

Lunch & Dinner

Available from 11:00 a.m. to 7:00 p.m.

NORTHWEST CLASSICS

Please Select One Entree Per Order

Grilled Chicken

Herb-marinated, antibiotic-free chicken breast

Seared Coho Salmon

Salmon topped with an apple-cider reduction

Pork Flat Iron

Grilled pork steak served with mango-peach salsa (6g)

Grilled Steak

Antibiotic- and hormone-free, grass-fed beef

Meatloaf

Grass-fed ground beef with beef gravy (10g)

Butternut Squash Ravioli

Filled pasta (54g) with your choice of marinara sauce (+11g), or herb sauce (+12g)

Superfood Vegetable Stir-Fry

Kohlrabi, brussels sprouts, broccoli, kale, red cabbage, and carrots served over brown rice (52g)

Kidney Bean Dal

Organic vegan kidney bean dal with red lentils, carrots, and tamarind (18g)

Curry Tiger Burrito

Vegan filled burrito (40g)

Vegan Spinach Ravioli

Organic vegan filled pasta

À LA CARTE

Broccolini (3g)
Braised Greens (5g)
Green Beans (5g)
Carrots (5g)

Roasted Vegetables (13g)

Fettuccine (42g) with your choice of sauce

Beef or Chicken Gravy

White Rice (34g)

Brown Rice (23g)

Red Quinoa (18g)

White Roll (11g)

Wheat Roll (20g)

Baked Potato (41g)

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SWEET & DELICIOUS

Cookies

Chocolate Chip (25g)
Brownie (42g)
Coconut Macaroons (24-28g)

Ice Cream

Chocolate (19g)
Vanilla (17g)
Strawberry (20g)

Chilled Fruit

Fresh Cut Fruit (7g)
Fresh Mixed Berries (7g)

Sherbet

Orange or Raspberry (23-26g)

Pudding

Assorted flavors (13-31g)

Italian Ice

Lemon, Strawberry, or Cherry (18g)

Gelatin

Orange or Strawberry (1-23g)

Beverages

Starbucks Coffee

Regular or Decaffeinated

Tea

Black, Green, Herbal, or Iced

Hot Chocolate

Regular (16g)
No Added Sugar (12g)

Milk

Whole, 2%, or Fat-Free (12g)

Soy Milk

Vanilla or Chocolate (18-25g)

Almond Milk

Vanilla or Chocolate (13-19g)

Cold Beverages

Bottled Water
Sparkling Water
Coconut Water (13g)
Lemonade (42g)

Juice

Apple (15g)
Orange (13g)
Cranberry (16g)
Diet Cranberry (1g)
Low-Sodium V8 (6g)

Nutrition Supplements

Ensure (40-41g)
Ensure Max (6g)
Ensure Clear (52g)
Kate Farms (38g)

Nutrition Therapy for Recovery

After your hospital stay, your body continues to need extra protein, calories, and other nutrients to help you heal, regain strength and replenish energy. Your body uses protein to build cells and repair tissue. Poor nutrition can slow the healing process and put you at risk for complications, weakness, falls, or another hospital stay.

During your stay, you may have been prescribed a nutrition supplement drink (Ensure, Kate Farms, Milkshake, or Smoothie) to increase your protein and calorie intake. It's ideal to meet your nutrition needs from a variety of healthy foods. If your appetite is low or you are unable to eat enough protein, nutrition supplement drinks can help your body get the nourishment it needs.

Continue to drink 2 nutrition drinks or eat 2 protein containing snacks daily in addition to your regular meals for at least 30 days after your hospital stay to support healing and recovery at home.

Choose nutrition supplement drinks and snacks that have a minimum of 7g of protein per serving.

Nutrition supplement drinks taste best served chilled or over ice.

Resources

Overlakehospital.org/outpatientnutrition
Eatright.org
Oldwayspt.org



SEASONS DINING

BY OVERLAKE

Seasons Dining features local, organic produce, whole-grain artisan breads, trans-fat-free bakery items, and fair-trade coffee.

Once you have decided on your meal, simply dial extension **6368** (MENU) to place your order. Please allow 45 minutes to one hour for delivery.

Avoid call waiting times and preorder your evening meal from 2 p.m. to 4 p.m. daily for a delivery time of your choice

Heart-Healthy

OVERLAKE | MEDICAL CENTER & CLINICS

ROOM SERVICE MENU

Presented by Hospitality Dining Services

Breakfast

Available from 6:30 a.m. to 10:00 a.m.

OVERLAKE SUNRISE

Juice*

Apple (15g)
Orange (13g)
Cranberry (16g)
Diet Cranberry (1g)
V8 (6g)

Fruit*

Banana (38g)
Fresh Cut Fruit (7g)
Strawberries (4g)
Blueberries (10g)
Peaches (12g)
Pears (13g)

Cottage Cheese* (5g)

Yogurt*

Raspberry (27g)
Peach (28g)
Lemon (26g)
Organic Vanilla (17g)

Dairy-Free Coconut Yogurt*

Vanilla (13g)
Strawberry (13g)
Blueberry (13g)

Bakery

Plain Bagel (57g)
Cinnamon Raisin Bagel (58g)
White English Muffin (25g)
Wheat English Muffin (26g)
Blueberry Muffin (30g)
Cinnamon Roll (40g)
Croissant (34g)

Yogurt Smoothie*

Mixed Berry (18g)
Strawberry Banana (18g)
Mango (19g)

Greek Yogurt*

Plain Nonfat (6g)
Vanilla Triple Zero (10g)
Strawberry Triple Zero (10g)
Blueberry (16g)
Peach (17g)

Yogurt Parfait*

Organic vanilla yogurt with berries and granola (40g)

Organic Cold Cereal

Vanilla Island Shredded Wheat (36g)
Corn Flakes (28g)
Brown Rice Crisps (21g)
Shredded Wheat (47g)
Honey Nut Honest O's (17g)
Natural Rebel Crunch Granola (49g)

Hot Cereal

Steel-Cut Oats (29g)
Cream of Wheat (17g)
Cream of Rice (19g)

Toppings

Brown Sugar (13g)
Honey (12g)
Raisins (34g)
Chopped Walnuts (3g)

Breakfast

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HOT ENTREES

Please Select One Entree Per Order

The 520 Omelet

Eggs with tomatoes, green onions, peppers, and mushrooms (5g)

Spinach & Goat Cheese Omelet

Eggs with baby spinach, and braised leeks (5g)

Cinnamon Brioche French Toast

One thick slice of brioche (33g)

Whole Grain Pancakes

One pancake (21g)

Bel-Red Breakfast Sandwich

Toasted white bread, egg substitute, sliced grilled ham, and Swiss cheese (41g)

À LA CARTE

Eggs

Scrambled
Hard-Boiled*
Scrambled Egg
Substitute

Sides

Vegan Apple Maple Sausage (1 link 4g)
Roasted Red Potatoes (15g)
White Rice (34g)
Brown Rice (24g)
Shredded Hash Browns (13g)

Condiments*

Maple Syrup (30g)
Sugar-free Syrup (4g)
Mrs. Dash
Butter or Margarine
Jam & Jelly (3-10g)
Light Cream Cheese
Peanut Butter (6g)
Sour Cream
Salsa (1g)
Ketchup (3g)
Tabasco
Sugar in the Raw (5g)
Splenda (1g)
Stevia (1g)
Half & Half
Nondairy Creamer

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SMALL PLATES & SIDE SALADS

Chicken Skewers

Tandoori grilled chicken with mango ketchup, served with Asian slaw (24g)

House Salad

Organic mixed baby greens, sliced cucumbers, shredded carrots, and tomatoes (4g)

Freemont Salad

Mixed greens, dried cranberries, garbanzo beans, and walnuts (29g)

Veggie Plate

Sliced cucumbers, grape tomatoes, baby carrots (11g)

SOUPS

Low-Sodium Chicken Vegetable Noodle (10g) Tomato (13g)
Creamy Butternut Squash (15g)

ENTREE SALADS

Please Select One Entree Per Order

Thai Salad

Rice noodles, shredded cabbage, carrots, red onion, peanuts, and Asian vinaigrette with your choice to add chicken (47g)

Grilled Steak Salad

Mixed greens, tomatoes, shredded carrots, slivered almonds, grilled and sliced grass-fed steak with honey mustard dressing (13g)

Green Lake Mesclun Salad

Organic mixed baby greens, sliced cucumber, shredded carrot and grape tomatoes (8g) with choice of dressing. You may choose to add grilled chicken

Salad Dressing

Oil & Vinegar (1g)
Low-Sodium Italian (1g)

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SIGNATURE GRILL

Please Select One Entree Per Order

Served on a Brioche bun (38g)

Hamburger
Chicken
Salmon
Veggie (33g)

Grilled Swiss Cheese Sandwich

Organic country white grilled with Swiss cheese (40g)

Available Trimmings

Lettuce, tomato, and onion (3g)

MADE-TO-ORDER SANDWICHES

Please Select One Entree Per Order

Bread (Per slice)

Organic 9 Grain (20g)
Croissant (34g)
Brioche Bun (38g)
Gluten-Free (10-12g)
Organic Country White (20g)
Vegan Spelt (17g)

Deli

Antibiotic-Free Roast Beef
Egg Salad (2g)
Tuna Salad (5g)
Chicken Salad (3g)
Hummus (9g)

Cheese

Swiss

Condiments

Mayonnaise
Yellow Mustard
Peanut Butter (8g)
Jelly (2 pcs 19-20g)
Sugar-Free Jelly (6-8g)

Vegetables

Lettuce
Tomato (1g)
Onion (2g)
Cucumber Slices (1g)

*Items are available at any time.

Half portions are available upon request.