

BREAKFAST

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, sausage, 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
Vegan: French toast (egg free)

Pancakes (57g)
One buttermilk pancake topped with your choice of fresh blueberries or strawberries

Light and Healthy Fruit Plate (19g)



A few moments of your time can greatly impact the patient dining experience by providing us with immediate feedback.

Scan this code to take our survey.

BREAKFAST

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 (23g) • Bran Muffins (33g)

CEREAL
Old Fashioned Oatmeal (19g)
Cream of Wheat (16g)
Assorted Cold Cereals (16-24g)

YOGURT & MORE
Pecan & Almond Granola (11g)
Greek Yogurt (10-22g)
Greek 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)



PATIENT MENU



HOW TO PLACE YOUR ORDER

This menu is available from 7:00am – 7:00pm
Unless otherwise requested:
Breakfast is served 7:00am – 9:30am
Lunch is served 11:00am – 2:30pm
Dinner is served 5:00pm – 6:30pm

1. A UnitHost will take your order between 9:00am and 10:30am for lunch, and again between 1:30pm and 4:00pm for dinner and breakfast.
2. Make your selection from the Unit Host menu located in your room. If you are prescribed specific diet requirements, a UnitHost will assist you in dietary selections.
3. Guest Meals are available for Breakfast, Lunch or Dinner (\$10) and includes: Entrée, Beverage, and Dessert. Guest Meals and Patient meals can be served at the same time, if desired.
4. Please contact your UnitHost between the hours of 7am to 7pm by dialing 2425.

NOTE
If you have medications to take before your meal, please notify your nurse by using the call button. Your order may be modified based on the diet your physician has prescribed.

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 preparation areas.



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)
- Clam Chowder (17g) – *Friday Only*

LUNCH & DINNER

ENTRÉE BOWLS

Add grilled chicken (1g), grilled salmon (0g), grilled steak (0g), zesty pulled chicken (4g), citrus 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 upon request

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) • Dijon (0g) • Mustard (0g)
- Ketchup (3g) • Salsa (2g) • Tartar Sauce (1g)
- Parmesan Cheese (1g) • Artichoke Pesto (3g)
- Cranberry Sauce (14g)

LUNCH & DINNER

ENTRÉE SALADS

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

Chef Salad (6g), Wrap (60g)

Seasonal field greens, turkey, ham, cheddar & swiss cheese, tomato, and a 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)

Hummus and Veggie Plate (24g)

Hummus, carrots, cucumber, broccoli, tomato, and crackers

DRESSINGS

- Thousand Island (7g) • Ranch (2g) • Bleu Cheese (2g)
- Caesar (0g) • Balsamic Vinaigrette (1g)
- Oil + Vinegar (0g) • 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)

French Dip (43g) • Lemon Dill Tuna Melt (47g)

Turkey, Bacon & Avocado Sandwich (52g)

LUNCH & DINNER

PANINIS

Grilled Portabella Panini (67g)

Grilled portabella, tomato, fresh mozzarella, red onions, spinach, artichoke-lemon pesto, grilled lavash flatbread wrap. **Vegan:** Omit mozzarella(65g)

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)

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

Mixed Berry Smoothie (30g)

Strawberry, blueberry, raspberry, banana, vanilla Greek yogurt

Strawberry Banana Smoothie (30g)

Strawberry, banana, vanilla Greek yogurt

DESSERTS (ALL MEAL TIMES)

- Angel Food Cake (19g) with Strawberries (23g)
- Egg Custard (18g) • Apple Pie (44g) • Brownie (42g)
- Cookie (16-20g) • Chocolate Torte (30g)
- Cheesecake (25g) • Ice Cream (15-18g)
- Sherbet (24-25g) • Milkshakes (67-97g)
- Italian Ice (20g) • Jell-O (15g)
- Sugar Free Jell-O (0g) • Vanilla Pudding (24g)