Marché Leo's (Express)
- Yonge Fresh Market

**7. Laird Dr. & Millwood Rd. (3.2 km)**

- Loblaw's Redway Road Supermarket

**8. Thorncliffe Park (4.7 km)**

- East York Town Centre



## **Additional places of interest outside Holland Bloorview**

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The following list contains additional places of interest and food delivery services available near Holland Bloorview. Some locations are outside the immediate vicinity of the hospital, but can be reached by transit or car.

### **Grocery & drug stores**

**Real Canadian Superstore**

825 Don Mills Rd. (Don Mills & Eglinton)  
(416) 391-0080

**Shoppers Drug Mart**

1860 Bayview Ave. (Bayview & Broadway Ave.)  
(416) 482-9841

### **Food Banks**

**Thorncliff Food Bank**

1 Leaside Park Dr. #5B (Millwood & Overlea)  
(647) 428-9755

**Community Share Food Bank**

<http://www.communitysharefoodbank.ca/>  
33 Overland Dr. (Church of the Ascension)  
(416) 441-3209

**Churches On The Hill Food Bank**

<https://www.cothfoodbank.ca/>  
230 St Clair Ave. W. (Timothy Eaton Memorial Church)  
(416) 967-3842

**Daily Bread Food Bank**

<https://www.dailybread.ca/>  
353 Sherbourne St. (Sherbourne & Carlton)  
(416) 203-0050

**Allan Gardens Food Bank**

<https://allangardensfoodbank.net/>  
353 Sherbourne St. (Saint Luke's United Church)

**Fort York Food Bank**

<http://fyfb.com/>  
380 College St. (College & Bathurst)  
(416) 203-3011

**North York Harvest Food Bank**  
http://www.northyorkharvest.com/  
116 Industry St. (North York)  
(416) 635-7771

**Lawrence Heights, North York Harvest Food Bank**  
https://northyorkharvest.com/programs/community-food-spaces/lawrence-heights/  
5 Replin Rd. (North York)  
(647) 786-3663



## Ordering food from outside Holland Bloorview

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Many restaurants outside Holland Bloorview offer delivery options online and by phone, either directly or through mobile delivery apps.

**Note regarding outside food delivery:** Food delivery services cannot come up to the unit. When ordering in, please let the delivery service know this and request to meet them in the main reception lobby or outside the main entrance front doors.

### Ordering online or through apps

**UberEats:** [www.ubereats.com](http://www.ubereats.com)

**DoorDash:** [www.doordash.com](http://www.doordash.com)

**Skip The Dishes:** [www.skipthedishes.com](http://www.skipthedishes.com)

### Restaurants offering food delivery

**Souvlaki Express Greek**  
(416) 932-9292  
www.souvlakiexpress.com

**Satay on the Road Thai**  
(416) 440-0679  
www.satayontheroad.com

**Kama Sutra Indian Food**  
(416) 489-4899  
www.kamasutrarestaurant.ca

**Mamma's Pizza**  
(416) 487-4443  
www.mammaspizza.com

**Pizza Pizza**  
(416) 967-1111  
www.pizzapizza.ca

**Pizza Nova**  
(416) 439-0000  
www.pizzanova.com

## Additional Food Resources

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### [The Canadian Food Guide](#)

The Canadian government's comprehensive food guide containing nutritional information as well as recipes, tips and recommendations for healthy eating.

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### [Daily Bread Food Bank](#)

One of the largest food bank organizations in the city, assisting families with finding a food bank using their location. The following webpage provides more information about each food bank site available.

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### [Too Good To Go App](#)

A mobile phone application allowing you to connect to restaurants and stores that have surplus unsold food.