

Sweets and drinks.

For your information.

Room Service Menu

Desserts

3 Hershey's Kisses*
Brownie*
Chocolate Cake*
Angel Food Cake
Carrot Cake

Cheesecake

Add fresh strawberries
strawberry topping

Pie Apple Cherry

Add ice cream

Cookies

Chocolate Chip* Sugar
Oatmeal Raisin Peanut Butter

Haagen-Dazs Ice Cream

Vanilla or Chocolate*

No Sugar Added Ice Cream

Vanilla or Chocolate*

Ice Cream Sundae

Chocolate* Caramel Strawberry

Italian Ice

Cherry or Lemon ^{HC}

Traditional Popsicles

Grape, Cherry, Orange
Also available Sugar-Free

Sherbet

Pudding & Jell-O

Strawberry, Orange
Sugar Free Strawberry
Chocolate* Vanilla Tapioca
Sugar-Free Chocolate*
Sugar-Free Vanilla

Hot Beverages

^{HC} Coffee *

Regular or Decaf

Hot Chocolate *

Sugar Free Hot Chocolate *

^{HC} Tea

Mint Sleepy Time Green *

Red Zinger Lemon Zinger

Apple Cinnamon Cherry Blackberry

Earl Grey* English Breakfast *

Decaf Black Tea* Mandarin Orange Spice

Add Sugar Sugar in the Raw

Splenda Equal Sweet & Low

Honey Lemon Juice

Milk Half & Half

Non-Dairy Creamer

Cold Beverages

Juice

Apple Cranberry Grape Orange Prune

Milk

1% 2% Whole Fat Free Chocolate*

Lactose Free Almond Soy

Soda - 8 oz

Pepsi* Diet Pepsi*

Sierra Mist Diet Sierra Mist

Schweppes Ginger Ale

Soda - 12 oz

Mug Root Beer Diet Mug Root Beer

Caffeine Free Diet Pepsi Club Soda

G2: Cool Blue, Fruit Punch, Grape

Gatorade - 20 oz

Fruit Punch Lemon Lime Orange

^{HC} Iced Water

^{HC} Iced Tea *

Add Lemon Wedge

Sugar Sugar in the Raw

Splenda Equal Sweet & Low

* = CAFFEINE

Welcome to UHealth

Room Service lets you order a freshly prepared meal when you are ready to eat. You may place a meal order anytime from 6:30 a.m.–8 p.m., seven days a week.

How to place an order:

Dial extension 8-4052 from your bedside phone and place your order.

If you do not specify a meal time, please allow 45 minutes for delivery to your room.

A staff member will come to your room to assist with ordering if requested (called "Room Service with Assistance").

We are pleased to offer half-portions of most items

Please check with the Nutrition Assistant to see what is available

What We Recommend:

One (1) entrée, 2 sides, dessert (if desired) and a beverage - Nutrient-dense foods and beverages, including fruits, vegetables, whole grains, lean proteins and low-fat dairy.

Friends & family

Call room service to purchase guest vouchers. Breakfast is \$8.

Lunch/dinner is \$10 per person.

Please note that meals include one entrée, appropriate sides, a beverage and a dessert.

Garden View Café

Open 7 days a week
6:30 a.m.–1 a.m.

Courtyard Café

Open Monday through Friday
7 a.m.–2 p.m.



Call ext. 8-4052 to plan your meal with a nutrition assistant.



Call ext. 8-4052 to order. 6:30 a.m.–8 p.m. daily.



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Breakfast anytime.

Items marked
with **HC**
are Healthier
Choices

From Our Griddle

HC Pancakes Blueberry Pancakes
Banana Pancakes
Strawberry Pancakes
Cinnamon French Toast
Waffles

Add Butter Margarine
Peanut Butter Apple Sauce
Syrup or Sugar Free Syrup
Fresh Berries Banana
Strawberry Topping

HC 2 Fresh Eggs - any style

Omelets & Burritos

Made with your choice of Fresh Eggs,
Egg Whites or Egg Beaters

HC Garden Omelet

Egg Whites, Onions, Tomatoes & Spinach

Meat Lovers Omelet

Eggs, Sausage, Ham, Bacon & Cheddar

Ham & Cheddar Omelet

Breakfast Burrito

Tortilla, Eggs, Cheddar, Pico de Gallo

HC HH Breakfast Burrito

Tortilla, Egg Beaters, Pico de Gallo

Add any of our sides

Sides

Bacon Pork Sausage Patty
Turkey Sausage Patty Grilled Tofu
Vegetable Sausage Patty
Biscuits & Gravy Hash Browns
Chorizo Refried Beans Black Beans
Spinach Mushrooms
Fresh or Pickled Jalapenos
Spicy Green Chili Pico de Gallo
Corn Tortilla White or Wheat Tortilla

Freshly Baked

Blueberry Muffin
Banana Nut Muffin
Bran Raisin Muffin
English Muffin Bagel Toast

Add Butter Margarine
Peanut Butter
Jelly - Grape or Strawberry
Seedless Blackberry Jam
Sugar Free Jelly - Grape
Blackberry or Strawberry
Low Fat Cream Cheese

HC Hot Cereals

Oatmeal Grits Cream of Wheat

Add Brown Sugar
Raisins Butter Margarine
Cheddar Cheese Milk Walnuts
Salt & Pepper
Mrs. Dash Original or Garlic Herb

HC Cold Cereals

Cheerios Corn Flakes Raisin Bran
Rice Krispies Rice Chex

Frosted Flakes Granola

Add Strawberries Banana Milk

HC Yogurt

Vanilla Blueberry Peach Strawberry

Non Fat Greek Yogurt

Plain Vanilla Blueberry Peach
Strawberry

Triple Zero Greek Yogurt

Vanilla Strawberry

Fresh Berry Yogurt Parfait

HC Fruit

Fresh Fruit Bowl or Cup
Banana Apple Orange Grapes
Mixed Berries Strawberries
Applesauce Peaches Pears
Dried Prunes Stewed Prunes
Fruit Cocktail

Soups, salads and hand-helds.

House Made Soups

Chicken Noodle

HC Beef Red Chili

Tomato

HC Black Bean and Lentil

Low Sodium Broths

Chicken Beef Vegetable

Add Saltine Crackers
Salt-Free Crackers

HC Starter Salads

Caesar Garden

HC Entrée Salads

Grilled Salmon

Tomato, Cucumber, Onion,
Spring Greens, House Made Balsamic
Vinaigrette

Chicken Caesar

Grilled Chicken Breast
or Crispy Chicken Strips
Romaine Lettuce, Parmesan Cheese,
House Made Croutons

Tossed Cobb

Chicken, Bacon, Tomato, Avocado,
Hard-cooked Egg, Blue Cheese

Heart Healthy Cobb

Chicken, Red Peppers, Tomato
Hard-cooked Egg Whites

Kale Quinoa Strawberry

Fresh Strawberries, Craisins, Baby Kale,
Goat Cheese crumbles, Almond slivers,
and Red Quinoa

Dressing Choices

Ranch Fat Free Ranch
Blue Cheese Caesar
French Fat Free French
Light Italian Thousand Island
Fat Free Thousand Island
Red Wine Vinegar & Olive Oil

HC House Made Balsamic Vinaigrette

Hot & Juicy Burgers

HC 90% Lean Ground Beef

HC Turkey Burger

Veggie Burger

Choice of Bun or Lettuce Wrap

Add Swiss Cheddar American
Pepper Jack Pickles
Lettuce Tomato Red Onion
Avocado Bacon Green Chili
Grilled Onions or Mushrooms
Fresh or Pickled Jalapenos

Signature Sandwiches

HC Southwestern Portobello Wrap
Grilled Portobello, Chipotle black bean hum-
mus, Avocado, Fire-roasted red bell pepper,
and Cole slaw on a Tortilla

HC Heart Healthy Wrap

Chicken, Red Pepper, Lettuce and Tomato
on a Tortilla

Turkey Club

Turkey, Cheddar, BLT and Chipotle Mayo
on bread of your choice

PB & J Regular or Sugar Free Jelly

Grilled Cheese Choice of cheese & bread

Build - a - Sandwich

Bread: White Wheat Rye
Sourdough 3-Cheese Bread
Hoagie Roll Lettuce Wrap

HC **Deli:** Boar's Head Ham Turkey Roast Beef

Chicken Salad Egg Salad Tuna Salad

Cheese: Cheddar Swiss American
Pepper Jack Provolone

Fresh: Lettuce Tomato Red Onion
Sliced Avocado Jalapenos Pickles

Condiments Light Mayo Chipotle Mayo
Fat Free Mayo Yellow Mustard Ketchup
Grey Poupon Dijon A-1 Steak Sauce
Bull's- Eye BBQ Cholula Hot Sauce
Salsa Pico de Gallo Salt & Pepper
Mrs. Dash Original or Garlic Herb

House-made entrées and side dishes.

HC Center of the Plate

New York Strip Steak
Grilled Chicken Breast
Grilled Fresh Salmon
Fresh Herb and Garlic Salmon
Bison Meatloaf

Crispy Chicken Strips
Pot Roast
Meat Lasagna White Veggie Lasagna

HC Hot Sides

Wild Rice Blend Basmati Rice
Couscous Quinoa Pilaf
Chef's Mashed Potatoes
Baked Potato Baked Sweet Potato
Roasted Red Potatoes

French Fries Baked Onion Rings
Mac & Cheese

Gravy

Brown Gravy (low sodium)
Turkey Gravy (low sodium)
Country Gravy

HC Vegetables

Grilled Asparagus
Broccoli Florets
Carrots
Green Beans
Sautéed Spinach
Zucchini & Yellow Squash
Sweet Corn
Sautéed Mushrooms

Add A-1 Steak Sauce
Bull's-Eye BBQ Soy Sauce
Ketchup Teriyaki Sauce Sour Cream
Butter Margarine Salt & Pepper
Mrs. Dash Original or Garlic Herb

Make it Healthier!

- Skip the cheese
- Add veggies
- Have fruit for dessert
- Drink water instead of soda

Our Pasta Bar

Choose your noodles

Cheese Tortellini or
Cavatappi corkscrew noodles
Rigatoni Linguini or 3 Cheese Ravioli

Pick your sauce & toppings

HC House Meat Sauce House Marinara

Creamy Alfredo Basil Pesto

HC **Add** Grilled Chicken

Sautéed Mushrooms Sautéed Veggies

From our Pizza Oven

Cheese Flatbread Pizza

Add up to 3 toppings

Pepperoni Sausage Ham Grilled Chicken
or any veggie combination

Add Parmesan Cheese Crushed Red Chili

Mile High Mex

HC Fish Tacos

Corn Tortillas, Pico de Gallo, Seasoned Mahi Mahi,
Chipotle Lime Slaw, Lemon

Quesadilla Tortilla with cheese

Bean Burrito

Tortilla, Refried or Black Beans, Cheddar Cheese

Add Chorizo Grilled Tofu Onions

Spicy Vegetarian Green Chili
Fresh or Pickled Jalapenos Sour Cream
Tomato Salsa Pico de Gallo Cholula Hot Sauce

HC Sides

Guacamole Cup Plain Hummus Cup
Crudité with Hummus Fresh Fruit Bowl or Cup
Cottage Cheese Baked Chips Cole Slaw

Potato Salad Potato Chips Tortilla Chips
Graham Crackers Saltines Pretzels