



Where to eat, drink and shop



Location: C level, main entrance, Southampton General Hospital

Open Monday to Sunday, 6am to 10pm. Saturday and Sunday 8am to 8pm

WHSmith sells books, magazines, cards, sandwiches, drinks and snacks.



Location: C level, main entrance, Southampton General Hospital

M&S Simply Food open Monday to Sunday, 7am to 9pm

M&S Café open Monday to Sunday, 8am to 8pm

Our M&S Simply Food shop offers a great selection of M&S food and drinks, from sandwiches and ready meals to fruit and porridge and all your store cupboard essentials. Perfect if you need to grab something for lunch or for a family dinner. Nearby is an M&S Café where you can grab a hot snack, sandwiches and drinks.



Location: C level, main entrance, Southampton General Hospital

Open Monday to Sunday, 24 hours a day

Costa serves hot and cold drinks, sandwiches, and snacks. Vegetarian and vegan options are available, including non-dairy milk for drinks.

The team works closely with the hospital charity and regularly donates items to wards. To find out more about Costa's ethos, visit their website

Location: C level, main entrance, Southampton General Hospital

Open Monday to Friday, 10am to 6pm.



Visit Subway for made-to-order sandwiches, drinks and snacks. Gluten-free bread is available.

Subway is also able to cater for team lunches and training events with a selection of made-to-order sandwich and cookie platters. For details on how to order and what platters are available, read more here.

Location: B level, centre block, Southampton General Hospital

Open Monday to Friday



Paddy & Scott's serves artisan coffee and a range of other hot and cold drinks and snacks. Bring your own cup or mug to enjoy a 5% discount on any hot drink. Non-dairy milk options are available.

To find out more about Paddy & Scott's, including their Kenyan farm project, visit their website.

Locations: Main entrance, Princess Anne Hospital and A level, west wing, Southampton General Hospital

AMT Princess Anne

Open Monday to Friday 7am to 6.30pm

Open Saturday 9am to 5pm

Open Sunday 10am to 5pm

AMT Southampton General Hospital

Open Monday to Friday, 8.30am to 5pm

AMT serves 100% Fairtrade coffee and hot and cold food, including a range of vegetarian, vegan and gluten-free options.

Visit AMT for a 10% staff discount on all drinks.

Location: B level, centre block, Southampton General Hospital

Open Monday to Sunday, 7.30am to 7.30pm

FEAST

The Feast restaurant is our subsidised restaurant. It offers a deli bar, a bakery station, a soup station as well as hot meals, sandwiches and snacks. Also show your staff badge to receive the latest offers. There are also several vending options offering a wide variety of snacks and beverages for you to choose from.

League of friends

**Locations: F level, west wing, Southampton General Hospital
A level, east wing, Southampton General Hospital
The eye unit, Southampton General Hospital
B level, main entrance, Royal South Hants Hospital**

Oasis tea bar (F level, west wing) – Open 9am to 3.15pm
Oncology tea bar (A level, east wing) Open 8.30am to 2pm
Eye unit tea bar - open Monday to Thursday, 9am to 3.45pm

Volunteers from the League of Friends run three tea bars across the Trust, serving hot and cold drinks, sandwiches, and snacks. Money raised goes right back to the hospital - over the last five years, £800,000 has been gifted to the Trust to purchase a range of items including furnishings for wards, walking frames, wheelchairs, and clinical equipment.

Oasis Tea Bar

Location: F level, west wing, Southampton General Hospital

Open Monday to Friday, 8.30am to 4pm

The Oasis Tea Bar serves tea, coffee, chocolate, soup, hot toast, and fresh sandwiches daily. A wide range of toiletries, snacks and general items can also be bought, which patients may need for a stay in hospital. The tea bar is also disability friendly, with limited seating.

Pop-ups

Location: Outside the main entrance of Southampton General Hospital

Open Monday to Friday

You can find alternative lunch options from street food-style vendors. The food is cooked fresh on the day by fully licensed health and safety accredited and level 5 hygiene rated operators.

Vendors who visit regularly include:

- The Focaccia Company - Wednesday (homemade sandwiches and street food). Award winner: Best Market Street Food (Hampshire Street Food Awards 2019)
- Express Eats Catering - Monday, Tuesday, Thursday and Friday
- Angela's Ice Cream - Various times, including weekends

Please note that these services can be affected by bad weather.

Location: C level, main entrance, Southampton General Hospital

Open Monday to Friday, 9am to 7.30pm

Open Saturday, 10am to 5.30pm

Open Sunday, 12 noon to 5.30pm

stockshop.

Visit the StockShop for gifts and women's fashion. The StockShop also hosts a dry cleaning service run by Atlantic.

With a valid ID card, staff can access 15% discount on full price merchandise. The discount can't be used with any other offer, on sale or special offer items and excludes charity goods.