



# ROOM SERVICE MENU

## with Nutrition Facts

for carbohydrate control, and for cardiac and renal diets

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.

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)
<b>101. Signature Breakfast Sandwich</b> Egg & American cheese on an English muffin	250	13	26	10	4	543	137
<b>102. Classic Pancake</b> One fluffy pancake (syrup optional)	93	2.7	18	1.2	0.4	319	86
<b>103. Chocolate Chip Pancake</b>	153	3.3	24.7	4.5	2.33	320	120
<b>Hot and Cold Cereals</b>							
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 ♥	101	2	24.3	0	0	202	40
108. Organic multigrain flakes ♥	113	2.8	22.7	1.1	0	120	61
109. Organic granola ♥	173	4	25	6.7	1	30	123
110. Honey Nut Cheerios ♥	107	2.5	22.6	1.4	0.1	160	117
<b>Cage Free Eggs</b>							
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
<b>Fresh Cut Fruit ♥</b>							
131. Apple	29	0.2	7.8	0.1	0	1	61
133. Pineapple	71	0.7	18.6	0	0	1	155
<b>Whole Seasonal Fruit ♥</b>							
140. Banana	137	1.7	35.2	0.5	0.2	2	551
<b>Greek Yogurt ♥</b>							
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. <b>Hashbrown triangle*</b>	118	1	11	7.6	1.2	199	199
161. <b>Bacon (two strips)</b>	65	4.4	0.2	5	1.6	276	67
162. <b>Impossible® sausage patty</b>	100	6	4	7	2.5	310	180
<b>Breads</b>							
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) ♥	180	3	32	6	0.5	340	160

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

# 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	180	2	26	8	4.5	115	70
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	74

## Shakes & Smoothies (straw available upon request)

210. <b>Vanilla Shake</b> ice cream, milk, vanilla	600	15.3	49.6	38	22.5	180	600
211. <b>Chocolate Shake</b> ice cream, milk, avocado, cocoa	512	13.5	54.7	28.6	15.33	197	1049
212. <b>Vegan Banana Berry Smoothie</b> ♥ 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 ♥	47	0	12.7	0	0	2	84
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	1	6	3	200	0
305. Whole grain chips ♥	223	3	27	11	1	111	121
306. Uncrustables PB&J sandwich	300	9	32	16	3.5	280	235
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 ♥	100	2	9	6	0	45	50
313. Almonds ♥	170	5.9	6	15	1.2	1	202
314. Avocado (half) ♥	90	1	5	7	1.5	0	190
<b>Baby Food ♥</b>							
340. Apple blueberry oat	80	0	19	0.5	0	5	350
342. Sweet potatoes	65	1	15	0	0	25	298
343. Turkey with vegetables	70	2	12	1	0	30	527
344. Chicken with gravy	90	7	2	6	1.5	40	90

## GREEN FIELDS Available all day

### COLD SANDWICHES

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
500. <b>Chicken Sandwich</b> on cracked wheat bread with romaine lettuce and basil aioli	310	19	34	12	2	995	575
501. <b>Turkey Sandwich</b> on country white bread with romaine lettuce	200	16	26	3	0.9	872	282
502. <b>Mozzarella Fresca Sandwich</b> with sundried tomatoes on herb focaccia	668	28	54	40	13	1095	126

### SALADS

515. <b>Entrée Salad</b> kale and quinoa salad, lettuce, garbanzo beans, tomato, sunflower seeds, pumpkin seed dressing	400	10.7	31.2	28	2.8	423	1273
516. <b>Side Salad</b> ♥ Mixed greens, tomatoes, cucumber	19	1.4	4	0.2	0	16	262
517. <b>Snack Veggie Box</b> ♥ Snack size serving of vegetables of the day	20	0.4	4.7	0.1	0.01	44	134
518. With optional Ranch dressing	70	0	0	8	1	110	8
525. <b>Side of Tuna Salad</b> ♥ Tunafish, mayonnaise, celery, onion	207	24.9	3.7	11.2	1.43	368	333

### DRESSINGS

530. <b>Ranch</b>	72	0	0	7.2	1	98	8
531. <b>Balsamic vinaigrette</b>	86	0	2	9	1.2	3	11

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## RICE + SPICE

Available after 11am

### Rice Porridge (all day) ♥

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	277	66
451. Green onion optional	9	0.5	2.1	0	0	5	78

### Teriyaki Choices:

452. <b>Organic Tofu</b>	147	9.3	2.7	5.3	0.67	13	93
453. <b>Chicken Breast</b>	114	22.1	0	2.5	0.64	88	89
454. <b>Salmon Fillet</b>	202	19.7	0.5	13	2.94	277	358
460. Teriyaki Sauce ♥ Tamari, ginger, rice vinegar, sesame sauce	34	0.8	7.2	0.4	0.1	393	38

462. <b>Paneer Cheese &amp; Spinach Curry</b>	142	6.5	5.5	7	1.5	260	300
463. <b>Masala Garbanzo Bean Curry</b>	181	7.9	28.3	5.1	0	283	340

**Rice:** Jasmine rice ♥ or Brown Rice ♥ optional

# 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	25.5	0.6	0	8	58
406. Gluten-free elbow macaroni ♥	140	2.7	23	3.6	0.5	8	214



# CORNER GRILL

Available after 11am

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

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

## BURGERS

601. <b>Turkey Burger</b>	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	328	20	28	15.3	6.5	433	244
605. <b>Beyond Burger</b>	231	20	7	14	5	391	331
606. on Pretzel Bun	391	25	34	17.6	7	761	392
607. on Pretzel Bun with Swiss cheese	447	29	34.2	21.9	9.6	788	402
608. on Wheat Bun with American cheese	470	29	44.3	20.5	8	973	562

## GRILLED SANDWICHES

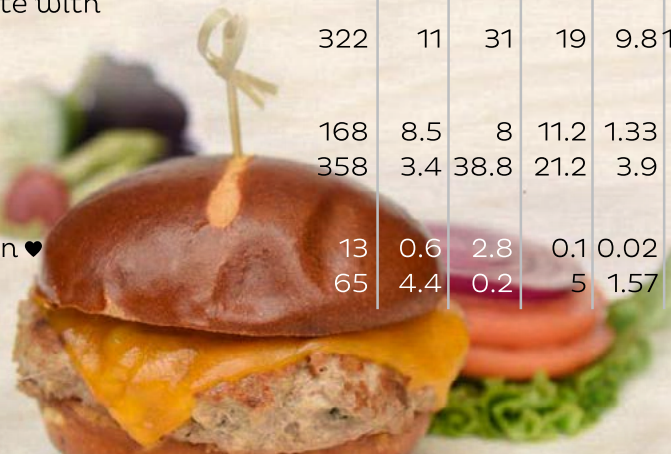
615. <b>Grilled Tuna Sandwich</b> on white	381	29	33.7	17	4	619	400
616. <b>Tuna Melt</b> on wheat with Swiss cheese	477	34.8	41.9	22.2	6.4	695	544
617. <b>Grilled Cheese</b> on white with American Cheese	322	11	31	19	9.8	1006	134

## FRIES & TENDERS

620. Chicken tender* (1pc)	168	8.5	8	11.2	1.33	310	140
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							



## SUTRO SOUP

Available after 11am

		CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
<b>Sunday</b>	705. Hot & sour	83	4.3	7.5	2.2	.36	448	94
<b>Monday</b>	706. Minestrone ♥	69	2.6	13	0.9	0.	335	263
<b>Tuesday</b>	707. Lentil ♥	126	6	22.2	2	0.2	361	308
<b>Wednesday</b>	708. Italian ribollita ♥	65	2.8	12.9	0.8	0.1	367	339
<b>Thursday</b>	709. Tomato florentine ♥	69	2.4	14.1	0.7	0.09	339	274
<b>Friday</b>	710. Mushroom barley ♥	72	2.2	13	1.1	0.1	360	123
<b>Saturday</b>	711. Southwest black bean ♥	94	3.3	16.5	1.6	0.1	274	220
<b>Daily</b>	712. Chicken noodle ♥	77	4.8	10.5	1.9	0.5	347	114
<b>Every Day,</b>	700. Chicken broth	7	0.5	0.5	0.5	0.2	365	6
<b>All Hours</b>	701. Vegetable broth	10	0.5	2.3	0	0	173	41



## OUR KITCHEN

Available after 11am

### Greens & Vegetables

800. Green beans ♥	60	2	8	3.1	0.5	46	240
801. Braised kale ♥	69	4.3	11	2	0.13	142	507
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. <b>Macaroni &amp; Cheese</b> 100% cheddar cheese sauce	383	19.5	32.4	19.4	10.8	930	217	
826. <b>Seared Chicken Breast</b> ♥ Antibiotic-free chicken breast	114	22.1	0	2.5	.64	88	89	
827. <b>Grass-Fed Beef Meatloaf</b> 100% grass-fed	240	16	8	16	6	220	295	
828. <b>Pan-Seared Salmon</b>	237	23.2	0.5	15	3.5	287	420	
<b>Sauces (add to any dish above)</b>								
820. Vegetarian brown gravy ♥	13	0.2	1.8	0.5	0.3	57	6	
821. Demi glace sauce ♥	13	0.2	2	0.5	0.3	123	2	

# COCINA VERDE

Available after 11am

	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	SATURATED FAT (g)	SODIUM (mg)	POTASSIUM (mg)
850. <b>Green Chili and Cheese Tamale</b> Corn masa stuffed with green chilies and cheese	350	11	28	23	9	560	216
851. <b>Quesadilla</b> Flour tortilla filled with a melted blend of shredded monterey jack & cheddar cheese.	454	22	31.5	26.5	15	815	146
852. <b>with optional chicken</b>	642	54	37	31	16	1141	400
853. <b>Cal-Mex bowl</b> Made with white rice, pinto beans, cheddar cheese, sour cream, pico de gallo	393	16	51.2	12.8	6.88	647	506
854. <b>with optional chicken</b>	487	32	53.9	15	7.41	810	633
<b>Sides &amp; toppings (all à la carte)</b>							
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
864. Shredded seasoned chicken	94	16	3	2.2	0.5	163	127

this ♥ means...

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# 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	10	0	2	0.5	0	0	15
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

# 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	0	0	160	50
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	13	2.5	0	170	180

## 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.