



*Build Your Own*

## SALAD OR ENTRÉE

<b>Salad:</b> ♥	<b>Protein:</b>	<b>Dressing:</b>	<b>Toppings (0-5g)</b> ♥
Mixed Greens (0g)	Grilled Tempeh (10g) ♥	<b>House made:</b>	Tomato
Spinach (0g)	Black Beans (10g) ♥	Raspberry	Red Onion
Chopped Romaine (5g)	Refried Beans (25g)	Vinaigrette (10g) ♥	Peppers
	Salmon (0g) ♥	Cilantro Lime	Artichoke
	Turkey (0g) ♥	Crema (0g)	Hard Boiled Egg
<b>Entrée:</b>	Chicken (0g) ♥	Tzatziki (0g)	Roasted Broccoli & Cauliflower
Whole Grain Rice	Steak (0g)	Oil & Vinegar (0g) ♥	Carrots
Blend (30g) ♥	Roasted Pork (0g)	<b>Also Available:</b>	Cheese
White Rice (25g)		Bleu Cheese (0g)	Black or Refried Beans (10 - 20g)
Roasted Sweet Potatoes (20g) ♥		Ranch (5g)	
		Caesar (5g)	

## SANDWICH

<b>Locally Sourced Bread:</b>	<b>Spreads:</b>	<b>Protein:</b>	<b>Toppings: (0g)</b> ♥
Whole Wheat (55g)	Hummus (5g) ♥	Grilled Tempeh (15g) ♥	Lettuce
Wheat Ciabatta (50g)	Guacamole (0g) ♥	Turkey	Tomato
Wheat Tortilla (45g)	Herb Cream	Roasted Pork	Onion
Wheat Pita (40g)	Cheese (0g)	Ham	Pickled Onion
Multigrain Croissant (40g)	House Made	Egg Salad (5g)	Cucumber
Sourdough (55g)	Cranberry Sauce (5g)	Chicken Salad (0g)	Spinach
White (40g)	Light Mayo (0g)	Tuna Salad (5g)	Pickles
	Mustard (0g)		Peppers
			Cheese

## DESSERTS

- Fresh Cut Fruit** (15g) ♥
- Sugar Cookie** (40g)
- Chocolate Chip Cookie** (45g)
- Cake Bites** – Assorted bite-size layered cake wrapped in chocolate (5-10g) - Chocolate, Red Velvet, or Carrot Cake
- Petite Cheesecake** (20-30g) – Chocolate, Raspberry, Vanilla
- Beignet** – Baked fresh onsite. Choose from: citrus glazed (20g) or powdered sugar (15g)
- Pudding** – Vanilla, chocolate, or tapioca (20-25g)
- Ice Cream** – Vanilla, chocolate, strawberry (15-20g)
- Milkshake** – Vanilla, chocolate, strawberry (65-90g)

## ROOM SERVICE

In Culinary Services at Intermountain Health, we are proud to provide room service dining. Here are some key items to be aware of during your stay with us:

- Meals are included at no additional cost as part of your stay in the hospital. Guest meals are available for purchase. The guest menu and prices can be viewed through the QR code and ordered via the number on the front.



- With room service, you can order throughout the day. See the front of the menu for operating hours. Everything is made fresh to order so please allow 45 minutes for your order to be delivered.
- Our menu features items that are minimally manipulated and made from scratch.
- Many items on the menu can be customized, if you have a specific need, please let us know.
- Our team is happy to help if you have questions about the menu or your diet order.



## MENU ICONS



Heart Healthy Choices

(15g)

Carbohydrate Grams  
(Rounded to the nearest 5 grams)

# ROOM SERVICE MENU





# Breakfast (SERVED ALL DAY)

## ENTRÉES

- Vegetable Omelet** - Cooked to order with fresh vegetables and mozzarella cheese (10g)
- Wasatch Omelet** - Our signature omelet with mushrooms, sausage, feta, onion, spinach, and tomatoes garnished with mozzarella cheese (5g)
- Build Your Own Omelet** - Choose up to 5 toppings: spinach, mushrooms, green or red peppers, onions, tomatoes, ham, sausage, cheese, bacon (0-15g)
- French Toast** - Hand battered, locally sourced cinnamon swirl bread (40g)
- Buttermilk Pancakes** - Short-stack of fluffy buttermilk pancakes (30g)
- Brioche Waffle**- A rich, maple infused waffle (30g)
- Breakfast Sandwich** - Toasted English muffin topped with an over hard egg, cheddar cheese, guacamole, tomato. Breakfast meat available by request (25g)
- Breakfast Burrito** - Eggs and potatoes wrapped in a warm flour tortilla (45g). Add up to 5 additional ingredients: cheese, spinach, mushrooms, green or red peppers, onions, tomatoes, ham, sausage, bacon (0-15g)

# Sides

## BREAD ALL OF OUR BREADS ARE LOCALLY SOURCED

- Multi – Grain Croissant** (40g)
- Toast** – Wheat, white, or sourdough (20-25g)
- Tortilla** – Wheat, flour, or corn (10-45g)
- English Muffin** (25g)
- Bagel** (30g)
- Fresh-Baked Muffin** – Blueberry, cranberry nut, spiced carrot (20-25g)
- House Made Banana Bread** (45g)

## YOGURT

- Light Yogurt** – Raspberry or key lime (15g) ♥
- Yogurt – Vanilla or lemon** (25g) ♥
- Greek Yogurt** – Plain (5g), peach or strawberry (15g) ♥
- Yogurt Parfait** – Greek yogurt topped with mixed berries & granola (35g) ♥
- Plant Based Yogurt with Honey** (15g) ♥
- Overnight Oats with Fresh Berries** (40g)

## CEREALS

- Oatmeal** (20g) ♥
- Cream of Wheat** (20g) ♥
- Honey Nut Cheerios** (20g) ♥
- Cheerios** (15g) ♥
- Raisin Bran** (25g) ♥
- Cinnamon Toast Crunch** (20g)
- Rice Chex** (15g) ♥

## SIDES

- Eggs Made to Order:** Scrambled, boiled, over medium, over hard, or egg whites (0-5g) ♥
- Breakfast Potatoes** (25g) ♥
- Bacon** (0g)
- Sausage Patty** (0g)

## FRUIT

- Fresh Cut Fruit** (15g) ♥
- Banana** (25g) ♥
- Apple** (20g) ♥
- Applesauce** (10g) ♥
- Grapes** (15g) ♥

# Center of the Plate AVAILABLE AFTER 11 AM

## SIGNATURE SANDWICHES

- Plant Based Gyro** – Thin sliced marinated tempeh (soybean cake) grilled & served over a whole wheat pita. Topped with a plant based tzatziki, cucumber, tomato, lettuce, pickled red onion, and feta cheese (55g) ♥
- Sandstone Turkey Sandwich** – Thinly sliced turkey piled on a locally baked multigrain ciabatta bun with herbed cream cheese and scratch made cranberry sauce (55g)
- Classic Grilled Cheese** – Flavorful two cheese blend grilled golden brown on your choice of locally sourced wheat, white, or sourdough bread (40-55g)
- All-American Bistro Burger** – Classic burger topped with melted cheddar cheese and accompanied by all the trimmings (35g)
- Carolina BBQ Pulled Pork Sandwich** – Tender pulled pork tossed in a house made Carolina BBQ sauce and topped with pickled onions (40g)
- BLT** – A classic favorite with crunchy bacon and lettuce with a juicy tomato (50g)
- Grilled Chicken Sandwich** – Savory grilled chicken on white with Swiss cheese and pickled onions (35g)

# Hot Entrée AVAILABLE AFTER 11 AM

- Tuscan Garden Pasta** – Tender cavatappi tossed with fresh sautéed vegetables and house made marinara (♥) or alfredo sauce (45-50g). Chicken or shrimp, available by request.
- Asian Vegetable Stir Fry** – Savory-sweet vegetable stir fry with option to add tempeh, chicken, steak, or shrimp served over rice (50g)
- Pan Seared Chicken** – Boneless, skinless, tender 5oz chicken breast; rubbed with fresh herbs & seasonings (0g) ♥
- Southwest Grilled Chicken** – Tender 5oz chicken breast marinated with a blend of Southwestern seasonings. Garnished with cilantro lime crema & fresh cilantro (0g)
- Fire Braised Turkey** – Tender fire braised and seared turkey breast served with house made poultry herb gravy. (0g) ♥
- Citrus Dill Marinated Salmon** – Atlantic Salmon marinated with lemon and fresh dill. Pan seared and garnished with citrus zest & extra virgin olive oil (0g) ♥
- Home-style Meatloaf** – Scratch made and topped with a zesty tomato maple glaze (20g)
- Traditional Lasagna** – Layers of tender pasta with melted cheeses, herbs, and house made meat sauce (25g)
- Southwest Quesadilla** – Cheddar cheese, black beans, corn, and peppers grilled to perfection (50g) Add chicken by request.
- Tacos** – Your choice of pork or chicken served on corn tortillas with green onions, cilantro, and lime (15g)
- 5oz Center Cut Top Sirloin Steak** – Seasoned with our house blend of herbs & spices (0g)
- Lemon Rosemary Roasted Pork Shoulder** – Slow roasted pork shoulder marinated with fresh lemon, rosemary, and garlic. Hand shredded garnished with fresh herbs (5g)
- Personal Pan Pizza** – Your choice of classic three cheese, hearty pepperoni, BBQ chicken, or chicken alfredo. Served atop hand stretched thin pizza crust (35-40g)

## ENTRÉE SALADS

- Spring Greens with Seasonal Fruit** – Seasonal fruit, nuts, and feta cheese; served over Spring Greens (15 - 25g) ♥. Chicken, steak or shrimp available by request.
- Plant Based Mezze Salad** – Mixed spring greens topped with cucumber, tomato, oregano pickled red onion, feta (by request), seasoned & roasted pita chips. Accompanied by marinated grilled tempeh. Garnished with our plant based tzatziki. (30g) ♥
- Southwest Chopped Salad** – A hearty salad with seasoned black beans, fresh vegetables, & roasted corn. Garnished with guacamole. (40g) ♥
- Chicken or steak available by request.
- Chef Salad** – Fresh cut romaine topped with a medley of ham, turkey, hard boiled egg, vegetables, and cheese (20 g)
- Dressings** – Ranch (5g), Caesar (5g), house made raspberry vinaigrette (5g) ♥, plant based tzatziki, bleu cheese (0g), oil and vinegar (0g) ♥, chipotle ranch (5g), and apple vinaigrette (10g).

## SOUP

- Chicken Noodle** – Homestyle chicken noodle soup (10g)
- Tomato Basil** – A delicious medley of tomatoes, light cream, & seasonings (15g)
- Baked Potato** – Hearty blend of potatoes, light cream, bacon, and scallions (15g)
- Butternut Squash** – Savory and rich purée of butternut squash with fresh ginger (15g)
- Wild Mushroom Bisque** – Robust mushroom purée with aromatic vegetables (15g)

## SIDES

- Seasonal Vegetable** (varies) ♥
- Whole Grain Rice Blend** (30g) ♥
- Roasted Broccoli & Cauliflower** (5g) ♥
- Roasted Sweet Potatoes** (20g) ♥
- Steamed Carrots** (5g) ♥
- Southwest Fire Roasted Corn** (20g) ♥
- Mediterranean White Bean Medley** (20g)
- Black Beans** (10g) ♥
- Refried Beans** (20g)
- Side Salad** – Garden or Caesar (5-10g) ♥
- Creamy Macaroni and Cheese** (15g)
- Baked Potato** (35g) ♥
- Mashed Potatoes** (20g)
- Roasted Pan Gravy** (5g)
- Poultry Herb Gravy** (5g)
- Dinner Roll** – White or Wheat (15-20g) ♥
- Kettle Chips** – Original or BBQ (25g)
- Sun Chips** (20g)

## SNACKS

- String Cheese** (0g)
- Cottage Cheese** (5g)
- Cheese & Crackers** (10g)
- Apple & Peanut Butter** (25g) ♥
- Fresh Vegetables with Ranch** (10g) or **Hummus** (15g) ♥

## BEVERAGES

- Juice** - Apple (20g), Cranberry (25g), Grape (30g), Orange (20g), Prune (20g), V-8 (5g) ♥
- Milk** - Whole, 2%, or Skim (10g) ♥
- Chocolate Milk** (25g)
- Almond Milk** (15g)
- Tea** - Green, Black, Chamomile, Iced (0g) ♥
- Coffee** - Regular or Decaf (0g) ♥
- Hot Chocolate** (20g)
- Sugar Free Hot Chocolate** (10g) ♥

## SUPPLEMENTS

- Boost Plus** (40-45g) ♥
- Glucose Control** (15g) ♥
- Glucose Control Max** (5g) ♥
- Boost Breeze** - Peach or Wildberry (55g) ♥

*Coke products available by request.*