

## 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  
**Juice options:** 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 ♥  
Almonds ♥  
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  
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-EN010824-5N



## 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 on the menu 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



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

## GREEN FIELDS

Available all day  
Served from 7am to 7:30pm

### SALADS

#### Side Salad ♥

Mixed 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

#### Kale & Quinoa Salad (vegan)

Mixed greens, quinoa salad,  
garbanzo beans, tomato,  
sunflower seeds, pumpkin  
seed dressing

### 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

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.

## 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

### Sides

French fries... Green beans...  
Whole pinto beans  
Mashed potatoes (gravy optional)...  
White rice... Brown rice  
White roll

### Toppings

Tomato, lettuce & onions ♥...  
Bacon... Ketchup... Mustard...  
Mayo... American or Swiss cheese...  
Salsa ... Sour cream

