

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 (14g)

Red Lentil Dal
Organic vegan dal with creamy red lentils, sweet butternut squash, and coconut (16g)

Vegan Burrito
(50g)

Vegan filled burrito
(40g)

Vegan Ravioli
Organic vegan filled pasta (49g)

À LA CARTE

- Broccolini (3g)
Braised Greens (5g)
Green Beans (5g)
Carrots (5g)
Roasted Vegetables (13g)
Pasta (42g) with your choice of marinara sauce (+11g), or herb sauce (+12g) Beef or Chicken Gravy
White Rice (34g)
Brown Rice (23g)
White Roll (11g)
Wheat Roll (20g)
Baked Potato (41g)

Lunch & Dinner

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

SWEET & DELICIOUS

- Bakery**
Chocolate Chip Cookie (25g)
Brownie (42g)
Coconut Macaroons (24–28g)

Chilled Fruit
Fresh Cut Fruit (7g)
Strawberries (4g)
Blueberries (10g)

Pudding
Assorted flavors (9–31g)

Gelatin
Vegan Orange or Strawberry (1–23g)
- Ice Cream**
Chocolate (19g)
Vanilla (17g)
Strawberry (20g)

Sherbet
Orange or Raspberry (23–26g)

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 (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



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)

Yogurt*

Raspberry (27g)
Peach (28g)
Lemon (26g)
Vanilla (19g)

Dairy-Free Coconut Yogurt*

Vanilla (22g)
Strawberry (21g)

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

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

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

Lunch & Dinner

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

SMALL PLATES & SOUPS

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, and baby carrots (11g)

SOUPS

Low-Sodium Chicken 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

Assorted low-sodium dressings (1g)

Lunch & Dinner

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

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 bread 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.

The number after each item indicates carb grams per serving.