

Eating Out:

Family Style

MacDonalds: 4455 Main @ E. 29th,
604-873-5387 & 2095 W. 41st @ E.
Boulevard, 604-261-0551

White Spot: 2850 Cambie at West 13th,
604-873-1252 & in Oakridge Centre,
604-261-2820

**Neighbours Restaurant and Pizza
House:** 3838 Oak Street @24th,
604-732-3777

De Dutch Pannekoek House: 3192
Oak Street 604-732-1915

Coffee Shops

Starbucks: Oak & 22nd Avenue; and
inside **Safeway** at King Edward Mall

Max's Deli: Oak & 16th Avenue

Fine Dining

Henry's Kitchen 604-738-9883
904 West King Edward (Oak & 22nd
Avenue; at King Edward Mall)

The Shaughnessy (in VanDusen
Gardens) 604-261-0011, 5251 Oak
Street

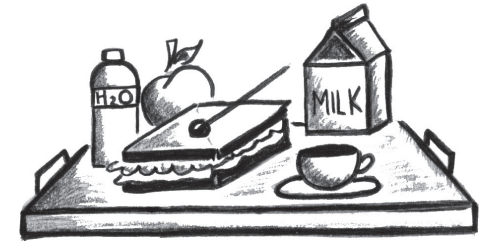
Seasons (in Queen Elizabeth Park):
604-874-8008, West 33rd & Cambie

Diners

Tomato Fresh Food Cafe
604-874-6020, 3305 Cambie

Kaplan's Deli, 604-263-2625,
5775 Oak Street

When you need a bite to eat



*Developed by the Department of Learning
& Development and Partners in Care
Family Advisory Committee*

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FAMILY ISSUES

INFORMATION FOR FAMILIES
ABOUT BC CHILDREN'S
HOSPITAL

4480 OAK STREET
VANCOUVER, BC V6H 3V4
604-875-2345
1-888-300-3088
WWW.BCCHILDRENS.CA

Eating in:

Shaughnessy Café

This cafeteria is located in B1. It has a wide variety of food choices. It is open 7:00am to 7:00pm Monday to Friday; 8:00am to 6:30pm on Saturday and Sunday; and 8:00am to 5:30pm on statutory holidays. Hot meals and freshly made sandwiches are available. If you want a full service evening meal, be sure to get to the Café at least 15 minutes before closing time. Specific opening times for meals are listed on the wall in the Café. There are microwaves and vending machines in this area.

Second Cup

This coffee bar is in the lobby of the main Children's building. Specialty coffees, drinks and baked items are available from 6:30am to 10:00pm daily.

On the Go Bistro

On the Go Bistro is located in the BC Women's Hospital lobby and features Tim Horton's coffee, baked goods, fresh salads and sandwiches. Open Monday to Friday from 6:30am to 5:00pm.

Starbucks

Starbucks is located in the Ambulatory Care Building lobby. It features coffee, baked goods, fresh salads and sandwiches. Hours Monday to Friday 6:00am to 8:00pm, Saturday and Sunday 8:00am to 6:00pm, Holidays 7:00am to 7:00pm.

Buying meals can get expensive if you are here for a long time. Here are some other alternatives:

Each ward has a kitchen nook called a "Nourishment station." It is usually stocked with drinks and snacks for the patients only. (Please do not offer these snacks to anyone who is not a patient.) But, you can use the fridge, microwave, kettle and toaster in this area. Label the food you bring in with your name and the date. Make the label large! Bring your own mug and plate if possible.

Please clean up after yourself.

- It is possible to order in food from restaurants. Ask the unit clerk at the desk how to do this.
- Ask family and friends to bring something in for you to eat.

You can buy groceries, frozen meals and fresh take-out at the following places:

Safeway @ Oak & 25th Avenue & @ Oakridge Mall

Max's Deli @ Oak & 16th Avenue (restaurant also)

Kaplan's Deli @ Oak just South of 41st Ave

Choices @ Cambie & 19th Avenue

Capers @ W. 16th Avenue & Cambie

Oakridge Food Court – in Oakridge Centre Mall on Cambie & W. 41st Ave.

Each hospital ward has a microwave and refrigerator.

Tip:

- Make sure to label anything you put in the refrigerator with your name and date.
- There is a kettle on the ward. You may want to buy a pack of teabags and a mug so you can make yourself tea when you want to (much cheaper).