

Lunch & Dinner

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

Please Select Only One Entree Per Order

NORTHWEST CLASSIC ENTREES

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 (7g)

Butternut Squash Ravioli

Filled pasta (54g) with your choice of marinara sauce (65g), or herb sauce (66g)

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 (45g)

Vegan Ravioli

Organic vegan filled pasta

À LA CARTE

Broccoli (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 (24g)
Red Quinoa (18g)
White Roll (17g)
Wheat Roll (20g)
Baked Potato (48g)

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SWEET & DELICIOUS

Cookies

Chocolate Chip (25g)
Brownie (42g)
Coconut Macaroons (26g)

Chilled Fruit

Fresh Cut Fruit (7g)
Fresh Mixed Berries (6g)

Pudding

Assorted flavors (11-31g)

Gelatin

Orange or Strawberry (5-16g)

Ice Cream

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

Sherbet

Orange or Raspberry (27g)

Sorbet

Orange, Strawberry, or Lemon (8g)

Italian Ice

Lemon or Strawberry (18g)

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 (19-25g)

Almond Milk

Vanilla or Chocolate (11-19g)

Cold Beverages

Bottled Water
Coconut Water (20g)
Lemonade (42g)

Juice

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

Nutrition Supplements

Ensure (44g)
Ensure Max (6g)
Ensure Clear (50g)
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 2p.m. to 4p.m. daily for a delivery time of your choice

Cardiac/Heart Healthy Diet

ROOM SERVICE MENU
Presented by Hospitality Dining Services

OVERLAKE | MEDICAL CENTER
& CLINICS

Breakfast

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

Please Select Only One Entree Per Order

OVERLAKE SUNRISE

Juice*

Apple (15g)
Orange (13g)
Cranberry (14g)
Diet Cranberry (1g)
V8 (6g)

Fruit*

Banana (38g)
Fresh Cut Fruit (7g)
Fresh Mixed Berries (6g)
Peaches (9g)
Pears (12g)

Cottage Cheese* (7g)

Yogurt Smoothie*
Mixed Berry (17g)
Strawberry Banana (18g)
Mango (19g)

Yogurt Parfait*

Organic vanilla yogurt with berries and granola (40g)

Yogurt*

Raspberry (21g)
Peach (21g)
Lemon (26g)
Organic Vanilla (17g)

Greek Yogurt*

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

Dairy-Free Yogurt*

Almondmilk Peach (19g)
Almondmilk Dark
Chocolate Coconut (21g)
Almondmilk Strawberry (18g)

Bakery

Plain Bagel (57g)
Cinnamon Raisin Bagel (58g)
White English Muffin (28g)
Wheat English Muffin (26g)
Blueberry Muffin (30g)
Cinnamon Roll (40g)
Croissant (34g)

Organic Cold Cereal

Vanilla Island Shredded Wheat (36g)
Shredded Wheat (47g)
Corn Flakes (28g)
Brown Rice Crisps (21g)
Honey Nut Honest O's (25g)
Natural Rebel Crunch Granola (41g)

Hot Cereal

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

Toppings

Brown Sugar (13g)
Honey (12g)
Splenda (1g)
Stevia (1g)
Raisins (34g)
Chopped Walnuts (2g)
Half & Half (1g)

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HOT ENTREES

The 520 Omelet

Eggs with tomatoes, green onions, peppers, and mushrooms (6g)

Spinach & Goat Cheese Omelet

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

Cinnamon Brioche French Toast

One thick slice of brioche (33g) served with maple syrup (+30g) or sugar-free syrup (+4g)

Whole Grain Pancakes

One pancake (20g) served with maple syrup (+30g) or sugar-free syrup (+4g)

Bel-Red Breakfast Sandwich

Toasted white bread, egg substitute, sliced grilled ham, and Swiss cheese (58g)

À LA CARTE

Eggs

Scrambled
Hard-Boiled*
Scrambled Egg
Substitute

Sides

Vegan Apple Maple Sausage (7g)
Roasted Red Potatoes (15g)
White Rice (34g)
Brown Rice (24g)
Shredded Hash Browns (13g)

CONDIMENTS*

Light Cream Cheese
Pepper
Mrs. Dash
Margarine
Sour Cream (1g)
Jam & Jelly (10g)
Sugar-Free Jelly (2g)
Natural Peanut Butter (6g)

Salsa (1g)
Tabasco Sauce
Ketchup (3g)
Sugar in the Raw (5g)
Splenda & Stevia (1g)
Half & Half (1g)
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)

SOUPS

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

ENTREE SALADS

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 ENTREES

Served on a Brioche bun (46g)

Hamburger
Chicken
Salmon
Veggie

Grilled Swiss Cheese Sandwich

Organic country white grilled with Swiss cheese (40g)

Available Trimmings

Lettuce, tomato, onion, and pickle chips (3g)

MADE-TO-ORDER SANDWICHES

Bread (per slice)

Organic 9 Grain (20g)
Croissant (34g)
Brioche Bun (46g)
Gluten-Free (20g)
Organic Country White (20g)
Vegan Spelt (17g)

Deli

Antibiotic-Free Roast Beef
Egg Salad (2g)
Tuna Salad (5g)
Chicken Salad (3g)
Peanut Butter (8g)
Jelly (20g)
Sugar-Free Jelly (5g)

Condiments

Mayonnaise
Yellow Mustard

Cheese

Swiss

Vegetables

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

*Items are available at any time.

Half portions are available upon request.