

BREAKFAST (SERVED ALL DAY*)

ENTREES

Gluten-Free Waffle (1)	13
Scrambled Eggs (1/2 cup)	2
Hard-Boiled Egg (1)	1
Cheerios®	21

YOGURT

Strawberry (Greek)	15
Oikos Vanilla (Greek)	7
Vanilla	27
Yogurt Parfait with Berries	47

BREAKFAST SIDES

Gluten-Free White Toast (1 slice)▲	23
Gluten-Free Blueberry Muffin▲	41
Bacon (1 strip)▲	0
Ham Slice▲	0
Hash Brown Patty*▲	15

FRUIT

Apple Slices	8
Applesauce	14
Banana	26
Mandarin Oranges	18
Red Seedless Grapes	15
Seasonal Fruit	(ask operator)

LUNCH AND DINNER (Available 10 am– 8 pm)

COMFORT FOODS

Baked Tilapia	0
Marinated Chicken	0
Chicken Strips (1 strip)	7
Amy's™ Gluten-Free Non-Dairy Beans and Rice Burrito	38
Amy's™ Gluten-Free Vegetable Lasagna	41

FROM THE GRILL

Served on gluten-free bread and buns

Hamburger or Cheeseburger	27
Grilled Chicken Sandwich	27
Beyond™ Burger▲	33
Grilled Cheese▲	24-30
Grilled Ham and Cheese▲	25-31
Hot Dog without bun▲	2

SOUPS & SALAD

Broth▲ Vegetable, Beef, or Chicken	1-5
Mixed Greens Salad (with tomatoes and cucumbers)	5
+ Cheddar Cheese	1
+ Chicken	1
+ Bacon	0

COLD DELI SANDWICHES

Build your own cold sandwich.

Gluten-Free White Bread (1 slice)	23
Gluten-Free Bun (1 bun)	44
+ Roast Beef	0
+ Turkey	1
+ Ham▲	1
+ Egg Salad	2
+ Cheddar Cheese	0
+ American Cheese	0
Sandwich Toppings	
+ Lettuce	0
+ Tomato	2
+ Red Onion	1
+ Pickles	0

7” PIZZA

Cheese▲	55
Pepperoni▲	55

7” PIZZA SPECIALS

Pizza specials cannot be modified

SUNDAY

Hawaiian▲ - ham and pineapple	59
-------------------------------------	----

MONDAY

Supreme▲ - green pepper, mushroom, on- ion, pepperoni, and sausage	63
---	----

TUESDAY

Veggie▲ - onion, green pepper, mush- rooms	60
---	----

WEDNESDAY

Sausage and Mushroom▲	57
-----------------------------	----

THURSDAY

Meat Lovers▲ - ham, bacon, sausage ..	57
---------------------------------------	----

FRIDAY

Sausage▲	56
----------------	----

SATURDAY

Mediterranean▲ - black olives, olive oil, red onion, green pepper, tomato, feta, and mozzarella cheese	54
--	----

SIDES

Baked French Fries ▲	24
Steamed Rice	23
Mashed Potatoes	23
Chips	
Regular Potato Chips▲	23
Baked Potato Chips	24
Cottage Cheese Cup, 4% fat▲	5
Mixed Vegetables	6
Green Beans	4
Raw Carrots	5
Raw Celery	2

DESSERTS

Chocolate Chip Cookie	36
Italian Ice	
Lemon	20
Orange	22
Chocolate Ice Cream	18
Pudding	
Chocolate	20
Vanilla	19
Gelatin Dessert	
Orange	22
Strawberry (Sugar-free)	0

BEVERAGES

Coffee	
Regular or Decaf	0
Tea	
Black, Green, Decaf, or Iced	0-1
Milk	
Skim	12
1%	11
Whole	12
Chocolate▲	23
Vanilla Soy	18
Fairlife® 2% Lactose-free	11
Juice	
Cranberry	16
Apple	15
Orange	14
Prune	20
Hot Chocolate	16
Lemon Crystal Light®	0
Gatorade G2® Glacier Frost	7

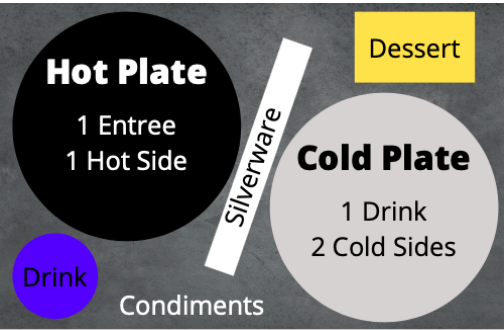
SNACKS

Hummus	10
SkinnyPop® Popcorn	9
String Cheese▲	0

CONDIMENTS

Salt▲	0	Honey	11
Pepper	0	Peanut Butter	5
Ketchup	2	Butter	0
Mustard	0	Margarine	0
Barbeque Sauce▲	19	Parmesan Cheese	0
Mayo	0	Sour Cream	1
Low-Fat Mayo	1	Taco Sauce	1
Salt-Free Seasoning	0	Hot Sauce	0
Sugar	3	Soy Sauce ▲	0
Brown Sugar	13	Tartar Sauce	2
Splenda®	1	Lemon Slice	1
Cream	0	Saltine Crackers	4
Creamer (Non-Dairy)	1	Salad Dressings	
Syrup	30	Ranch ▲	2
Sugar-Free Syrup	4	Balsamic Vinaigrette	3
Jelly (Grape, Strawberry)	10	French	2
Sugar-Free Jelly	3		

Ordering Guidelines



99 numbers after each item show carbohydrates per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines

PATIENT ROOM SERVICE MENU NORTH LIBERTY CAMPUS

Dial **1** **2** **3** 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

Cold Plate
1 Drink
2 Cold Sides

Drink

Dessert

Silverware

Condiments

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

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

FULL LIQUID DIET *(includes all clear liquid items above)*

Juice	
Orange	14
Prune	20
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	28
Blended Cottage Cheese▲	8

Yogurt	
Vanilla	27
Pudding	
Vanilla	19
Chocolate	20
Ensure® High Protein	
Chocolate or Vanilla	19
Pediasure® Grow & Gain	
Vanilla	33
Hot Chocolate	16
Chocolate Ice Cream	18
Thrive® Vanilla Ice Cream	35
Thrive® Chocolate Ice Cream	33