

LUNCH & DINNER

Available from 11 a.m. to 7 p.m.
Please select only one entree per order

PACIFIC NORTHWEST CLASSIC ENTREE

Grilled Chicken

Herb-marinated, Antibiotic-free chicken breast

Seared Coho Salmon

Topped with apple-cider reduction and fresh herbs (11g)

Grilled Steak

Tender, antibiotic & hormone free, grass fed beef

Pork Flat Iron

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

Butternut Squash Ravioli

Vegetarian Butternut Squash filled pasta (54g) with your choice of marinara sauce (65g), herb sauce (66g)

Meatloaf

Sustainably-raised ground beef (3g) with your choice of gravy

Super-Food Vegetable Stir-Fry

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

Vegan Butternut Squash Ravioli

Organic filled pasta (78g)

Curry Tiger Burrito

Vegan filled burrito (45g)

Kidney Bean Dal

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

A LA CARTE SIDES

Steamed White Rice (34g)	Wheat Roll (20g)
Brown Rice (23g)	White Roll (17g)
Fettuccini (42g)	Brocolini (3g)
choice of marinara sauce (53g)	Green Beans (5g)
or herb sauce (54g)	Carrots (5g)
Roasted Root Vegetables (13g)	Red Quinoa (18g)
Chicken or Beef Gravy	Hummus (9g)

LUNCH & DINNER

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

SWEET & DELICIOUS

Cookies

Ginger Molasses (22g)
Macaroons (26g)

Sorbet

Orange or
Strawberry (8g)

Pudding

assorted flavors (11-31g)

Sherbet

Orange or
Raspberry (27g)

Gelatin

assorted flavors
(5-16g)

Italian Ice

Lemon or
Strawberry (18g)

Chilled Fruit

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

BEVERAGES

Starbucks Coffee

Regular or Decaffeinated

Cold Beverages

Bottled Water
Coconut Water (11g)
Lemonade (42g)

Tea

Black, Green, Herbal
or Iced

Juices

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

Hot Chocolate

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

Milk

Whole, 2% or Fat-Free (12g ea)
Chocolate (26g)

Soy Milk

Vanilla or Chocolate (19-25g)

Almond Milk

Vanilla or Chocolate (11-19g)

CONDIMENTS *

Pepper	Maple Syrup (30g)
Mrs. Dash	Sugar-Free Syrup (4g)
Margarine	Tabasco Sauce
Assorted Jelly (10g)	Ketchup (3g)
Sugar-Free Jelly (3g)	Salsa (2g)
Natural Peanut Butter	Sugar in the Raw (5g)
(6g) Light Cream	Stevia (1g)
Cheese (2g)	Splenda (1g)
	Non-Dairy Creamer

Your doctor has prescribed a cardiac diet

Following a cardiac diet is one step you can take to keep your heart healthy. This diet is very similar to the Mediterranean diet, a plant based way of eating which includes the following

Fruits and Vegetables

Aim to eat at least 5 servings of fruits and vegetables every day.

Be sure to include lots of dark green, red, and orange vegetables.

Protein

Get your protein mainly from seafood, beans, peas, lentils, nuts, and seeds.

Select lean sources of meat.

Try meatless alternatives such as beans or soy foods

Limit egg yolks to 2-4 per week.

Grains

Choose whole grains for at least half of your day's grain servings like whole wheat, brown rice, oats, quinoa, barley, or bulgur.

Minimize the consumption of sugar, sweetened beverages and refined carbohydrates.

Fats

Limit saturated fat that you eat to 7-10% or less of total daily calories.

Focus on heart healthy fats such as fish, avocado, nuts, and oils like sunflower, canola, and olive.

Eat more omega-3 fats found in salmon, walnuts, and flaxseeds.

Pick low fat dairy options.

Fluids

Drink plenty of water.

Limit regular coffee consumption to 3 serving or 400 mg or less of caffeine per day.

Limit the amount of sodium you consume to less than 2300 mg per day.

RESOURCES

www.overlakehospital.org/outpatientnutrition
www.dashdiet.org
oldwayspt.org

CCU 2-20

OVERLAKE | MEDICAL CENTER
& CLINICS



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 upon your meal, simply dial extension **6368** (MENU) to place your order. Please allow 45 minutes to one hour for delivery.

Cardiac/Heart Healthy Diet

ROOM SERVICE MENU

Presented by Hospitality Dining Services

(*) Items available at any time
Half portions available upon request

BREAKFAST

Available from 6:30 a.m. to 10 a.m.
Please **dial extension 6368 (MENU)** to place your order. Please select only one entree per order.

OVERLAKE SUNRISE

Juice*

Apple (15g)
Orange (13g)
Cranberry (14g) Diet
Cranberry (1g)
Low Sodium V-8 (6g)

Yogurt*

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

Greek Yogurt

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

Dairy-Free Yogurt

Almondmilk
Mixed Berry Parfait (30g)
Almondmilk Dark Chocolate
Coconut (20g)
Almondmilk Peach (19g)

Yogurt Smoothies

Mixed Berry (17g)
Mango (19g)
Strawberry Banana (18g)

Yogurt Parfait*

Organic vanilla yogurt
with berries and
granola (40g)

Fruits*

Banana (38g)
Fresh Cut Fruit (7g)
Fresh Mixed Berries (6g)
Fresh Sliced Apples (8g)
Peaches (9g)
Pears (12g)

Bagels*

Plain Bagel (57g)
Cinnamon Raisin (58g)
Gluten Free (50g)
Light Cream Cheese (2g)

Bakery*

English Muffin (24g)
Whole-Wheat English Muffin (26g)
Blueberry Muffin (30g)

Cold Cereals*

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

BREAKFAST

Available from 6:30 a.m. to 10 a.m.
Please **dial extension 6368 (MENU)** to place your order. Please select only one entree per order.

HOT ENTREES

Choose one per order

Spinach & Goat Cheese Omelet

Cage-free eggs with baby spinach,
braised leeks, & chèvre (5g)

The 520 Omelet

Cage-free egg with tomatoes, green onions,
peppers and mushrooms (6g)

Whole Grain Pancake

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

A LA CARTE SELECTIONS

Eggs

Cage-free Scrambled
Eggs

Hard-Boiled Egg
Cage Free
Scrambled Egg
Scrambed Egg
Substitute (2g)

Hot Cereals

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

Sides

Roasted Red
Potatoes (15g)

Vegan Apple Maple
Sausage (7g)

Steamed White Rice (34g)

Brown Rice (24g)
Shredded Hash Browns (13g)

Toppings

Brown Sugar (13g)

Honey (12g)
Stevia (1g)
Splenda (1g)

Raisins (34g)
Chopped Walnuts (3g)

Non-Dairy Creamer

LUNCH & DINNER

Available from 11 a.m. to 7 p.m.
Please **dial extension 6368 (MENU)** to place your order. Please select only one entree per order.

SMALL PLATES & SIDE SALADS

Chicken Skewers

Tandoori grilled chicken served with mango
ketchup (25g)

House Salad

Organic mixed baby greens, sliced cucumber,
shredded carrot and tomatoes (4g) Your
choice of dressing

Fremont Salad

Mixed greens, dried cranberries, garbanzo
beans and walnuts (29g) with your choice
of dressing

ENTREE SALADS

Thai Salad

Rice noodles, shredded cabbage, carrots,
red onion, peanuts and asian vinaigrette.
You may choose to add grilled chicken (47g)

Grilled Steak Salad

Mixed greens, tomatoes, shredded carrot,
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)
Low-Sodium French (4g)

SOUPS

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

LUNCH & DINNER

Available from 11 a.m. to 7 p.m.
Please **dial extension 6368 (MENU)** to place your order.
Please select only one entree per order.

DELI & GRILL ENTREE

Made to Order Sandwich

Breads (per slice)

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

Vegetables

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

Deli

Antibiotic-Free Roast Beef
Swiss Cheese
Egg Salad (2g)
Tuna Salad (5g)
Chicken Salad (3g)
Natural Peanut Butter (6g)
Sunflower butter (7g)
Assorted Jelly (20g)
Assorted Sugar-Free Jelly (5g)
Hummus (9g)

Condiments

Mayonnaise
Yellow Mustard

Grill

Served on a Brioche Bun (46g)

Chicken Breast
Salmon Fillet
Veggie Burger (33g)

Grilled Swiss Cheese Sandwich

Organic Country White bread
grilled with Swiss cheese (40g)

(*) Items available at any time
Half portions available upon
request