**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 with raisins ♥... organic granola ♥... organic cocoa kleea crumps ♥

**Cage Free Eggs:**
Scrambled eggs or egg beaters ♥... scrambled eggs with cheese... hard-boiled egg (served chilled) ♥

**Sides**
Greek yogurt ♥... plain... vanilla... strawberry

**Breads**
Bran muffin ♥... White roll ♥

**Organic banana**

**Fresh cut ♥...**
apple... honey dew... pineapple

**Fresh seasonal whole fruit ♥**
Hashbrown triangle
Bacon (two strips) ♥...
Impossible® sausage patty

**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: ice cream, milk & vanilla, 600 cal.
Chocolate Shake: ice cream, milk, avocado & Chirardelli cocoa, 512 cal.
Vegan-Banana Berry Smoothie: Raspberry sorbet, strawberries, organic bananas, soy milk 379 cal.♥

**CORNER GRILL**
Available after 10am

**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: Cauliflower leek ♥
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...

**GREEN FIELDS**
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

**Entrée 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 ♥**

**RICE + SPICE**
Available after 11am

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

**Teriyaki Sauce ♥**
Made with tamari, ginger, rice vinegar, sesame seeds

**Choose:** Organic tofu ♥... chicken breast ♥... salmon fillet ♥

**Rice:** Jasmine rice ♥... brown rice ♥

**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 1am

Greens & Vegetables
- Succulent green beans...
- Sweet steamed carrots...
- Braised blend of chard, kale and collard greens

Grains & Potatoes
- White rice...
- Mashed potatoes...
- Dairy-free mashed potatoes...

Macaroni & Cheese
Grilled Chicken Breast with Demi-Glace
- Antibiotic-free chicken breast

Meatloaf
- 100% grass fed beef meatloaf

Pan-Seared Salmon Fillet
- Salt & pepper

Choice of sauces (to add to proteins):
- Vegetarian brown gravy...
- Demi-glace sauce

COCINA VERDE
Available after 1am

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

<table>
<thead>
<tr>
<th>Salt</th>
<th>Bar sauce</th>
<th>Saltines</th>
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<tbody>
<tr>
<td>Pepper</td>
<td>Hot sauce</td>
<td>Sugar</td>
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<tr>
<td>Pepper</td>
<td>Ketchup</td>
<td>Brown sugar</td>
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<tr>
<td>Margarine</td>
<td>Mustard</td>
<td>Spreda</td>
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<td>Leman wedge</td>
<td>Mayonnaise</td>
<td>Honey</td>
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<td>Herb seasoning</td>
<td>Jelly (grape)</td>
<td>Pancake syrup</td>
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<tr>
<td>Parmesan cheese</td>
<td>Sugar-free jelly</td>
<td>Sugar free syrup</td>
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<tr>
<td>Soy sauce</td>
<td>Peanut butter</td>
<td>Non-dairy creamer</td>
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</tbody>
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SNACKS & BABY FOOD
Served all day

- Applesauce...
- Greek yogurt (plain...
- strawberry...
- vanilla)
- Cottage cheese
- Vegan Gel Snack
- Mozzarella string cheese
- Uncrustables peanut butter & grape jelly sandwich
- Annie’s Bunny Crackers: (cheddar...
- chocolate chip)
- Graham crackers
- Whole grain chips
- Pretzels
- Raisins
- Popcorn
- Almonds

Organic baby food:
- apples, blueberries & oats...
- sweet potatoes...
- vegetables & chicken with quinoa...
- vegetables & beef medley with quinoa

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, organic 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

ROOM SERVICE
Open daily 7am - 8pm

CALL 3-1111
to place order. Delivery within 60 minutes
Patients at Mission Bay may order using the bedside tablet
Guest meals available for $9

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 9am and 2pm 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.