



ROOM SERVICE MENU

with Nutrition Facts

for carbohydrate control, and for cardiac and renal diets

Open daily 7am ~ 8pm • Guest meals available for \$9



CALL 3-1111 to place order.

Delivery within 60 minutes. Patients at Mission Bay or on 11 Long at Parnassus may order using the bedside tablet or TV



Our kitchen system & clerk know your food allergies and prescribed diet from your health record.

The clerk will work with you to find menu items appropriate for your doctor's order.

There is no charge for this service for patients.

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

GUIDELINES FOR COMMON NUTRIENT RESTRICTED DIET ORDERS

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

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

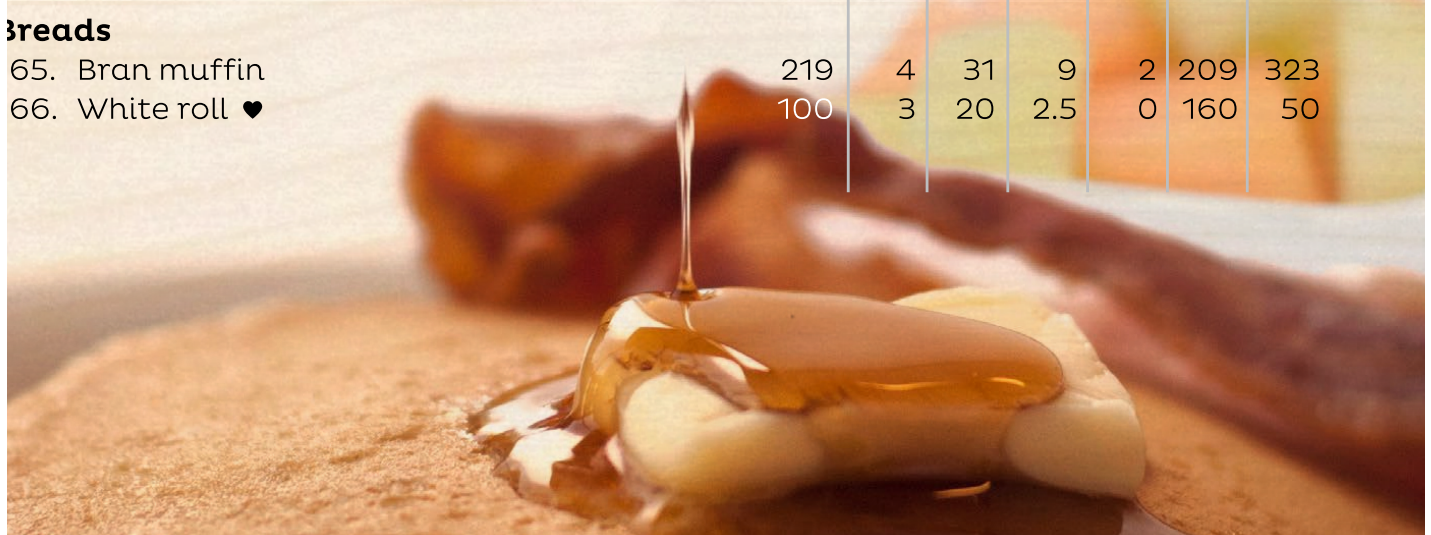


SCAN FOR ALL MENU GUIDES, TRANSLATIONS & NUTRITIONAL INFO.

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

Nutritional info listed in grams (g) or milligrams (mg)

01. Signature Breakfast Sandwich Egg & American cheese on an English muffin	250	13	26	10	4	543	137
02. Classic Pancake One fluffy pancake (syrup optional)	93	2.7	18	1.2	0.4	319	86
03. Chocolate Chip Pancake	155	3.3	25	4.5	2.3	320	120
Hot and Cold Cereals							
05. Organic oatmeal ♥	105	3.7	18.7	1.8	0.3	7	102
06. Cream of wheat ♥	90	3	17	0	0	69	30
07. Organic corn flakes ♥	80	1.3	16	0	0	112	135
08. Organic multigrain with raisins ♥	105	1.5	24	0.5	0	0	49
09. Organic granola ♥	173	4	25	6.7	1	30	123
10. Organic cocoa koala crisps ♥	73	1.3	17	0.7	0.2	68	53
Large Free Eggs							
20. Scrambled eggs ♥	117	8.9	0.5	8.5	2.4	101	98
21. Scrambled eggs with cheese	238	16	0.7	19	7.9	271	121
22. Hard-boiled egg (served chilled) ♥	72	6.3	0.3	4.8	1.6	71	69
23. Scrambled Eggbeaters ♥	70	7.7	0	3.5	0.3	146	114
Sides							
Fresh Cut Fruit ♥							
31. Apple	88	0.5	23.5	0.3	0.1	2	182
32. Honeydew melon	61	0.9	16	0.2	0.1	31	388
33. Pineapple	85	0.9	22.3	0.2	0	2	185
Whole Seasonal Fruit ♥							
40. Organic banana	137	1.7	35.2	0.5	0.2	2	551
Greek Yogurt ♥							
51. Plain	90	14	7	0	0	70	212
52. Vanilla	106	13.3	14.6	0	0	53	198
53. Strawberry	120	12	17.3	0	0	53	198
60. Hashbrown triangle	118	1	11	7.6	1.2	199	199
61. Bacon (two strips)	65	4.4	0.2	5	1.6	276	67
62. Impossible® sausage patty	100	6	4	7	2.5	310	180
Breads							
65. Bran muffin	219	4	31	9	2	209	323
66. White roll ♥	100	3	20	2.5	0	160	50



OUR KITCHEN

Available after 11am

Greens & Vegetables

800. Green beans ♥	60	2	8	3.1	0.5	46	240
801. Braised chard, kale & collard greens ♥	53	3.1	8	2	0.1	122	144
802. Steamed carrots ♥	46	1	10.9	0.2	0	78	363

Grains & Potatoes

810. Mashed potatoes	134	3.4	21.9	4	2.37	220	420
811. Jasmine rice ♥	107	2.1	23.5	0.2	0	3	34
812. Organic brown rice ♥	108	22	22.4	1	0.2	3	74
813. Dairy free mashed potatoes ♥	70	1.5	16.3	0.1	0	100	296

MAIN SELECTIONS

825. Macaroni & Cheese

383	19.5	32.4	19.4	10.8	930	217
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826. Seared Chicken Breast ♥

Antibiotic-free chicken breast

114	22.1	0	2.5	.64	88	89
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827. Meatloaf

100% grass fed beef meatloaf

200	18	3	13	5	230	255
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828. Pan-Seared Salmon ♥

273	26.7	0.5	17.5	4	297	482
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Sauces (add to any dish above)

820. Vegetarian brown gravy ♥

13	0.2	1.8	0.5	0.3	57	6
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821. Side of demi glace sauce ♥

13	0.2	2	0.5	0.3	123	2
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SUTRO SOUP

Available after 11am

		CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
Sunday	705. Cauliflower leek ♥	75	2	11	3.1	1.5	342	269
Monday	706. Vegetarian minestrone ♥	69	2.6	13	0.9	0	335	263
Tuesday	707. Vegetarian lentil ♥	126	6	22.2	2	0.2	361	308
Wednesday	708. Italian ribollita ♥	65	2.8	12.9	0.8	0.1	367	339
Thursday	709. Butternut squash ♥	134	2.9	21	5.4	1	340	488
Friday	710. Mushroom barley ♥	72	2.2	13	1.1	0.1	360	123
Saturday	711. Southwest black bean ♥	94	3.3	16.5	1.6	0.1	274	220
Daily	712. Chicken noodle ♥	76	4.8	10	1.9	0.5	348	105
Every Day,	700. Chicken broth	7	0.5	0.5	0.5	0.2	365	6
All Hours	701. Vegetable broth	10	0.5	2.3	0	0	173	41



GREEN FIELDS Available all day

COLD SANDWICHES

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
500. Chicken Sandwich on cracked wheat bread with romaine lettuce and basil aioli	310	19	34	12	2	995	575
501. Turkey Sandwich on country white bread with romaine lettuce	213	17	27.7	3.2	1	928	300
502. Mozzarella Fresca Sandwich with sundried tomatoes on herb focaccia	668	28	54	40	13	1095	126

SALADS

515. Entrée Field Salad mixed greens, carrot, quinoa, tomato, kidney beans, currants, pumpkin seeds, creamy vegan cilantro dressing	290	9	30	15	1	600	550
516. Side Salad ♥ Field greens, tomatoes, cucumber	18	1.3	3.7	0.2	0	15	242
517. Snack Veggie Box ♥ snack size serving of baby carrot, cauliflower, celery sticks, sliced cucumber, grape tomatoes	63	1.8	13.9	0.4	0	89	523
518. With optional Ranch dressing	70	0	0	8	1	110	8
525. Side of Tuna Salad ♥	207	24.9	3.7	11.2	1.43	368	333

DRESSINGS

530. Ranch	70	0	0	8	1	110	8
531. Balsamic vinaigrette	86	0	2	9	1.2	3	11



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.

COCINA VERDE

Available after 11am

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
850. Chicken Tamale Corn masa stuffed with green chilies, chicken and a blend of cheeses	270	9	30	13	3	840	216
851. Quesadilla Flour tortilla filled with a melted blend of shredded monterey jack & cheddar cheese.	454	22	32	27	15	815	146
852. with optional chicken	614	51.5	33	30	16	1242	453
Sides & toppings (all à la carte)							
860. Flour tortilla ♥	85	2.5	13.5	2.3	1	160	37
861. Whole pinto beans ♥	122	5.6	21	0.6	0	178	261
862. Sour cream	61	1	1	5.1	3	15	40
863. Salsa ♥	5	0	1	0	0	140	38

RICE + SPICE

Available after 11am

Rice Porridge (all day) ♥

- 450. Jasmine rice porridge
- 451. Green onion optional

Teriyaki Sauce ♥

Tamari, ginger, rice vinegar, sesame sauce

Protein choice:

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
452. Organic Tofu	180	23.5	12.6	4.4	2.06	439	185
453. Chicken Breast	147	23	7.2	2.9	0.7	481	126
454. Salmon	305	27.4	7.2	17.9	4.03	470	511
460. Side of teriyaki sauce	34	0.8	7.2	0.4	0.1	393	38

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CORNER GRILL

Available after 11am

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

BURGERS

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
601. Turkey Burger	112	11.1	0.6	7.4	1.92	37	173
602. on Pretzel Bun	272	16.1	28	11	4	407	233
603. on Pretzel Bun with American cheese	321	18.5	28	15.3	6.4	658	256
604. on Pretzel bun with Swiss cheese	384	24	28	20	9	460	254
605. Beyond Burger	290	20	6	22	8	460	281
606. on Pretzel Bun	450	25	33	25	10	830	342
607. on Pretzel Bun with Swiss cheese	506	29	33	30	12.6	857	352
608. on Wheat Bun with American cheese	529	29	43	28	11	1042	512

GRILLED SANDWICHES

615. Grilled Tuna Sandwich on white	381	29	33.7	17	4	619	400
616. Tuna Melt on wheat with Swiss cheese	477	34.8	41.9	22.2	6.4	695	544
617. Grilled Cheese on white with American Cheese	322	11	31	19	9.8	1006	134

FRIES & TENDERS

620. Chicken tenders (2pc)	307	16	17	20	2.5	595	212
621. French fries	358	3.4	38.8	21.2	3.9	523	579

Toppings

625. Lettuce, Tomato, Onion ♥	13	0.6	2.8	0.1	0.02	4	133
630. Bacon (2 strips)	65	4.4	0.2	5	1.57	276	67
Ketchup							
Mustard							
Mayonnaise							



PASTA FRESCA

Available after 11am

BUILD YOUR PASTA

Choose a Sauce:

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
400. Classic meat sauce with mushrooms, ground turkey ♥	68	5.8	6.5	2.4	0.7	263	351
401. Vegetarian marinara ♥	30	1.7	6	0.2	0	351	385
402. Cheese sauce	252	15	6	19	11	914	133

Match your Pasta:

405. Spaghetti ♥	128	4.3	26	0.6	0	8	58
406. Gluten-free elbow macaroni ♥	140	2.7	23	3.6	0.5	8	214



CONDIMENTS

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
900. Salt	0	0	0	0	0	233	0
901. Pepper	0	0	0.1	0	0	0	1
902. Herb seasoning	0	0	0	0	0	0	9
903. Lemon wedge	2	0.1	0.7	0	0	0	10
904. Parmesan cheese	25	1.7	0.8	1.7	1	108	11
905. Soy sauce	3	0.5	0.3	0	0	357	28
906. Bbq sauce	41	0	10	0	0	260	49
907. Hot sauce	0	0	0	0	0	154	39
908. Ketchup	18	0.2	5	0	0	163	51
909. Mustard	3	0.2	0.3	0.2	0	61	8
910. Mayonnaise	84	0.1	0.1	9.3	1.5	79	2
911. Reduced Fat Mayonnaise	40	0	0.5	4	0.5	85	8
912. Sugar (2pkt)	22	0	5.7	0	0	0	0
913. Brown Sugar (1pkt)	49	0	12.8	0	0	4	17
914. Splenda (1pkt)	0	0	0.5	0	0	0	0
915. Honey	27	0	7.4	0	0	0	5
916. Pancake syrup	155	0	40	0	0	7	126
917. Sugar free pancake syrup	15	0	4	0	0	30	5
918. Non-dairy creamer	14	0	1.4	0.9	0.2	5	4
919. Jelly	37	0	9.8	0	0	4	8
920. Sugar-free jelly	10	0	4.9	0	0	0	10
921. Peanut butter	127	5	5	11	2.2	91	119
922. Saltines	25	1	5	0.5	0	45	32
923. Butter	72	0	0	8	5	64	2
924. Margarine	30	0	0	3	1	30	0

BLUE BEAR BAKERY

Available all day

Desserts

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
200. Chocolate chip cookie	190	2	24	10	6	190	74
201. Vanilla cream puffs	144	2.4	8.1	12	8.1	18	42
202. Chocolate ice cream	230	4	20	15	9	52	219
203. Vanilla ice cream	220	4	18	15	9	45	156
204. Chocolate pudding ♥	130	3	24	2	1.5	142	239
205. Diet Vanilla pudding ♥	90	3	13	2	1.5	125	144

Shakes & Smoothies (straw available upon request)

210. Vanilla Shake ice cream, milk, vanilla	600	15.3	49.6	38	22.5	180	600
211. Chocolate Shake ice cream, milk, avocado, Ghirardelli cocoa	512	14	55	29	15	200	1049
212. Vegan Banana Berry Smoothie ♥ Raspberry sorbet, strawberries, organic bananas & soy milk	379	3.8	60	15	1.1	60	618

this ♥ means...

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SNACKS + BABY FOOD

Available all day

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
300. Apple sauce ♥	50	0	12	0	0	17	65
301. Cottage cheese	92	11.9	5.4	2.6	1.4	348	141
302. Vegan gel snack ♥	100	0	25	0	0	15	0
303. Diet vegan gel snack ♥	10	0	2	0	0	10	1
304. Mozzarella string cheese ♥	80	6	0	6	3.5	200	53
305. Whole grain chips ♥	210	4.5	27	9	0.8	120	98
306. Uncrustables® PB&J sandwich	320	10	32	17	3.5	320	326
307. Graham crackers	60	0.5	11	1.5	0	65	7
308. Annie's cheddar crackers ♥	140	3	18	6	0.5	200	0
309. Annie's chocolate chip crackers	130	2	20	4	0	85	0
310. Pretzels	110	2	23	1	0	450	63
311. Raisins ♥	127	1.4	33.7	0.1	0	11	316
312. Popcorn ♥	80	2	11	4.5	0	80	38
313. Almonds ♥	170	5.9	6	15	1.2	1	202
Organic Baby Food ♥							
340. Apple blueberry oat	80	0	19	0.5	0	5	350
341. Pear zucchini peas	60	0	14	0	0	0	700
342. Sweet potatoes	50	1	12	0	0	20	146
343. Beef vegetable quinoa	60	3	9	1.5	1	40	211
344. Chicken vegetable quinoa	70	4	10	2	0.5	15	210

BEVERAGES

straw available upon request

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
1. Peet's coffee	0	0	0	0	0	5	6
2. Peet's decaf coffee	0	0	0	0	0	5	6
3. Black tea	2	0	0.7	0	0	5	2
4. Chamomile herbal tea	0	0	0	0	0	5	2
5. Green tea	0	0	0	0	0	5	2
6. Unsweetened Iced tea	0	0	0	0	0	7	0
7. Diet lemon-lime soda	0	0	0	0	0	31	9
8. Ginger ale	70	0	17	0	0	30	2
9. Sparkling water	0	0	0	0	0	0	0
10. Gatorade®	80	0	21.1	0	0	161	45
11. Apple juice	60	0	15	0	0	5	129
12. Orange juice	60	0	14	0	0	0	203
13. Cranberry juice	50	0	14	0	0	2	16
14. Diet cranberry juice	5	0	1	0	0	10	10
15. Prune juice	91	0.8	22	0	0	5	353
16. Low fat milk	130	11	16	2.5	1.5	160	480
17. Whole milk	160	8	13	8	5	130	400
18. Lactose free milk	101	7.4	12	2.3	1.38	120	369
19. Chocolate milk	120	9	21	0	0	150	440
20. Soy milk	150	8	18	4	0.5	80	290
21. Organic almond milk	30	1	1	2.5	0	170	160

FOOD FROM HOME...

- 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 second day after it is brought in (ie: if the food is brought in Monday, it will be discarded Wednesday 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

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.