



PARNASSUS & MISSION BAY  
**ROOM SERVICE MENU**

**Open daily 7am ~ 8pm**

Guest meals available for \$9 (credit card only)

**CALL 3-1111 (415-353-1111) to place order.**

Delivery within 60 minutes.

All items are à la carte. Please ask for sides & condiments.

**Our kitchen system & clerk know your food allergies and prescribed diet from your health record. There is no charge for this service for patients however there may be limits to the quantity of food you can order daily. The clerk will work with you to find menu items appropriate for your doctor's order and guide you through the meal ordering process.**

**We apologize, substitutions and customizations are not accommodated**

SCAN FOR ALL MENU GUIDES,  
TRANSLATIONS &  
NUTRITIONAL INFO



# GUIDELINES FOR COMMON NUTRIENT RESTRICTED DIET ORDERS

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## **Carbohydrate Control/Diabetic**

- This diet controls the amount of carbohydrates ordered at one time as well as the daily total of carbohydrates
- The phone clerk will allow you to order a maximum of 80 grams of carbohydrate per meal, 240 grams of carbohydrates for the full day

## **Patients on Insulin for Blood Sugar Control**

To help us manage your blood sugar, your nurse needs to check your blood sugar levels before you eat your breakfast, lunch and dinner. Additional blood sugar checks will be done at 9pm and 2am to ensure your baseline blood sugar levels are well controlled. For the best blood sugar management with room service dining, please do these things:

- Eat 3 times per day & do not skip meals
- Order meals at consistent meal times and space meals at least 3-4 hours apart. Each meal-time insulin dose is active in your body for approximately 4 hours
- Most Important: Wait for your nurse to check your blood sugar before eating your meal

## **Cardiac**

- This diet restricts the sodium and saturated fat ordered at one time, as well as the daily total
- This icon [♥] indicates menu items that are lower in sodium and saturated fat
- The phone clerk will allow you to order a maximum of 800mg of sodium and 4.5g of saturated fat at one time, 2500mg of sodium and 13.5g saturated fat for the full day

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## **Renal**

- This diet restricts the sodium and potassium ordered at one time, as well as the daily total. You can also order a maximum of 2 servings of dairy daily
- The phone clerk will allow you to order a maximum of 800mg of sodium and 800mg of potassium at one time, 2500mg of sodium and 2500mg of potassium for the full day

## **Gestational Diabetes**

- This diet does not allow sweets, and restricts the quantity and timing of dairy and fruit
- You must order 3 meals and 3 snacks daily. Snacks are ordered at the same time as meals
- The diet clerk will work with you to meet the carbohydrate goals set by your doctor



# MORNING GLORY Available all day

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All items are served à la carte.  
Please ask for sides & condiments.

- 101. **Signature Breakfast Sandwich**  
Egg & American cheese on an English muffin
- 102. **Classic Pancake** (1pc)  
(syrup optional)
- 103. **Chocolate Chip Pancake** (1pc)  
(syrup optional)

## HOT AND COLD CEREALS

- 105. Organic oatmeal ♥
- 106. Cream of wheat ♥
- 107. Organic corn flakes ♥
- 108. Organic multigrain flakes ♥
- 109. Organic granola ♥
- 110. Honey Nut Cheerios® ♥

\* Hashbrowns, fries, and chicken tenders are fried in a shared fryer and may not be suitable for patients with **severe allergies**

## CAGE FREE EGGS

- 120. Scrambled eggs ♥
- 121. Scrambled eggs with cheese
- 122. Hard-boiled egg (served chilled) ♥
- 123. Scrambled Eggbeaters® ♥

## FRESH CUT FRUIT ♥

- 131. Apple
- 132. Honeydew melon
- 133. Pineapple

## WHOLE SEASONAL FRUIT ♥

- 140. Banana

# MORNING GLORY Available all day

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All items are served à la carte.  
Please ask for sides & condiments.

## YOGURT ♥

- 151. Plain yogurt
- 153. Strawberry yogurt
- 154. Soy vanilla yogurt

## SIDES

- 160. Hashbrown triangle \*
- 161. Bacon (2 pc)
- 162. Impossible®  
sausage patty

## BREADS

- 165. Bran muffin
- 166. White roll ♥
- 167. Gluten-free  
white bread  
(served chilled) ♥
- 168. Brioche toast

**this ♥  
means...**

UCSF dietitian-approved choice for sodium or fat restricted diets. Please call 3-1111 with questions about the diet that is prescribed for you.



## PASTA FRESCA

Available after 11am

### BUILD YOUR PASTA

#### Choose a Sauce:

- 400. Classic meat sauce with mushrooms, ground turkey ♥
- 401. Vegetarian marinara ♥
- 402. Cheese sauce

#### Match your Pasta:

- 405. Spaghetti ♥
- 406. Gluten-free elbow macaroni ♥



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## GREEN FIELDS

Available all day

### COLD SANDWICHES

- 500. **Chicken Sandwich** on cracked wheat bread with romaine lettuce and basil aioli
- 501. **Turkey Sandwich** on country white bread with romaine lettuce
- 502. **Mozzarella Fresca Sandwich** with sundried tomatoes on herb focaccia

### SALADS

- 515. **Entrée Salad** kale and quinoa salad, lettuce, garbanzo beans,

tomato, sunflower seeds, pumpkin seed dressing

- 516. **Side Salad ♥** Mixed greens, tomatoes, cucumber
- 517. **Snack Veggie Box ♥** Snack size serving of vegetables of the day
- 518. **With optional Ranch dressing**
- 525. **Side of Tuna Salad ♥** Tunafish, mayonnaise, celery, onion

### DRESSINGS

- 530. **Ranch**
- 531. **Balsamic vinaigrette**

## CORNER GRILL Available after 11am

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All items are served à la carte. Please ask for sides and condiments.

### BURGERS

601. **Beef Burger**

602. on Brioche bun

603. on Brioche bun with  
American cheese

605. **Beyond Burger**

606. on Brioche bun

607. on Brioche bun with  
American cheese

### GRILLED SANDWICHES

615. **Grilled Tuna  
Sandwich** on white

616. **Tuna Melt** on wheat  
with Swiss cheese

617. **Grilled Cheese** on  
white with American  
Cheese

### FRIES & TENDERS

620. Chicken tender \* (1pc)

621. French fries \* (optional)

### SIDES & CONDIMENTS

625. Lettuce, Tomato,  
Onion ♥

630. Bacon (2 strips)

Ketchup

Mustard

Mayonnaise

\* Chicken tenders,  
fries and hash-  
browns are  
fried in a  
shared  
fryer and may  
not be suitable  
for patients with  
**severe allergies**



## SUTRO SOUP

Available after 11am

<b>Sunday</b>	705.	Hot & sour
<b>Monday</b>	706.	Minestrone ♥
<b>Tuesday</b>	707.	Lentil ♥
<b>Wednesday</b>	708.	Italian ribollita ♥
<b>Thursday</b>	709.	Tomato florentine ♥
<b>Friday</b>	710.	Mushroom barley ♥
<b>Saturday</b>	711.	Southwest black bean ♥
<b>Daily</b>	712.	Chicken noodle ♥
<b>Every Day,</b>	700.	Chicken broth
<b>All Hours</b>	701.	Vegetable broth



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## COCINA VERDE

Available after 11am

- 850. **Green Chili and Cheese Tamale** Corn masa stuffed with green chilies and cheese
- 851. **Quesadilla** Flour tortilla filled with a melted blend of shredded monterey jack & cheddar cheese.
- 852. **with optional seasoned chicken**
- 853. **Cal-Mex Bowl** Made with white rice, pinto beans, cheddar cheese, sour cream, pico de gallo
- 854. **with optional seasoned chicken**

### **SIDES & TOPPINGS (all à la carte)**

- 860. Flour tortilla ♥
- 861. Whole pinto beans ♥
- 862. Sour cream
- 863. Salsa ♥
- 864. Shredded seasoned chicken ♥

## RICE + SPICE

Available after 11am

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### **RICE PORRIDGE** (all day) ♥

450. Jasmine rice porridge  
(available all day)

461. Chicken rice porridge  
(available all day)

451. Green onion optional

### **TERIYAKI** ♥ Choice of:

452. **Organic Tofu Teriyaki**

453. **Chicken Breast Teriyaki**

454. **Salmon Teriyaki**

460. Teriyaki Sauce ♥

Tamari, ginger, rice vinegar,  
sesame sauce

### **CURRY CHOICES**

462. **Paneer Cheese &  
Spinach Curry**

463. **Masala Garbanzo  
Bean Curry**

**Rice** (optional)

Jasmine rice ♥

or Brown Rice ♥

## OUR KITCHEN

Available after 11am

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### **GREENS & VEGETABLES**

800. Green beans ♥

801. Braised kale ♥

802. Steamed carrots ♥

### **GRAINS & POTATOES**

810. Mashed potatoes

811. Jasmine rice ♥

812. Organic brown rice

813. Dairy free mashed  
potatoes ♥

### **MAIN SELECTIONS**

825. **Macaroni & Cheese**

100% cheddar cheese  
sauce

826. **Seared Chicken  
Breast** ♥

Antibiotic-free  
chicken breast

828. **Pan-Seared Salmon**

### **Sauces (add to any dish above)**

820. Vegetarian brown gravy ♥

821. Demi glace sauce ♥

## BLUE BEAR BAKERY Available all day

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### DESSERTS

- 200. Chocolate chip cookie
- 201. Vanilla cream puffs
- 202. Chocolate ice cream
- 203. Vanilla ice cream
- 204. Chocolate pudding ♥
- 205. Diet Vanilla pudding ♥

### SHAKES & SMOOTHIES (STRAW AVAILABLE UPON REQUEST)

- 210. **Vanilla Shake**  
Ice cream, milk, vanilla
- 211. **Chocolate Shake**  
Ice cream, milk, avocado, cocoa
- 212. **Vegan Banana Berry Smoothie ♥**  
Raspberry sorbet, strawberries, organic bananas & soy milk

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## SNACKS + BABY FOOD Available all day

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- 300. Apple sauce ♥
- 301. Cottage cheese
- 302. Gel snack ♥
- 303. Diet gel snack ♥
- 304. Mozzarella string cheese
- 305. Sea salt potato chips
- 306. Uncrustables PB&J sandwich
- 307. Graham crackers
- 308. Annie's cheddar crackers ♥
- 309. Annie's chocolate chip crackers
- 311. Raisins ♥
- 312. Popcorn ♥
- 313. Almonds ♥
- 314. Avocado (half) ♥
- 315. Seaweed
- 316. American cheese (2 slices)
- 317. Swiss cheese (2 slices)
- BABY FOOD ♥**
- 340. Banana, blueberry, oat
- 342. Sweet potatoes
- 343. Beef with gravy
- 344. Chicken with gravy

## BEVERAGES straw available upon request

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1. Peet's coffee
2. Peet's decaf coffee
3. Black tea
4. Chamomile herbal tea
5. Green tea
6. Unsweetened Iced tea
7. Diet lemon-lime soda
8. Ginger ale
9. Sparkling water
10. Gatorade®
11. Apple juice
12. Orange juice
13. Cranberry juice
14. Diet cranberry juice
15. Prune juice
16. Low fat milk
17. Whole milk
18. Lactose free milk
19. Chocolate milk
20. Soy milk
21. Almond milk

## CONDIMENTS


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900. Salt
901. Pepper
902. Herb seasoning
903. Lemon wedge
904. Parmesan cheese
905. Soy sauce
906. Bbq sauce
907. Hot sauce
908. Ketchup
909. Mustard
910. Mayonnaise
911. Reduced Fat Mayonnaise
912. Sugar (2pkt)
913. Brown Sugar (1pkt)
914. Splenda (1pkt)
915. Honey
916. Pancake syrup
917. Sugar free pancake syrup
918. Non-dairy creamer
919. Jelly
920. Sugar-free jelly
921. Peanut butter
922. Saltines
923. Butter
924. Margarine

## FOOD FROM HOME...

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- Ask your nurse if you are approved to bring in food from outside
- Food must be labeled with the patient name & date it was placed in the refrigerator or freezer
- Refrigerated foods (including the container) will be discarded the morning of the third day after it is brought in (ie: if the food is brought in Monday, it will be discarded Thursday morning). Refrigerated foods with manufacturer's expiration date will be discarded per manufacturer's instructions
- Frozen foods can be kept up to 14 days or per manufacturer's expiration date



**Sustainability Tip:**  
leave recycling and  
compost on food  
trays to be sorted  
by the kitchen

### OUR HEALTH & SUSTAINABILITY COMMITMENT:

The UCSF Nutrition & Food Services Team is committed to providing our patients & customers safe, nutritious food that tastes good. We choose food products that are whole & as unprocessed as possible, grown preferably locally, produced & packaged in a manner that is less detrimental to the environment, free from genetic modification when possible, in consideration of animal welfare & in consideration of fair trade standards. Our products are free of trans fats & minimize use of products with high fructose corn syrup. While we are not 100% there, we continuously evaluate & change our products to meet this commitment.

**UCSF** Health

Nutrition & Food Services