



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 (415-353-1111) to place order.

Delivery within 60 minutes. All items are à la carte. Please ask for sides & condiments. 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. 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.



SCAN FOR ALL
MENU GUIDES,
TRANSLATIONS &
NUTRITIONAL INFO

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

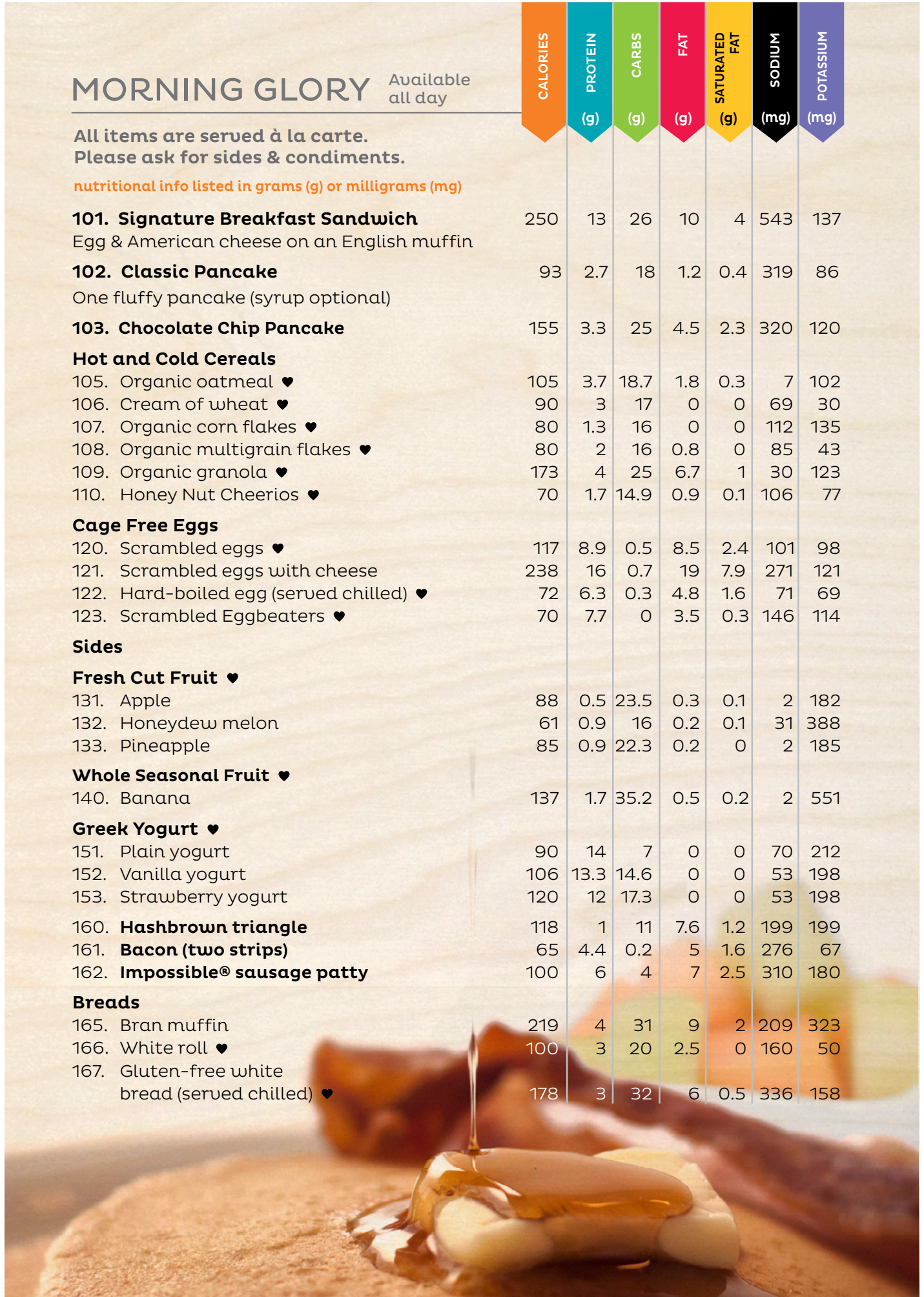
- This diet does not allow sweets, and restricts the quantity and timing of dairy and fruit
- You must order 3 meals and 3 snacks daily. Snacks are ordered at the same time as meals
- The diet clerk will work with you to meet the carbohydrate goals set by your doctor

MORNING GLORY Available all day

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

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

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
101. Signature Breakfast Sandwich Egg & American cheese on an English muffin	250	13	26	10	4	543	137
102. Classic Pancake One fluffy pancake (syrup optional)	93	2.7	18	1.2	0.4	319	86
103. Chocolate Chip Pancake	155	3.3	25	4.5	2.3	320	120
Hot and Cold Cereals							
105. Organic oatmeal ♥	105	3.7	18.7	1.8	0.3	7	102
106. Cream of wheat ♥	90	3	17	0	0	69	30
107. Organic corn flakes ♥	80	1.3	16	0	0	112	135
108. Organic multigrain flakes ♥	80	2	16	0.8	0	85	43
109. Organic granola ♥	173	4	25	6.7	1	30	123
110. Honey Nut Cheerios ♥	70	1.7	14.9	0.9	0.1	106	77
Cage Free Eggs							
120. Scrambled eggs ♥	117	8.9	0.5	8.5	2.4	101	98
121. Scrambled eggs with cheese	238	16	0.7	19	7.9	271	121
122. Hard-boiled egg (served chilled) ♥	72	6.3	0.3	4.8	1.6	71	69
123. Scrambled Eggbeaters ♥	70	7.7	0	3.5	0.3	146	114
Sides							
Fresh Cut Fruit ♥							
131. Apple	88	0.5	23.5	0.3	0.1	2	182
132. Honeydew melon	61	0.9	16	0.2	0.1	31	388
133. Pineapple	85	0.9	22.3	0.2	0	2	185
Whole Seasonal Fruit ♥							
140. Banana	137	1.7	35.2	0.5	0.2	2	551
Greek Yogurt ♥							
151. Plain yogurt	90	14	7	0	0	70	212
152. Vanilla yogurt	106	13.3	14.6	0	0	53	198
153. Strawberry yogurt	120	12	17.3	0	0	53	198
160. Hashbrown triangle	118	1	11	7.6	1.2	199	199
161. Bacon (two strips)	65	4.4	0.2	5	1.6	276	67
162. Impossible® sausage patty	100	6	4	7	2.5	310	180
Breads							
165. Bran muffin	219	4	31	9	2	209	323
166. White roll ♥	100	3	20	2.5	0	160	50
167. Gluten-free white bread (served chilled) ♥	178	3	32	6	0.5	336	158



OUR KITCHEN

Available after 11am

Greens & Vegetables

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
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

100% cheddar cheese sauce

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

826. Seared Chicken Breast ♥	114	22.1	0	2.5	.64	88	89
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827. Grass-Fed Beef Meatloaf

100% grass-fed

827. Grass-Fed Beef Meatloaf	240	16	8	16	6	220	295
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828. Pan-Seared Salmon ♥

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 ♥

820. Vegetarian brown gravy ♥	13	0.2	1.8	0.5	0.3	57	6
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821. Demi glace sauce ♥

821. 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. Hot & sour	83	4.3	7.5	2.2	.36	448	94
Monday	706. Minestrone ♥	69	2.6	13	0.9	0	335	263
Tuesday	707. 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



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	30	0	0	3	0	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

RICE + SPICE

Available after 11am

Rice Porridge (all day) ♥

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
450. Jasmine rice porridge (available all day)	66	1.3	14.5	0	0	5	22
461. Chicken rice porridge (available all day)	93	6.3	13.7	1.3	0.39	280	66
451. Green onion optional							

Teriyaki choices:

452. Organic Tofu Teriyaki	180	23.5	12.6	4.4	2.06	439	185
453. Chicken Breast Teriyaki	147	23	7.2	2.9	0.7	481	126
454. Salmon Teriyaki	305	27.4	7.2	17.9	4.03	470	511
460. Teriyaki Sauce ♥ Tamari, ginger, rice vinegar, sesame sauce	34	0.8	7.2	0.4	0.1	393	38
462. Paneer Cheese & Spinach Curry	142	6.5	5.5	7	1.5	260	300
463. Masala Garbanzo Bean Curry	181	7.9	28.3	5.1	0	283	340

Rice: Jasmine rice ♥ or Brown Rice ♥ optional

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.

CORNER GRILL

Available after 11am

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

BURGERS

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

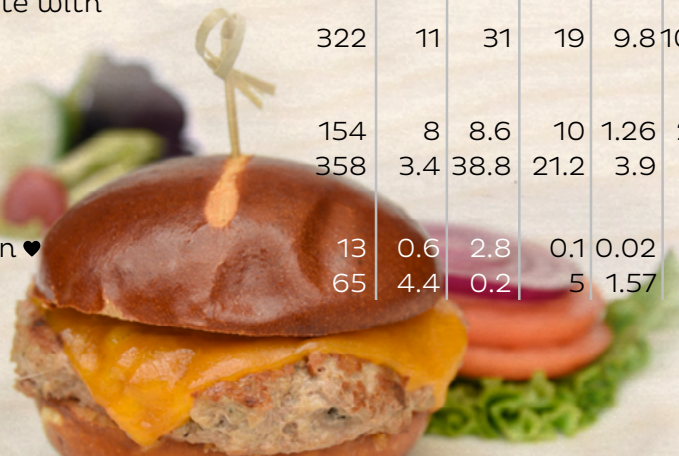
615. Grilled Tuna Sandwich on white	381	29	33.7	17	4	619	400
616. Tuna Melt on wheat with Swiss cheese	477	34.8	41.9	22.2	6.4	695	544
617. Grilled Cheese on white with American Cheese	322	11	31	19	9.8	1006	134

FRIES & TENDERS

620. Chicken tender (1pc)	154	8	8.6	10	1.26	298	106
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							



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 Salad kale and quinoa salad, lettuce, garbanzo beans, tomato, sunflower seeds, pumpkin seed dressing	270	7	26	16	1.5	287	800
516. Side Salad ♥ Mixed greens, tomatoes, cucumber	19	1.4	4	0.2	0	16	262
517. Snack Veggie Box ♥ Snack size serving of vegetables of the day	116	2.6	27	0.7	0	196	907
518. With optional Ranch dressing	70	0	0	8	1	110	8
525. Side of Tuna Salad ♥ Tunafish, mayonnaise, celery, onion	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

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, 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...

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

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. Gel snack ♥	100	0	25	0	0	15	0
303. Diet 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
314. Avocado (half) ♥	90	1	5	7	1.5	0	190
Baby Food ♥							
340. Apple blueberry oat	80	0	19	0.5	0	5	350
342. Sweet potatoes	50	1	12	0	0	20	146
343. Turkey with vegetables	70	2	12	1	0	30	527
344. Chicken with gravy	90	7	2	6	1.5	40	90

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®	140	0	36	0	0	270	80
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. Almond milk	80	1	14	2.5	0	125	170

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.