

# Lunch & Dinner

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

Please Select Only One Entree Per Order

## SWEET & DELICIOUS

### Cookies

Chocolate Chip (25g)  
Ginger Molasses (22g)  
Brownie (42g)  
Toffee Crunch Blondie (46g)  
Coconut Macaroons (26g)

### Ice Cream

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

### Sherbet

Orange or Raspberry (27g)

### Chilled Fruit

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

### Pudding

Assorted flavors (11-31g)

### Gelatin

Orange or Strawberry (5-16g)

### Sorbet

Orange, Strawberry, or Lemon (8g)

### Italian Ice

Lemon or Strawberry (18g)

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## 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)  
Chocolate (26g)

### 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)  
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

# Comfort/Low-Fiber Diet

ROOM SERVICE MENU  
Presented by Hospitality Dining Services

# 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)

### Smoked Salmon Plate

Northwest nova-smoked salmon, chopped egg, cream cheese on a plain bagel (64g)

### Bakery

Plain Bagel (57g)  
White English Muffin (28g)  
Cinnamon Roll (40g)  
Croissant (34g)

### Organic Cold Cereal

Corn Flakes (28g)  
Brown Rice Crisps (21g)  
Honey Nut Honest O's (25g)

### Hot Cereal

Cream of Wheat (17g)  
Cream of Rice (19g)

### Toppings

Brown Sugar (13g)  
Honey (12g)  
Splenda (1g)  
Stevia (1g)  
Half & Half (1g)

### Yogurt\*

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

### Greek Yogurt\*

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

### Dairy-Free Yogurt\*

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

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## HOT ENTREES

### The Classic Omelet

Eggs with ham and cheddar cheese (3g)

### Cinnamon Brioche French Toast

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

### Bel-Red Breakfast Sandwich

Toasted rustic potato bread, eggs, sliced grilled ham, and cheddar cheese (58g)

## À LA CARTE

### Eggs

Scrambled  
Hard-Boiled\*  
Scrambled Egg  
Substitute

### Sides

Chicken Apple Sausage (3g)  
Bacon  
Pork Sausage Patty  
Vegan Apple Maple Sausage (7g)  
White Rice (34g)  
Shredded Hash Browns (13g)

## CONDIMENTS\*

Cream Cheese	Ketchup (3 g)
Light Cream Cheese	Sugar in the Raw (5 g)
Salt & Pepper	Splenda & Stevia (1 g)
Butter	Half & Half (1 g)
Margarine	Nondairy Creamer
Sour Cream (1 g)	
Jam & Jelly (10 g)	
Sugar-Free Jelly (2 g)	
Natural Peanut Butter (6 g)	

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## SMALL PLATES & SIDE SALADS

### Artisan Cheese Plate

Chef's selections of cheeses with fresh cut melon (34g)

### Cottage Cheese and Fruit

Cottage Cheese (6g) with choice of fruit:  
Mixed Melons (+7g)  
Peaches (+9g)  
Pears (+12g)

### Chicken Skewers

Tandoori grilled chicken with mango ketchup (24g)

## SOUPS

Chicken Vegetable Noodle (11g)  
Tomato (13g)  
Chicken, Beef, or Vegetable Broth (1–2g)

Creamy Butternut Squash (15g)  
Bistro Cream of Mushroom (12g)

## MADE-TO-ORDER SANDWICHES

### Bread (per slice)

Sourdough (23g)  
Rustic Potato (28g)  
Croissant (34g)  
Brioche Bun (46g)  
Gluten-Free (20g)  
Organic Country White (20g)  
Vegan Spelt (17g)

### Deli

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

### Condiments

Mayonnaise  
Yellow Mustard

### Grill

Served on a Brioche bun (46g)  
Hamburger  
Turkey Burger (1g)  
Chicken Breast  
Salmon Fillet

### Cheese

Cheddar  
Provolone  
Swiss  
Monterey Jack

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## SIGNATURE GRILL ENTREES

### Grilled Three-Cheese Sandwich

Rustic potato bread with a blend of melted cheddar, Jack, and Swiss cheeses (57g)

## NORTHWEST CLASSIC ENTREES

### Grilled Chicken

Herb-marinated, antibiotic-free chicken breast

### Flatbread Pizza

Cheese (72)

*Gluten-free available upon request*

### Seared Coho Salmon

Salmon topped with an apple-cider reduction (11g)

### Macaroni & Cheese

Three cheeses blended with elbow macaroni (30g)

### Pork Flat Iron

Grilled pork steak

### Butternut Squash Ravioli

Filled pasta (54g) with your choice of marinara sauce (65g), herb sauce (66g), or alfredo sauce (61g)

### Grilled Steak

Antibiotic- and hormone-free, grass-fed beef

### Meatloaf

Grass-fed ground beef with porcini brown gravy (7g)

### Vegan Ravioli

Organic vegan filled pasta (31g)

## À LA CARTE

Green Beans (5g)	Yukon Gold Mashed Potatoes (16g)
Carrots (5g)	
Fettuccine (42g) with your choice of sauce	Beef, Brown, or Chicken Gravy
	White Rice (34g)
	White Roll (17g)
	Kettle Chips (16g)

\*Items are available at any time.

Half portions are available upon request.