

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 (11g)

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)
- Superfood Vegetable Stir-Fry**
Kohlrabi, brussels sprouts, broccoli, kale, red cabbage, and carrots served over brown rice (52g)

Butternut Squash Ravioli
Filled pasta (54g) with your choice of herb sauce (+12g) or no sauce

Vegan Ravioli
Organic vegan filled pasta (49g)

À LA CARTE

- Broccolini (3g)
- Braised Greens (5g)
- Green Beans (5g)
- Carrots (5g)
- Roasted Root Vegetables (13g)
- Pasta (42g) with herb sauce (+12g)
- White Rice (34g)
- Brown Rice (23g)
- White Roll (11g)
- Wheat Roll (20g)

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SWEET & DELICIOUS

- Bakery**
Chocolate Chip Cookie (25g)
Ginger Molasses Cookie (22g)
Coconut Macaroons (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

Juice
Apple (15g)
Cranberry (16g)
Diet Cranberry (1g)

Nutrition Supplements
Ensure Clear (52g)
Nepro (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

Renal Diet

Breakfast		Breakfast		Lunch & Dinner		Lunch & Dinner	
Available from 6:30 a.m. to 10:00 a.m.		Available from 6:30 a.m. to 10:00 a.m.		Available from 11:00 a.m. to 7:00 p.m.		Available from 11:00 a.m. to 7:00 p.m.	
OVERLAKE SUNRISE		HOT ENTREES		SMALL PLATES & SOUPS		SIGNATURE GRILL	
Please Select One Entree Per Order		Please Select One Entree Per Order		Please Select One Entree Per Order		Please Select One Entree Per Order	
Juice* Apple (15g) Cranberry (13g) Diet Cranberry (1g)		Greek Yogurt* Plain Nonfat (6g) Vanilla Triple Zero (10g) Strawberry Triple Zero (10g) Blueberry (16g) Peach (17g)		Chicken Skewers Tandoori grilled chicken with mango ketchup served with Asian Slaw (24g)		Served on a Brioche bun (38g) Hamburger Chicken Salmon Veggie	
Fruit* Fresh Cut Fruit (7g) Strawberries (4g) Blueberries (10g) Peaches (12g) Pears (13g) Mandarin Oranges (18g) Applesauce (13g)		Yogurt Parfait* Organic vanilla yogurt with berries and granola (40g)		House Salad Organic mixed baby greens, sliced cucumbers, and shredded carrots (4g) with choice of dressing		Grilled Swiss Cheese Sandwich Organic country white bread grilled with Swiss cheese (40g)	
Yogurt* Raspberry (27g) Peach (28g) Lemon (26g) Vanilla (19g)		Organic Cold Cereal Vanilla Island Shredded Wheat (36g) Corn Flakes (28g) Brown Rice Crisps (21g) Honey Nut Honest O's (17g) Shredded Wheat (47g)		Fremont Salad Mixed greens, dried cranberries, garbanzo beans, and walnuts (29g) with choice of dressing		Vegetables Lettuce Onion (2g) Cucumber Slices (1g) Avocado (2g)	
Dairy-Free Coconut Yogurt* Vanilla (22g) Strawberry (21g)		Hot Cereal Steel-Cut Oats (29g) Cream of Wheat (17g) Cream of Rice (19g)		Salad Dressing Assorted low-sodium dressings			
Bakery Plain Bagel (57g) White English Muffin (25g) Wheat English Muffin (26g) Blueberry Muffin (30g) Cinnamon Roll (40g) Croissant (34g)		Toppings Brown Sugar (13g) Honey (12g) Splenda (1g) Stevia (1g) Chopped Walnuts (3g) Half & Half		SOUP Low-Sodium Chicken Noodle (10g)		MADE-TO-ORDER SANDWICHES	
		À LA CARTE		Entree Salads		Please Select One Entree Per Order	
		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)		Bread (Per Slice) Organic 9 Grain (20g) Croissant (34g) Brioche Bun (38g) Gluten-Free (10-12g) Organic Country White (20g) Vegan Spelt (17g)	
		Condiments*		Green Lake Mesclun Salad Organic mixed baby greens, sliced cucumbers, shredded, and carrots (8g) with choice of dressing, choose to add grilled chicken		Deli Antibiotic-Free Roast Beef Egg Salad (2g) Tuna Salad (5g) Chicken Salad (3g)	
		Maple Syrup (30g) Sugar-Free Syrup (4g) Pepper Mrs. Dash Margarine Jam & Jelly (3-10g) Cream Cheese Light Cream Cheese Peanut Butter (6g) Sour Cream (1g)		Thai Salad Rice noodles, shredded cabbage, carrots, red onion, peanuts and Asian vinaigrette (47g), choose to add grilled chicken		Cheese Swiss	
		Ketchup (3g) Tabasco Sugar in the Raw (5g) Splenda & Stevia (1g) Half & Half Nondairy Creamer		Grilled Steak Salad Mixed greens, shredded carrot, grilled and sliced grass-fed steak with honey-mustard dressing (11g)		Condiments Mayonnaise Yellow Mustard Peanut Butter (6g) Jelly (2 pc 19-20g) Sugar-Free Jelly (2 pcs 6-8g)	
						Vegetables Lettuce Onion (2g) Cucumber Slices (1g)	

*Items are available at any time.

The number after each item indicates carb grams per serving.