

## DRINKS, SNACKS & CONDIMENTS

### BEVERAGES

Peet's Coffee/Decaf Coffee

**Tea options:** Black Tea, Chamomile Tea, Green Tea, Unsweetened Iced Tea

**Juice options:** Apple Juice, Orange Juice, Cranberry Juice, Diet Cranberry Juice, Prune Juice

**Milk options:** Low Fat, Whole, Lactose-Free, Chocolate, Soy Vanilla, Almond. Diet Lemon-Lime Soda  
Ginger Ale  
Sparkling Water

### SNACKS

Whole Fruit ♥

Applesauce

Cottage Cheese

Hard Boiled Egg (cold)

Cold Cereals ♥

Raisins ♥

Almonds ♥

Chocolate or Diet Vanilla Pudding

Greek Yogurt ♥: Plain... Strawberry

Soy Vanilla Yogurt ♥

Uncrustables® PB&J Sandwich

Chocolate Chip Cookie

Sea Salt Potato Chips

LAY'S® Baked Potato Crisps

Seaweed ♥

Mozzarella String Cheese

Gel Snack or Sugar-Free Gel Snack ♥

**Fresh Cut Fruit ♥:**

Apple... Pineapple... Honeydew

### CONDIMENTS

Salt... Pepper... Herb Seasoning...

Lemon Wedge

Cholula® Hot Sauce

Soy Sauce

Sugar...Brown Sugar... Honey...

Splenda®

Jelly or Sugar-Free Jelly

Breakfast Syrup... Sugar-Free Syrup

Peanut Butter

Butter... Margarine

Parmesan Cheese

Ketchup... Mustard... Mayo

## SPECIAL DIET INSTRUCTIONS WHILE IN THE HOSPITAL

**This Icon:** [ ♥ ] indicates the menu item is approved by the UCSF dietitians as a good choice for sodium & fat restricted diets. You can order your meals when you are ready to eat. Your daily diet order goals are to aim for 2,000-2,400 milligrams (mg) of sodium & 13 grams of saturated fat.

### 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 & 2am to ensure your baseline blood sugar levels are well controlled. For best blood sugar management with room service dining, **please do these 3 things:**

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

### 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.

MZ-B-EN011326-5N

UCSF  
FRESH

## ROOM SERVICE



Phone lines open 7:00am to 7:30pm

Last order taken at 7:30pm

Call 3-1111 (415-353-1111) to place order

Delivery within 45 minutes

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

Scan this QR code  
for menu guides



translations and  
nutritional info

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

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.

**All items on the menu are à la carte.  
Please ask for sides & condiments.**



## MORNING GLORY

Available for Breakfast  
Served from 7am to 10:30am

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

### Signature Breakfast Sandwich

Egg & American cheese on an English muffin (ham optional)

### Classic Pancakes

One or two fluffy pancakes.  
(regular or sugar-free syrup available)

### Hot and Cold Cereals:

Organic Oatmeal ♥ ... Cream of Wheat ♥ ... Honey Nut Cheerios® ♥  
...Corn Flakes ♥ ...Organic Multigrain Flakes ♥ ... Organic Granola ♥

### Cage Free Eggs:

Scrambled Eggs or Egg Beaters ♥ ... Scrambled Eggs with Cheese ...  
Hard-Boiled Egg (served chilled) ♥

### Sides

Greek Yogurt: ♥ Plain... Strawberry  
Soy Vanilla Yogurt ♥  
Bacon or Sausage (two pieces)  
Hashbrown Triangle\*

### Breads

White Roll ♥  
Raisin Bran Muffin

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

## GREEN FIELDS

Available all day  
Served from 7am to 7:30pm

### SALADS

#### Asian Noodle Salad

Egg noodles, cabbage, bell peppers, snow peas, sesame seeds, Asian vinaigrette dressing

#### Caesar Salad

Organic lettuce, parmesan, garlic croutons, caesar dressing, lemon wedge. Grilled chicken, tofu or seared salmon optional

#### Kale & Quinoa Salad (vegan)

Mixed greens, quinoa salad, garbanzo beans, tomato, sunflower seeds, pumpkin seed dressing

#### Side Salad ♥

Mixed greens, tomatoes, cucumber. Choice of dressings: olive oil & vinegar, ranch

### SANDWICHES

#### Mozzarella Fresca Sandwich

with sundried tomatoes on herb focaccia

#### Turkey Sandwich

with romaine lettuce on country white

#### Chicken Sandwich

with romaine lettuce and basil aioli on cracked wheat

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.

## SUTRO SOUP CO.

Available for Lunch and Dinner  
Served from 11am to 7:30pm

<b>Sunday</b>	Black Bean
<b>Monday</b>	Minestrone ♥
<b>Tuesday</b>	Lentil ♥
<b>Wednesday</b>	Italian Ribollita ♥
<b>Thursday</b>	Butternut Squash ♥
<b>Friday</b>	Mushroom Barley ♥
<b>Saturday</b>	Black Bean

**Lunch/Dinner every day** Chicken Noodle ♥

**Everyday, all hours**  
Vegetable broth, Chicken broth, Plain rice porridge (green onions optional)

**University Holidays**  
Black Bean Soup



## PASTA FRESCA

Available for Lunch and Dinner  
Served from 11am to 7:30pm

### Spaghetti with Meat Sauce

Classic meat sauce with ground turkey and mushrooms

### Pasta Primavera

Fresh pasta, seasonal veggies, olive oil & herbs. Grilled chicken, tofu or seared salmon optional

### Buttered Penne Pasta

Simple penne pasta with butter sauce



## CORNER GRILL

Available for Lunch and Dinner  
Served from 11am to 7:30pm

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

### BURGERS

#### Turkey Burger ♥ (pictured)

70% Diestel turkey, 30% mushrooms

#### Beyond® Vegan Burger ♥

#### Wild-Caught Salmon Burger ♥

#### Grilled Antibiotic-Free Chicken Sandwich ♥

### GRILLED PROTEINS

#### Salmon Fillet ♥... Meatloaf...

#### Chicken Breast ♥... Tofu ♥

### MELTS

Choose white or wheat bread and Swiss or American cheese.

#### Grilled Cheese (Ham optional)

#### Tuna Melt

### QUESADILLAS

Choose **Cheese, Chicken, or Mushroom, Tomato & Green Onion**

### TENDERS

**Chicken Tender** (1 piece)\*

### Sides

French Fries\*... Side of Tuna Salad...  
Green Beans... Whole Pinto Beans...  
Mashed Potatoes (gravy optional)...  
White Rice... Brown Rice...  
White Roll

### Toppings

Tomato, Lettuce & Onions ♥...  
Bacon... Ketchup... Mustard...  
Mayo... American or Swiss Cheese...  
Salsa... Sour Cream

