

Drinks

Served All Meals

Call
2-3463
(2-DINE)

Milk and Alternatives \$1

- Fat-free ¹¹ | Lactose-free Fat-free ¹¹
- 1% ¹¹ | 2% ¹¹ | Whole ¹¹
- Whole Chocolate ²⁹
- Low-fat Buttermilk ¹⁴
- Hot Chocolate ¹⁶
- Vanilla Almond Milk ¹⁵
- Vanilla Soy Milk ¹⁷



Coffee and Tea \$1

- Hot Coffee - Regular | Decaf
- Hot Tea - Regular | Decaf
- English Breakfast Tea
- Green Tea

Decaf Herbal Teas

- Chamomile | Lemon Ginger
- Mint | Lemon

Juice \$1

- Apple ¹⁵ | Grape ¹⁵ | Orange ²⁰
- Prune ¹⁵ | V8 ⁷ | Cran-Grape ¹⁶
- Diet Cranberry*

Cold Drinks \$1

- Bottled Water
- Iced Tea - Regular | Decaf
- Coke - Regular ³⁹ | Diet
- Dr Pepper - Regular ³⁴ | Diet
- Sprite - Regular ³⁷ | Zero
- G2 ⁸ | Gatorade ²¹
- Ginger Ale ³⁶

Ask about
our seasonal
drinks



Desserts and Snacks

Served
All Meals

Desserts \$3

- Angel Food Cake with Strawberries ⁴⁶
- Mini Bundt Cakes - Carrot ⁵³ | Chocolate ⁹³
- Pineapple ⁸⁶ | Red Velvet ⁸⁸
- Dutch Apple Pie ⁶³ | Warm Peach Crisp ³²
- New York Cheesecake ⁴⁵



Cookies \$1

- Chocolate Chip ²³ | Graham Crackers ¹⁶
- Oatmeal Raisin ²³ | Sugar-free Lemon ²⁰
- Sugar-free Gourmet Walnut Brownie ²⁴

Jell-O Gelatin \$1

- Cherry ¹⁷ | Lime ¹⁷ | Sugar-free Lemon*
- Peach Mango High Protein*
- Sugar-free Panna Cotta with Fresh Berries ¹⁰

Pudding \$2

- Banana ²¹ | Chocolate ²⁵ | Tapioca ²⁵
- No Added Sugar Vanilla ¹⁴

Yogurt \$3

- Cherry ²⁹ | Mixed Berry ³² | Light Peach ¹⁵
- Low-fat Plain ¹⁰ | Vanilla ²² | Strawberry Whips ²⁵

Greek Yogurt \$3

- Key Lime ¹⁶ | Fat-free Blueberry ⁹
- Fat-free Vanilla ¹⁵
- Fat-free, Sugar-free Triple Zero Mixed Berry ¹⁰

Parfaits \$3

- Low-fat Vanilla Yogurt with Granola and your Choice of Fresh Seasonal Berries ⁷⁰ | Canned Peaches ⁷⁴
- Sugar-free Jell-O with Layers of No Added Sugar Vanilla Pudding with Seasonal Berries ¹⁶



Fresh Fruit \$4

- Fresh Fruit Cup ¹⁶
- Blueberries ¹² | Strawberries ¹¹
- Honeydew ¹³ | Pineapple ¹⁹
- Seedless Grapes ²⁶
- Apple ²⁶ | Banana ²⁶

Ask
about our
seasonal fruit
and seasonal
berries

Canned Fruit \$1

- Applesauce ¹³ | Fruit Cocktail ¹⁶
- Mandarin Oranges ¹⁵
- Peaches ¹³ | Pears ¹⁵ | Pineapple ¹⁵
- Dried Prunes - 3oz ⁵⁴ | Raisins ³⁴



Ice Cream and More \$2

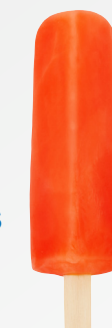
- Per Scoop
- Chocolate ¹⁸ | Strawberry ¹⁷ | Vanilla ¹⁶
- Fat-free, Sugar-free Vanilla ¹⁹
- Rainbow Sherbet ¹⁶
- Fat-free Vanilla Frozen Yogurt ¹⁵

Toppings \$1

- Caramel ¹⁹ | Chocolate Syrup ¹⁶
- Chopped Walnuts* | M&M's ²⁰
- Fresh Fruit - Banana ¹³ | Pineapple ⁷ or Strawberries*
- Sugar-free Whipped Topping*

Italian Ice and Sugar-free Popsicles

Assorted Flavors*



Guest Menu

Please note the
orange numbers
next to food items
indicate
the total grams of
carbs in each item.

Food items
marked with
an asterisk *
indicates less
than 5 carbs

Guest Menu



THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center
Making Cancer History®

Breakfast

Please place orders between 6:30 and 10:30 a.m.

Call 2-3463 (2-DINE)

Hot Cereal \$2

Cream of Wheat ¹⁶
Grits ²⁷ | Oatmeal ³⁰



Cold Cereal \$2

Cheerios - Regular ¹⁴ | Honey Nut ²³
Cinnamon Toast Crunch ²² | Corn Flakes ¹⁸
Frosted Flakes ²⁶ | Granola with Raisins ⁵² | Raisin Bran ³³
Rice Krispies ¹⁶ | Special K ¹³

Ask about our wide variety of toppings \$1

Ask about condiments

Pancakes and More \$2

Belgian Waffle - Multigrain ⁶³ | Buttermilk ⁶²
Pancakes - Multigrain ⁵⁸ | Buttermilk ⁵⁵
French Toast ⁶⁹

Toppings \$1

Warm Berry Compote ¹¹ | Sugar-free Whipped Topping*

Fresh Eggs \$3

Fried | Hard Boiled | Poached
Scrambled | Scrambled Egg Whites

Breakfast Proteins \$3

Smoked Bacon | Country Sliced Ham
Chicken Apple Sausage Link* | Pork Sausage Link
Turkey Sausage Patty | Vegetarian Breakfast Patty ⁶
Sautéed Tofu with Garlic*

Breads \$2

Biscuit ²⁴ - with Cream Gravy if desired
Croissant ³³ | Flour Tortilla (one) ¹⁴
Toasted Bagel - Plain ⁵⁶ | Raisin ⁴⁵
Toasted Sliced - White ¹⁶ | Sliced Whole Wheat ¹³
Toasted English Muffin - Sourdough ²⁹
or Whole Wheat ³⁰ | Banana Nut Bread ⁴²

Sides and Starches \$2

Avocado* | Sliced Tomatoes* | Cottage Cheese*
Potatoes O'Brien ³⁴ | Refried Beans ²⁴ | White Rice ³⁴

Omelet \$7

Choice of:

Three Eggs | Egg Whites

Breakfast Protein (see list)

Cheese*

Cheddar | Monterey Jack
Low-sodium Swiss

Vegetables*

Bell Peppers
Jalapeño Peppers
Green Onion | Mushrooms
Spinach | Tomatoes

Omelets available all day

Breakfast Tacos \$5

Scrambled Egg, Cheddar and Monterey Jack Cheese in a Flour Tortilla with:

- 1 Smoked Bacon ¹⁴
- 2 Refried Beans and Potatoes O'Brien ³⁴

Ask for homemade salsa*

Breakfast Sandwiches \$5

Over Hard Egg with:

- 1 Smoked Bacon and American Cheese on a Toasted Croissant ³⁵
- 2 American Cheese on a Toasted Croissant ³⁵
- 3 Ham and Monterey Jack Cheese on a Toasted Sourdough English Muffin ³¹

All American Breakfast \$10

Two Fresh Eggs and:

Choice of:

A Breakfast Protein, Starch, Bread, Juice and a Drink

Lunch and Dinner

Choose from a variety of foods, all prepared with high-quality ingredients.

Soups \$4

Made from scratch

Baked Potato ³⁰
Home-style Herb Chicken Noodle ¹⁴
Garden Vegetable ¹⁸ | Texas Chili ²⁶

Ask about our Soup Specials

Salads \$9

Try our chef's homemade or assorted Ken's dressings

Small Salad \$3 - Garden ⁵ | Caesar ¹⁰



Chicken Caesar Salad \$25

Grilled chicken breast, crisp romaine lettuce, tomatoes, shredded Parmesan cheese and croutons

Fresh Fruit Platter \$40

Assorted seasonal fresh fruit and berries, served with cottage cheese

Turkey Cobb Salad \$6

Fresh garden mixed greens, feta cheese, low-sodium turkey, diced tomatoes, smoked bacon, English cucumber and hard boiled egg

Sandwiches are served with a dill pickle spear

Build Your Own Sandwich

Full Sandwich \$8 | Half Sandwich \$6

Toasted by request.

BREADS

Croissant ³³ | French Baguette ³³ | Pita ⁴⁰ | Sliced White ¹⁶
Sliced Whole Wheat ¹³ | White Bun ³³ | Whole Wheat Bun ⁵²

MEATS

Smoked Bacon | Boar's Head Ham or Turkey
Egg Salad* | Tuna Salad ⁸ | Chicken Salad ⁷

BOAR'S HEAD CHEESES*

American | Cheddar | Low-sodium Swiss
Monterey Jack | Provolone

Sandwich Fixings

Leaf Lettuce* | Tomato* | Red Onion* | Dill Pickle Chips*
Avocado* | Mayonnaise | Mustard
Roasted Red Pepper Hummus ⁸ | Peanut Butter ¹⁰
Assorted Natural Jams ³⁷ and Honey ¹⁵ | Sugar-free Jellies ¹²

Menu items available in a la carte and half portions

Hot Off the Grill

Served on locally baked breads, with french fries ⁺³⁵

BURGERS:

Black Angus Beef ³³ | \$12
Turkey ³⁵ | \$9

Black Bean Burger ⁴⁹ | \$9

Grilled Chicken Sandwich ³³ | \$12

Hot Dog ²⁵ | \$9

Boar's Head 100% beef

Philly Cheese Steak ³¹ | \$9

Sliced ribeye steak with onions, bell peppers and provolone cheese

Grilled Cheese ³⁴ | \$7

Classic American Cheese

Soy Ginger Wrap ⁷⁶ | \$11

Grilled chicken glazed in soy ginger sauce with crispy cauliflower and a citrus slaw

Chicken Fingers ²⁰ | \$11

Lightly breaded chicken tenders

Sides and Chips \$2

Avocado*

Carrot and Celery Sticks*

Sliced Tomatoes* and Seedless Cucumbers*

Dill Pickle Spear*

Kalamata | Black Olives*

Citrus Brussels Sprouts Slaw ¹¹

Potato Salad ¹⁷ | Cottage Cheese* ¹⁶

Hummus - Regular ¹⁶

Roasted Red Pepper Hummus ¹⁷

Pita Chips ⁴⁰

Goldfish Crackers ¹⁴

Potato Chips - Plain ²³ | Baked ²⁶

Jalapeno Cheddar ²⁷

Popcorn - Sea Salt ¹² | White Cheddar ¹⁵

Pretzels ⁴⁷ | Sun Chips ²⁷

Please note the orange numbers next to food items indicate the total grams of carbs in each item.

Food items marked with an asterisk * indicates less than 5 carbs

Please place orders between 11 a.m. and 9 p.m.

Call 2-3463 (2-DINE)

Our team works hard to ensure your meals taste great and are good for you.

Ask about our Seasonal Chef Specials and Sauces

Entrées

Carbs will vary based on sides selections

Chicken Fried Chicken ⁷⁰ | \$15

Buttermilk battered fried chicken with mashed potatoes, tarragon green beans and country gravy

Roasted Turkey Plate ⁴⁰ | \$12

Roasted turkey with roasted fingerlings and snap pea hash with corn and red pepper with giblet gravy

Brisket Meatloaf ⁶¹ | \$15

Chopped beef brisket BBQ Au Jus, mashed potatoes and steamed corn

Grilled Sirloin Steak ³³ | \$15

Well done sirloin steak with mashed potatoes and asparagus ragout w/ chimichurri sauce

Grilled Salmon Bowl ²⁰ | \$16

Fresh Atlantic salmon with quinoa pilaf and steamed asparagus with basil pesto

Stir Fry Shrimp Bowl \$14

Soy ginger shrimp tossed with mushrooms, broccoli, onion, bell peppers, pineapple and white ⁴⁹ or brown rice ³⁸

Redfish Cooked Your Way \$15

Cajun-bake ⁵⁵ or poached ⁵⁴ w/ choice of sauce, macaroni and cheese and steamed broccoli

Spaghetti \$12

Meat sauce on regular ⁴⁴ or wheat spaghetti ⁴⁷
Marinara sauce on regular ⁴⁷ or wheat spaghetti ⁵⁰
with sauteed spinach

Grilled Chicken Fettuccini Alfredo ⁶¹ | \$11

Lightly seasoned grilled chicken breast with creamy cheesy pasta and broccoli

Loaded baked potato ⁸⁴ | \$11

Potato with chopped beef, bacon, green onion, chives and steamed broccoli

Breads \$2

Cornbread ³² | Crackers* | Croissant ³³

Dinner Roll - White ²⁵ | Whole Wheat ²⁹

Parmesan Garlic Bread ¹³ | Banana Nut Bread ⁴²

Personal Pizza \$7

Cheese ¹¹⁰

Margherita ¹¹¹

Turkey Pepperoni ¹¹¹

Vegetables \$2

STEAMED

Asparagus* | Broccoli ⁸

Carrots ⁹ | Kernel Corn ¹⁶

SEASONED

Tarragon Green Beans ¹²

Mushrooms ⁷

Snap Peas, Red Pepper and Corn Succotash ⁹

Asparagus Mushroom* and Tomato Ragout

Sautéed Spinach ⁵

Starches \$2

Potato - Baked ⁴² | Mashed ²³

Baked Sweet Potato ³⁶

Roasted Fingerling Potatoes ²⁹

Brown ²¹ | White Rice ³⁴

Quinoa Pilaf ¹⁵

Cornbread Dressing ¹⁶

Macaroni and Cheese ³⁸

Black ²⁷ | Garbanzo ¹²

Pinto ²⁴ | Refried Beans ²⁴

See Drinks, Dessert and Snack selections for options served all meals.