

DRINKS, SNACKS & CONDIMENTS

BEVERAGES

Peet's coffee/decaf coffee
Black tea
Chamomile tea
Green tea
Unsweetened iced tea
Diet lemon-lime soda
Ginger ale
Sparkling water
Apple juice
Orange juice
Cranberry juice
Diet cranberry juice
Prune juice
Milk options: low fat, whole, lactose-free, chocolate, soy vanilla, almond

SNACKS

Whole fruit ♥
Cottage cheese
Raisins ♥
Chocolate or diet vanilla pudding
Greek yogurt ♥: plain ...vanilla ...strawberry
Pretzels
Uncrustables® PB&J sandwich
Chocolate chip cookie
Whole grain chips ♥
LAY'S® baked potato crisps
Mozzarella string cheese ♥
Gel snack ♥
Fresh cut fruit ♥: apple... honeydew...
...pineapple

CONDIMENTS

Salt... pepper... herb seasoning...
Lemon wedge
Cholula® hot sauce
Soy sauce
Sugar... brown sugar... honey...
Splenda®
Jelly or sugar-free jelly
Breakfast syrup or 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 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-EN053123-5N



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

Scan this QR code
for menu guides



translations and
nutritional info



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 are à la carte.
Please ask for sides & condiments.



MORNING GLORY

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

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 ♥ ...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 ...vanilla
...strawberry
Bacon or sausage (two pieces)
Hashbrown triangle

Breads

White roll ♥
Raisin bran muffin



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

GREEN FIELDS

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

SALADS

Side Salad ♥

Organic greens, tomatoes, cucumber. Choice of dressings: balsamic vinaigrette, ranch

Caesar Salad

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

Tuscan Kale &

Quinoa Salad (vegan)

Mixed lettuce, quinoa, garbanzos, cherry tomatoes & vinaigrette

Field Fresh Salad (vegan)

Mixed lettuce, sunflower seeds, veggies, kidney beans & cilantro vinaigrette

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

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

SUTRO SOUP CO.

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

Sunday

Hot & sour

Monday

Minestrone ♥

Tuesday

Lentil ♥

Wednesday

Italian ribollita ♥

Thursday

Butternut squash ♥

Friday

Mushroom barley ♥

Saturday

Southwest black bean ♥

Everyday, all hours

Vegetable broth
Chicken broth
Plain rice porridge (green onions optional)

Lunch/Dinner every day

Chicken noodle ♥



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



CORNER GRILL

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

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

Grilled Cheese (ham optional)

Tuna Melt

Mushroom, Cheese or Chicken Quesadilla

TENDERS + FRIES

Chicken Tender

French Fries

Grill Sides

French fries... Green beans...
Mashed potatoes...
White rice... White roll

Toppings

tomato, lettuce & onions ♥...
bacon... ketchup... mustard...
mayo... American cheese...
salsa ... sour cream

