

Please clearly write "x2" next to each item if you would like additional portions

V ~ vegan    VG ~ vegetarian    GF ~ gluten free

## BREAKFAST

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

### cereals

- Oatmeal **V**
- Cream of Wheat **V**
- Corn Flakes **V**
- Honey Nut Cheerios **VG GF**
- Organic Granola **V**
- Organic Multigrain Flakes **V VG**
- Rice porridge **V GF**

### entrees

- Classic Pancakes
- Signature Breakfast Sandwich
- Scrambled Eggs **VG GF**
- Egg Beaters **VG GF**
- Scrambled Eggs with Cheese **VG GF**
- Hard Boiled Eggs **VG GF**
- Bacon (2 pc.) **GF**
- Sausage

### sides

- Hashbrown\* **V**
- White Roll **VG**
- Gravy **VG**
- Plain Greek Yogurt **VG GF**
- Soy Vanilla Yogurt **VG**
- Strawberry Yogurt **VG GF**
- Raisin Bran Muffin **VG**

### snacks

- Gel Treat **V GF**
- Cottage Cheese **VG GF**
- Raisins **V GF**
- Chocolate Pudding **VG GF**
- Diet Vanilla Pudding **VG GF**
- Seaweed **VG**
- Uncrustables **VG**
- Chocolate Chip Cookie **VG**
- Whole Grain Chips **V GF**
- Lays Baked Potato Chips **V GF**
- Almonds **V GF**
- String Cheese **VG GF**
- Seasonal Fruit **V GF**
- Apple **V GF**
- Pineapple **V GF**
- Banana **V GF**
- Pureed peaches **V GF**
- Pureed pears **V GF**

### toppings & condiments

- Ketchup **V GF**
- Mustard **V GF**
- Mayo **VG GF**
- Green Onions **V GF**
- American Cheese **VG GF**
- Swiss Cheese **VG GF**
- Parmesan Cheese **VG GF**
- Salsa **V GF**
- Sour Cream **VG GF**
- Salt **V GF**
- Pepper **V GF**
- Mrs. Dash **V GF**
- Lemon Wedge **V GF**
- Cholula **V GF**
- Soy Sauce **V**
- Sugar **V GF**
- Brown Sugar **V GF**
- Honey **VG GF**
- Splenda **V GF**
- Jelly **V GF**
- Sugar Free Jelly **V GF**
- Creamer **VG GF**
- Pancake Syrup **V GF**
- Diet Pancake Syrup **V GF**
- Peanut Butter **V GF**
- Margarine **V GF**
- Butter **VG GF**

### beverages

- Decaf Coffee **V GF**
- Chamomile Tea **V GF**
- Diet Lemon-Lime Soda **V GF**
- Ginger Ale **V GF**
- Sparkling Water **V GF**
- Apple Juice **V GF**
- Orange Juice **V GF**
- Cranberry Juice **V GF**
- Diet cranberry Juice **V GF**
- Prune Juice **V GF**
- Low Fat Milk **VG GF**
- Whole Milk **VG GF**
- Lactose-Free Milk **VG GF**
- Chocolate Milk **VG GF**
- Soy Vanilla Milk **V GF**
- Almond Milk **V GF**

## LUNCH

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

### starters

- Soup of the Day (see back of menu for soups)
- Vegetable Broth **V GF**
- Chicken Noodle Soup
- Chicken Broth **GF**
- Side Salad **V GF**
- Caesar Salad
- Kale & Quinoa Salad **V**
- Rice Porridge **V GF**

### entrees

- Mozzarella Fresca Sandwich **VG**
- Cold Turkey Sandwich
- Cold Chicken Sandwich
- Grilled Chicken Sandwich
- Spaghetti with Meat Sauce
- Pasta Primavera **VG**
- Turkey Burger
- Beyond Burger **VG**
- Beyond (patty only) **V GF**
- Wild Caught Salmon Burger
- Grilled Salmon **GF**
- Grilled Chicken Breast **GF**
- Glazed Meatloaf
- Grilled Tofu **V GF**
- Grilled Cheese **VG**
- Grilled Ham & Cheese
- Tuna Melt
- Cheese Quesadilla **VG**
- Chicken Quesadilla
- Mushroom Quesadilla **VG**
- Chicken Tender (1 pc.)\*
- Asian Noodle Salad **VG**

### sides

- French Fries\* **V**
- Green Beans **V GF**
- Mashed Potato **VG GF**
- Brown Rice **V GF**
- White Rice **V GF**
- Bacon (2 pc.) **GF**
- White Roll **VG**
- Gravy **VG**

### snacks

- Gel Treat **V GF**
- Cottage Cheese **VG GF**
- Raisins **V GF**
- Chocolate Pudding **VG GF**
- Diet Vanilla Pudding **VG GF**
- Seaweed **VG**
- Uncrustables **VG**
- Chocolate Chip Cookie **VG**
- Whole Grain Chips **V GF**
- Lays Baked Potato Chips **V GF**
- Almonds **V GF**
- String Cheese **VG GF**
- Seasonal Fruit **V GF**
- Apple **V GF**
- Pineapple **V GF**
- Banana **V GF**
- Plain Greek Yogurt **VG GF**
- Soy Vanilla Yogurt **VG**

### toppings & condiments

- Tomato **V GF**
- Lettuce **V GF**
- Green Onions **V GF**
- Onion **V GF**
- Ketchup **V GF**
- Mustard **V GF**
- Mayo **VG GF**
- American Cheese **VG GF**
- Swiss Cheese **VG GF**
- Parmesan Cheese **VG GF**
- Salsa **V GF**
- Sour Cream **VG GF**
- Salt **V GF**
- Pepper **V GF**
- Mrs. Dash **V GF**
- Lemon Wedge **V GF**
- Cholula **V GF**
- Soy Sauce **V**
- Sugar **V GF**
- Brown Sugar **V GF**
- Honey **VG GF**
- Splenda **V GF**
- Jelly **V GF**
- Sugar Free Jelly **V GF**
- Creamer **VG GF**
- Peanut Butter **V GF**
- Margarine **V GF**
- Butter **VG GF**

### beverages

- Decaf Coffee **V GF**
- Chamomile Tea **V GF**
- Diet Lemon-Lime Soda **V GF**
- Ginger Ale **V GF**
- Sparkling Water **V GF**
- Apple Juice **V GF**
- Orange Juice **V GF**
- Cranberry Juice **V GF**
- Diet cranberry Juice **V GF**
- Prune Juice **V GF**
- Low Fat Milk **VG GF**
- Whole Milk **VG GF**
- Lactose-Free Milk **VG GF**
- Chocolate Milk **VG GF**
- Soy Vanilla Milk **V GF**
- Almond Milk **V GF**

## DINNER

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

### starters

- Soup of the Day (see back of menu for soups)
- Vegetable Broth **V GF**
- Chicken Noodle Soup
- Chicken Broth **GF**
- Side Salad **V GF**
- Caesar Salad
- Kale & Quinoa Salad **V**
- Rice Porridge **V GF**

### entrees

- Mozzarella Fresca Sandwich **VG**
- Cold Turkey Sandwich
- Cold Chicken Sandwich
- Grilled Chicken Sandwich
- Spaghetti with Meat Sauce
- Pasta Primavera **VG**
- Turkey Burger
- Beyond Burger **VG**
- Beyond (patty only) **V GF**
- Wild Caught Salmon Burger
- Grilled Salmon **GF**
- Grilled Chicken Breast **GF**
- Glazed Meatloaf
- Grilled Tofu **V GF**
- Grilled Cheese **VG**
- Grilled Ham & Cheese
- Tuna Melt
- Cheese Quesadilla **VG**
- Chicken Quesadilla
- Mushroom Quesadilla **VG**
- Chicken Tender (1 pc.)\*
- Asian Noodle Salad **VG**

### sides

- French Fries\* **V**
- Green Beans **V GF**
- Mashed Potato **VG GF**
- Brown Rice **V GF**
- White Rice **V GF**
- Bacon (2 pc.) **GF**
- White Roll **VG**
- Gravy **VG**

### snacks

- Gel Treat **V GF**
- Cottage Cheese **VG GF**
- Raisins **V GF**
- Chocolate Pudding **VG GF**
- Diet Vanilla Pudding **VG GF**
- Seaweed **VG**
- Uncrustables **VG**
- Chocolate Chip Cookie **VG**
- Whole Grain Chips **V GF**
- Lays Baked Potato Chips **V GF**
- Almonds **V GF**
- String Cheese **VG GF**
- Seasonal Fruit **V GF**
- Apple **V GF**
- Pineapple **V GF**
- Banana **V GF**
- Plain Greek Yogurt **VG GF**
- Soy Vanilla Yogurt **VG**

### toppings & condiments

- Tomato **V GF**
- Lettuce **V GF**
- Green Onions **V GF**
- Onion **V GF**
- Ketchup **V GF**
- Mustard **V GF**
- Mayo **VG GF**
- American Cheese **VG GF**
- Swiss Cheese **VG GF**
- Parmesan Cheese **VG GF**
- Salsa **V GF**
- Sour Cream **VG GF**
- Salt **V GF**
- Pepper **V GF**
- Mrs. Dash **V GF**
- Lemon Wedge **V GF**
- Cholula **V GF**
- Soy Sauce **V**
- Sugar **V GF**
- Brown Sugar **V GF**
- Honey **VG GF**
- Splenda **V GF**
- Jelly **V GF**
- Sugar Free Jelly **V GF**
- Creamer **VG GF**
- Peanut Butter **V GF**
- Margarine **V GF**
- Butter **VG GF**

### beverages

- Decaf Coffee **V GF**
- Chamomile Tea **V GF**
- Diet Lemon-Lime Soda **V GF**
- Ginger Ale **V GF**
- Sparkling Water **V GF**
- Apple Juice **V GF**
- Orange Juice **V GF**
- Cranberry Juice **V GF**
- Diet cranberry Juice **V GF**
- Prune Juice **V GF**
- Low Fat Milk **VG GF**
- Whole Milk **VG GF**
- Lactose-Free Milk **VG GF**
- Chocolate Milk **VG GF**
- Soy Vanilla Milk **V GF**
- Almond Milk **V GF**

# SOUP OF THE DAY

- Sunday: Black Bean **V GF**
- Monday: Minestrone **VG**
- Tuesday: Lentil **V GF**
- Wednesday: Italian Ribollita **VG**
- Thursday: Butternut Squash **VG**
- Friday: Mushroom Barley **V**
- Saturday: Black Bean **V GF**



Please clearly write "x2" next to each item if you would like additional portions

**V** ~ vegan    **VG** ~ vegetarian    **GF** ~ gluten free



**UCSF**  
**FRESH**



Be sure to select your sides, toppings and condiments!



MZ-LPPI-EN-121025

**UCSF**  
**FRESH**

## LANGLEY PORTER MENU



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.



PATIENT NAME:

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