

PATIENT MENU

Unit Host
CONCIERGE DINING SERVICES

This menu is available from 7:00am – 7:00pm

Unless otherwise requested:

Breakfast is served 7:00am – 9:30am

Lunch is served 11:00am – 1:30pm

Dinner is served 5:00pm – 6:30pm

HOW TO PLACE YOUR ORDER

PATIENTS

1. A Unit Host will take your order between 9:15am and 10:30am for lunch, and again between 2:00pm and 4:00pm for dinner and breakfast.
2. Make your selection from the Unit Host menu. If you are prescribed special diet, a Unit Host can assist you in dietary selections. Your order may be modified based on the diet your physician has prescribed.
3. To place an order outside of the time above please contact your Unit Host between the hours of **7am to 7pm by dialing 2425** from the room phone. Or dial 406-607-8042 from your personal device. You will need to provide your name and room number when ordering.

GUESTS

1. Guest Meals are available for Breakfast (\$5), Lunch/ Dinner(\$7) and includes: Entrée, Beverage, and Dessert. Guest Meals and Patient meals can be served at the same time, if desired.
2. Please contact your Unit Host between the hours of 7am to 7pm by dialing 2425.
3. We also have a cafeteria and coffee shop onsite for your dining pleasure.

NOTE

GRAMS OF CARBOHYDRATES
for each menu item are listed in parentheses.

ALLERGEN DISCLOSURE

Although we make every effort to fill your order without the presence of allergens, we cannot guarantee the total absence of all food allergens due to shared facility preparation areas.

LOGAN
HEALTH

ENTRÉES

English Muffin Breakfast Sandwich (26-28g)

English muffin with scrambled egg, melted cheddar cheese, egg, and your choice of bacon, ham, sausage, or turkey sausage.

Vegan: English Muffin, tofu scramble, spinach, and vegan "sour cream" (30g)

Breakfast Burrito (46g)

Scrambled eggs, cheddar cheese, hash browns, and your choice of ham, sausage, bacon, or turkey sausage, in a warm tortilla with salsa. **Vegan:** tofu scramble, black beans, vegan "sour cream" and hash browns, wrapped in a warm tortilla (52g)

Build Your Own Omelet (2g)

Choice of bacon, turkey sausage, or ham, and spinach, tomatoes, mushrooms, peppers, onions, cheddar, or Swiss

Vegan Breakfast Burrito Bowl (19-21g)

Tofu scramble, hash browns, pico de gallo, vegan "sour cream", and green onions

Eggs Your Way (2g)

Scrambled Egg or Egg Beaters, Fried Egg, or **Vegan:** Tofu Scramble (3g)

French Toast (27g)

One thick slice of French toast dipped in cinnamon-almond batter grilled until golden and topped with your choice of fresh blueberries or strawberries

Pancakes (57g)

Your choice of one whole wheat pancake or one buttermilk pancake topped with your choice of fresh blueberries or strawberries

Light and Healthy Fruit Plate (19g)

BREAKFAST SIDES

HOT SIDES

Hash Browns (30g) • Grilled Ham Steak (3g)
Bacon (0g) • Turkey Sausage Patty (1g)
Pork Sausage Links (0g) • Fried Eggs (2g)
Egg Beaters (3g) • Vegan Tofu Scramble (3g)

TOAST+

Multigrain (19g) • Whole Wheat (21g) • White (19g)
Sourdough (36g) • Assorted Bagels (56g-64g)
Blueberry Muffins (40g) • Bran Muffins (38g)

CEREAL

Steel Cut Oats (19g) • Cream of Wheat (16g)
Assorted Cold Cereals (16-24g)

YOGURT & MORE

House-Made Granola (11g) • Greek Yogurt (10-22g)
Strawberry Yogurt Parfait with Granola (61g)
Berries (11g) • Small Fruit Plate (33g)
Whole Fruit (15-40g) • Applesauce (5g)
Canned Fruit (10-30g) • Low-Fat Cottage Cheese (5g)

CONDIMENTS

Butter or Margarine (0g) • Cream Cheese (1g)
Ketchup (3g) • Hot Sauce (0g) • Salsa (2g)
Jelly/Jam (9g) • Sugar-Free Jelly/Jam (3g)
Brown Sugar (12g) • Maple Syrup (29g)
Sugar-Free Maple Syrup (4g) • Honey (12g)

BEVERAGES (ALL MEAL TIMES)

Coffee or Decaf (0g) • Assorted Hot Teas (0g)
Iced Tea (0g) • Assorted Fruit Juices (13-19g)
Milk (12g) • Chocolate Milk (18g)
Hot Chocolate (18g)

LOGAN
HEALTH

LUNCH & DINNER

COMFORTING ENTRÉES

For entrees, please select your choice of sauces and sides from the selections below

Oven Roasted Turkey with Poultry Gravy (3g)

Herbed Chicken (0g)

House-Made Beef Meatloaf with Beef Gravy (10g)

Spaghetti Bolognese (26g)

Cracked Black Pepper & Sea Salt Salmon (2g)

HOUSE-MADE ENTRÉE SAUCES

Marinara (2g)

Cranberry Sauce (14g)

Artichoke Pesto and White Wine Sauce (3g)

Beef or Poultry Gravy (3g)

Bolognese Meat Sauce (2g)

HOUSE-MADE ENTRÉE SIDES

Baked Potatoes (30g)

Mashed Potatoes (17g)

Dinner Roll (20g)

Mac and Cheese (41g)

Steamed Quinoa (16g)

Steamed Brown Rice (20g)

Spaghetti Noodles (21g)

Fiesta Black Beans (12g)

Roasted Sweet Potatoes (27g)

Sautéed Carrots (7g)

Steamed Broccoli (5g)

Sautéed Green Beans (6g)

Seasonal Primavera Vegetables (7g)

Sautéed Kale (7g)

SOOTHING SOUPS

Chicken Noodle (10g)

Tomato Basil (9g)

Butternut Squash and Red Lentil (17g)

LUNCH & DINNER

ENTRÉE BOWLS

Add grilled chicken (1g), grilled salmon (0g), zesty pulled chicken (4g), citrus vegan tofu (5g), or grilled portabella mushroom (5g) to any bowl upon request

Black Bean and Sweet Potato Bowl (41g)

Brown rice, kale, black beans, roasted sweet potato, avocado chimichurri sauce and our house-made vegan "sour cream"

Pan Asian Stir-Fry Bowl (40g)

Brown rice, seasonal vegetables, teriyaki sauce, and crispy rice noodle

Quinoa Burrito Bowl (30g)

Steamed quinoa, black beans, bell peppers, pico de gallo, cotija cheese, avocado-chimichurri, and house-made "sour cream". **Vegan:** omit cotija cheese

Pasta Primavera Bowl (30g)

Spaghetti noodles, seasonal vegetables, artichoke pesto, white wine, olive oil, parmesan, and balsamic glaze drizzle. **Vegan:** omit parmesan cheese

FROM THE DELI

All sandwiches are available as a wrap or in half-portions

FILLINGS

Ham (2g) • Turkey (0g) • Chicken Salad (0g)

PB&J (18g) • Tuna Salad (0g) • Egg Salad (1g)

CHEESES

Cheddar (0g) • Swiss (1g) • Provolone (1g)

VEGGIES

Lettuce (0g) • Tomato (0g) • Onion (0g) • Pickles (0g)

BREADS

Multigrain (38g) • Whole Wheat (42g) • White (38g)

Sourdough (37g) • Flour Tortilla (35g)

Lavash Wrap (52g) • Whole Wheat Wrap (52g)

CONDIMENTS

Mayo (0g) • Veganaise (1g) • Dijon (0g) • Mustard (0g)

Ketchup (3g) • Salsa (2g) • Tartar Sauce (1g)

Parmesan Cheese (1g) • Artichoke Pesto (3g)

LUNCH AND DINNER AVAILABLE ANYTIME BETWEEN 11:00am – 6:30pm

LUNCH & DINNER

ENTRÉE SALADS

All salads are available in ½ portions or served in a wrap. Add grilled chicken (1g), grilled salmon (0g), citrus vegan tofu (5g), zesty pulled chicken (4g), or grilled portabella mushroom (5g) to any salad upon request

Caesar Salad (14g) Wrap (63g)

Crisp romaine lettuce, tomatoes, red onions, croutons, and parmesan cheese

Garden Harvest Salad (8g) Wrap (62g)

Seasonal field greens, grape tomatoes, cucumbers, and carrots.

Texican Chop Salad (13g) Wrap (63g)

Seasonal field greens, pico de gallo, bell pepper, black beans, green onion, cotija cheese, mango-lime vinaigrette. **Vegan:** omit cotija cheese and add our dairy-free vegan "sour cream" (15g)

Chef Salad (6g) Wrap (60g)

Seasonal field greens, turkey, ham, cheddar & swiss cheese, tomato, and hard-boiled egg

Light and Healthy Fruit Plate

Fresh seasonal fruit and your choice of Greek yogurt (23g), cottage cheese (20g) or cheddar and Swiss cheese (19g)

Red Pepper Hummus and Veggie Plate (24g)

House-made red pepper hummus, carrots, cucumber, broccoli, tomato, and crackers

DRESSINGS

Thousand Island (7g) • Ranch (2g) • Bleu Cheese (2g)

Caesar (0g) • Mango-Lime Vinaigrette (7g)

Oil + Vinegar (0g) • Balsamic Vinaigrette (1g)

Red Wine Vinaigrette (0g)

GRILL

Cheese Quesadilla (37g) • Grilled Cheese (42g)

Grilled Chicken Sandwich (33g) • Hamburger (33g)

Cheeseburger (33g) • Chicken Quesadilla (39g)

Grilled Chicken Sandwich (33g) • BLT (45g)

Turkey, Bacon & Avocado Sandwich (52g)

LUNCH & DINNER

PANINIS

Roasted Red Pepper Hummus and Portabella Panini (72g)

Grilled portabella, spinach, red onions, cucumbers, red pepper hummus, vegan "sour cream", grilled lavash flatbread wrap

Turkey and Artichoke Pesto Panini (62g)

House roasted turkey breast, fresh mozzarella, red onions, tomatoes, spinach, artichoke pesto, balsamic glaze, grilled lavash flatbread wrap

Mozza-dilla Panini (59g)

Fresh mozzarella, artichoke pesto, balsamic glaze, on a grilled lavash flatbread wrap

BEVERAGES (ALL MEAL TIMES)

Coffee or Decaf (0g) • Assorted Hot Teas (0g)

Iced Tea (0g) • Assorted Fruit Juices (13-19g)

Milk (12g) • Chocolate Milk (18g)

Hot Chocolate (18g)

SMOOTHIES (ALL MEAL TIMES)

Create your own or select from below

Super Greens (39g)

Kale, apple, banana, Greek yogurt, and chia seeds

Carrot Connection (40g)

Carrot, ginger, mango, orange, banana, Greek yogurt, flax

Chocolate Ribbon (25g)

Dark, chocolate, peanut butter, banana, coconut milk

DESSERTS (ALL MEAL TIMES)

Angel Food Cake (20g) with Strawberries (4g)

Pie of the Day (Varies) • Orange Sherbet (23g)

Chocolate Chip Cookie (53g) • Milkshakes (72-85g)

Lemon or Strawberry Italian Ice (20g) • Jell-O (15g)

Sugar Free Jell-O (0g) • Vanilla Pudding (24g)

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