

BREAKFAST (SERVED ALL DAY)

ENTREES

Scrambled Eggs (1/2 cup)	2
Hard-Boiled Egg (1)	1
Gluten-Free Waffle (1)	13

CEREAL

Cheerios®	21
+ Skim Milk	12
+ 1% Milk	12
+ Whole Milk	12

COTTAGE CHEESE AND
FRUIT PLATE

Begin with cottage cheese and add two fruits.

Cottage Cheese, 2% fat (1/2 cup)	6
Apple Slices	8
Applesauce	14
Banana	26
Diced Pears	17
Diced Peaches	14
Mandarin Oranges	22
Pineapple Chunks	15
Red Seedless Grapes	15
Seasonal Fruit	(ask operator)

YOGURT

Strawberry (Greek)	20
Oikos Vanilla (Greek)	7
Vanilla	27
Yogurt Parfait with Berries	47

BREAKFAST BREADS

Gluten-Free White Toast (1 slice)	23
Gluten-Free Blueberry Muffin	41

BREAKFAST SIDES

Bacon (1 strip)	0
Ham Slice	0
Hash Brown Patty*▲	10

OMELET SPECIALS

SUNDAY

Denver —ham and green peppers	3
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MONDAY

Everything —green pepper, mushroom, ham, bacon, and cheddar cheese	4
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TUESDAY

Veggie —Onion, green pepper, mushrooms, and cheddar cheese	7
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WEDNESDAY

Midwestern —ham, tomatoes, green peppers, and cheddar cheese	2
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THURSDAY

Meat Lovers▲ —ham, bacon, sausage, and cheddar cheese	4
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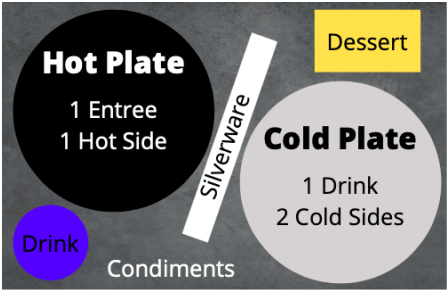
FRIDAY

Ham & Cheese	2
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SATURDAY

Sausage, mushrooms, and cheddar	
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Ordering Guidelines



99 numbers after each item show carbohydrates per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines.

LUNCH AND DINNER

*Item only available after 3 p.m.

COMFORT FOODS

Hard Shell Beef Taco (1)	13
Pot Roast	0
Marinated Chicken	0
Chicken Strips (2 Strips)	8
Baked Tilapia	2
Amy's™ Non-Dairy Beans and Rice Burrito	38
Amy's™ Vegetable Lasagna	41

SANDWICHES

Build your own sandwich. Choose a type of bread and add toppings.

Gluten-free Bread (1 slice)▲	23
Gluten-free Hamburger Bun▲	44
+ Roast Beef	0
+ Turkey	1
+ Ham▲	0
+ Egg Salad	2
+ Plain Tuna Salad▲	0
+ Cheddar Cheese	0
+ American Cheese	0
+ Swiss Cheese	0
+ Provolone Cheese	0

SOUPS

Chili▲	28
Beef Broth▲	1
Chicken Broth▲	1
Vegetable Broth▲	5

SALADS

Mixed Greens Salad (with tomatoes and cucumbers)	5
+ Cheddar Cheese	0
+ Chicken	1
+ Bacon	0

SIDES

Rice	23
Mashed Potatoes	25
Chips	
Regular Potato Chips▲	23
Baked Potato Chips	24
Cottage Cheese, 4% fat (3/4 cup)▲	5
Cottage Cheese, 2% fat (1/4 cup)▲	3

7” PIZZA SPECIALS

(Available 10-8)

Cheese and Pepperoni also available.

SUNDAY

Hawaiian▲ —ham and pineapple	59
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MONDAY

Supreme▲ —green pepper, mushroom, pepperoni, and sausage	56
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TUESDAY

Veggie▲ —Onion, green pepper, mushrooms, and cheddar cheese	60
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WEDNESDAY

Sausage and mushroom▲	54
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THURSDAY

Meat Lovers▲ —ham, bacon, sausage, and cheddar cheese	53
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FRIDAY

Sausage▲	51
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SATURDAY

Mediterranean▲ —black olives, olive oil, red onion, green pepper, tomato, feta and mozzarella cheese	53
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GRILL

Served on gluten-free bread and buns.

Hamburger or Cheeseburger▲	39
Vegetarian Burger▲	45
Grilled Chicken Sandwich▲	40
Grilled Cheese▲	39
Grilled Ham and Cheese▲	41
Hot Dog without Bun	2

Vegetables

Mixed Vegetables	6
Green Beans	4
Corn	16
Roasted Potatoes	10
Carrot Coins	9
Raw Carrot Sticks	5
Raw Celery	2
Hummus	10

DESSERTS

Hard Candy	18
Chocolate Chip Cookie	30
Gelatin Dessert	
Orange	22
Sugar-Free Lemon Lime	0
Sugar-Free Strawberry	0
Italian Ice	
Lemon	20
Orange	22
Ice Cream	
Vanilla, Chocolate	17-18
Pudding	
Vanilla, Chocolate	19-20

Condiments

Salt▲	0
Pepper	0
Salt-Free Seasoning	0
Sugar	3
Splenda®	1
Brown Sugar	13
Cream	0
Creamer (Non-Dairy)	1
Butter	0
Margarine	0
Mayo	0
Low-fat Mayo	1
Ketchup	2
Mustard	0
Ranch Dressing▲	2
Peanut Butter	5
Nutella	9
Jelly	10
Sugar-Free Jelly	3

BEVERAGES

Milk	
Skim	12
1%	11
Whole	12
Chocolate▲	23
Vanilla Soy	18
Fairlife 2% Lactose Free	11
Hot Chocolate	16
Lemon Crystal Light®	0
Coffee	
Regular or Decaf	0

SNACKS

Hummus	10
SkinnyPop® Popcorn	9
String Cheese▲	0
Mild Cheddar Snacking Cheese	0

Honey	11
Syrup	30
Sugar-Free Syrup	4
Pico de Gallo	2
Hummus	10
Sour Cream	1
Barbeque Sauce▲	19
Parmesan Cheese	0
Tartar Sauce	2
Lemon Slice	1
Taco Sauce	1
Hot Sauce	0
Soy Sauce▲	0
Ranch Dressing▲	2
French Dressing	2
Balsamic Vinaigrette▲	3
Toppings	
+ Lettuce	0
+ Tomato	2
+ Red Onion	1
+ Pickles	0

Tea	
Black, Green, Decaf, or Iced	0-1
Juice	
Cranberry	16
Apple	15
Orange	14
Prune	20
V-8▲	7
Low-Sodium V-8	8
Gatorade G2® Glacier Frost	7

LIQUID DIETS

CLEAR LIQUID DIET

Coffee	
Regular or Decaf	0
Tea	
Black, Green, Decaf, or Iced	0-1
Juice	
Cranberry or Apple	15-16
Lemon Crystal Light®	0
Broth▲	
Vegetable, Beef, or Chicken.....	1-5
Candy	
Hard Candy	18
Lemon Drops.....	13

FULL LIQUID DIET (includes all clear liquid items above)

Juice	
Orange	14
Prune	20
V-8▲	7
Low Sodium V-8.....	8
Milk	
Skim	12
1%	11
Whole	12
Chocolate▲	23
Vanilla Soy	18
Fairlife® 2% Lactose-free	11
Applesauce	14
Blended Fruit	
Peaches	22
Mixed Berries	27
Banana.....	26
Yogurt	
Vanilla	27

Gelatin Dessert	
Orange	22
Sugar-free Lemon-Lime.....	0
Sugar-free Strawberry	0
Italian Ice	
Lemon	20
Orange	22
Ensure Clear® Therapeutic Nutrition	
Apple	52
Mixed Berry	52
Gatorade G2® Glacier Freeze.....	7

Pudding	
Vanilla.....	19
Chocolate	20
Ensure® High Protein Plus	
Chocolate or Vanilla.....	44
Ensure® High Protein	
Chocolate or Vanilla.....	19
Ensure Clear® Therapeutic Nutrition	
Apple.....	52
Mixed Berry.....	52
Hot Chocolate	16
Ice Cream	
Vanilla.....	17
Chocolate.....	18
Thrive® Ice Cream	
Chocolate	33
Vanilla	35
Strawberry	34
Gatorade G2® Glacier Freeze.....	7

GLUTEN FREE



PATIENT ROOM SERVICE MENU

Dial 123 to order from 6 a.m. to 8 p.m. Food will be delivered within 60 minutes.

 This menu is heart healthy. There are no fried foods. Most items are low in sodium and low in fat.

 **Questions?** Our operator can help you with your choices. Our dietitians are also happy to help with any questions.

Ordering Guidelines

Hot Plate

1 Entree
1 Hot Side

Drink

Silverware

Dessert

Cold Plate

1 Drink
2 Cold Sides

Condiments

