

MORNING GLORY

Enjoy breakfast all day

Signature Breakfast Sandwich

Egg & American cheese on an English muffin

Classic Pancakes

One or two fluffy pancakes. Syrup optional

Chocolate Chip Pancakes

Hot and Cold Cereals:

Organic oatmeal ♥ ... cream of wheat ♥ ... organic corn flakes ♥ ... organic multigrain flakes ♥ ... organic granola ♥ ... honey nut cheerios ♥

Cage Free Eggs:

Scrambled eggs or egg beaters ♥ ... scrambled eggs with cheese ... hard-boiled egg (served chilled) ♥

Sides

Greek yogurt ♥ :
...plain ...vanilla ...strawberry
Organic banana
Fresh cut ♥ : apple ...honey dew
...pineapple
Fresh seasonal whole fruit ♥
Hashbrown triangle
Bacon (two strips)
Impossible®
sausage patty

Breads

Bran muffin
White roll ♥
Gluten-free white
bread (2 slices) ♥

BLUE BEAR BAKERY

Available all day

Desserts:

Chocolate chip cookie
Vanilla cream puffs
Ice cream: chocolate ... vanilla
Chocolate pudding ♥
Diet vanilla pudding ♥

Shakes and Smoothies (straw available upon request)

Vanilla Shake: Made with ice cream, milk & vanilla, 600 cal.

Chocolate Shake: Made with ice cream, milk, avocado & cocoa, 512 cal.

Vegan-Banana Berry Smoothie: Made with raspberry sorbet, strawberries, organic bananas, soy milk 379 cal. ♥

CORNER GRILL

Available after 11am

Turkey Burger ♥ (pictured)

70% Diestel turkey, 30% mushrooms, 100% delicious on a pretzel bun with your choice of toppings

Beyond Burger

Vegan patty with choice of pretzel bun or whole wheat bun with your choice of toppings

Grilled Sandwiches

Choice of: white or wheat bread...

Grilled Tuna Sandwich

Tuna melt (American or Swiss cheese)

Grilled Cheese (American or Swiss cheese)

Tenders & Fries

Chicken tenders
French fries

Toppings

Tomato, lettuce & onion ♥ ...
... bacon ... ketchup ... mustard ... mayo ... American or Swiss cheese

SUTRO SOUP CO.

Available after 11am

Sunday Egg Drop Soup ♥
Monday Vegetarian minestrone ♥
Tuesday Vegetarian lentil ♥
Wednesday Italian ribollita ♥
Thursday Butternut squash ♥
Friday Mushroom barley ♥
Saturday Southwest black bean ♥

Lunch/Dinner every day Chicken noodle ♥

Everyday, all hours Vegetable broth ... Chicken broth ...

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.

GREEN FIELDS

Served Chilled
Available all day

Mozzarella Fresca Sandwich With tomatoes, romaine lettuce, basil and sundried tomatoes on herb focaccia

Turkey Sandwich With romaine lettuce on country white

Chicken sandwich With romaine lettuce and basil aioli on cracked wheat

Entree Field Salad ♥ Mixed greens, carrot, quinoa, tomato, kidney beans, currants, pumpkin seeds, creamy vegan cilantro dressing

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

Snack Vegetable Box ♥ Snack size serving of baby carrot, cauliflower & celery sticks, sliced cucumber & grape tomatoes. Ranch dressing optional

Side of Tuna Salad ♥

Tuna fish, mayonnaise, celery, onion

RICE + SPICE

Available after 11am

Rice Porridge ♥ (available all day) Jasmine rice porridge. Green onion optional

Chicken Porridge ♥ (available all day) Jasmine rice porridge with chicken, ginger and garlic. Green onion optional

Teriyaki Choices ♥ Organic tofu teriyaki ♥, salmon teriyaki ♥, chicken breast teriyaki ♥

Add a side of teriyaki sauce: made with tamari, ginger, rice vinegar, sesame seeds

Punjabi Saag Paneer Indian paneer cheese, spinach, tomato, onion, spices, cream

Chana Chaat Masala Garbanzo beans, tomatoes, onions, spices

Rice: Jasmine rice ♥ ... brown rice ♥ (optional)

PASTA FRESCA

Available after 11am

BUILD YOUR PASTA

Choose a Sauce:

Meat sauce with mushrooms & ground turkey ♥
Cheese sauce
Vegan marinara ♥

Match your Pasta:

Spaghetti ♥
Gluten-free elbow macaroni ♥

OUR KITCHEN

Available after 11am

Greens & Vegetables

Succulent green beans ♥ ... sweet steamed carrots ♥ ... braised blend of chard, kale and collard greens ♥

Grains & Potatoes

White roll ♥ ... mashed potatoes ... dairy-free mashed potatoes ♥ ...

Macaroni & Cheese

Grilled Chicken Breast with Demi-Glace ♥

Antibiotic-free chicken breast

Grassfed Beef Meatloaf

100% grass fed

Pan-Seared Salmon Fillet ♥

Salt & pepper

Choice of sauces (to add to proteins):

Vegetarian brown gravy ♥ ... Demi-glace sauce ♥



COCINA VERDE

Available after 11am

Chicken Tamale Corn masa stuffed with green chilies, chicken and a blend of monterey jack and cheddar cheese, wrapped in a traditional corn husk

Quesadilla Flour tortilla filled with a melted blend of shredded monterey jack & cheddar cheese

Chicken optional

Sides & toppings (all toppings are a la carte)

Flour tortilla ♥... whole pinto beans ♥... sour cream ... salsa ♥

CONDIMENTS

Salt	Bbq sauce	Saltines
Pepper	Hot sauce	Sugar
Butter	Ketchup	Brown sugar
Margarine	Mustard	Splenda
Lemon wedge	Mayonnaise	Honey
Herb seasoning	Jelly (grape)	Pancake syrup
Parmesan cheese	Sugar-free jelly	Sugar free syrup
Soy sauce	Peanut butter	Non-dairy creamer

TRI-EN-020823 (PH-QR)

SNACKS & BABY FOOD

Served all day

Applesauce ♥

Greek yogurt: ♥
(plain... strawberry... vanilla)

Cottage cheese

Avocado (half) ♥

Gel Snack ♥

Mozzarella string cheese ♥

Un crustables® peanut butter & grape jelly sandwich

Baby Food ♥

Apples, blueberries & oats

Sweet potatoes

Annie's Bunny Crackers: ♥
(cheddar... chocolate chip)

Graham crackers

Whole grain chips ♥

Pretzels

Raisins ♥

Popcorn ♥

Almonds ♥

Pears, zucchini & peas

Chicken with gravy

BEVERAGES

straws available upon request

Peet's coffee/decaf coffee

Black tea

Chamomile herbal tea

Green tea

Unsweetened iced tea

Diet lemon-lime soda

Ginger ale

Sparkling water

Gatorade

Apple juice

Orange juice

Cranberry juice

Diet cranberry juice

Prune juice

Milk options: low fat, whole, lactose-free, chocolate, soy, almond

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

UCSF Health
Nutrition & Food Services

UCSF
FRESH

ROOM SERVICE

Open daily 7am ~ 8pm



CALL 3-1111 (415-353-1111)

to place order. Delivery within 60 minutes
Patients at Mission Bay may order using the bedside tablet

Guest meals available for \$9

Scan this QR code
for menu guides



translations and
nutritional info



To our patients on Insulin for **BLOOD SUGAR CONTROL** while in the hospital: You may order your meals when you are ready to eat. To help us manage your blood sugar, your nurse will check your blood sugar levels several times throughout the day. The nurse needs to check your blood sugar levels before you eat your breakfast, lunch and dinner. In addition 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 **5 THINGS**:

1) Eat 3 times a day **2)** Do not skip meals **3)** Order meals at consistent meal times & space meals at least 3 to 4 hours apart. Each meal-time insulin dose is active in your body for approximately 4 hours **4)** The diet clerk will help you make sure your carbohydrate choices fit within your diet order **5) Most Important:** Wait for your nurse to check your blood sugar before eating your meal.