

LUNCH & DINNER

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

SWEET & DELICIOUS

Cookies

Chocolate Chip (25g)
Ginger Molasses Cookie (22g)

Ice Cream

Chocolate (19g)
Vanilla (17g)

Brownie (42g)
Toffee Crunch Blondie (46g)

Sorbet

Orange or Strawberry (8g)

Chilled Fruit

Fresh Cut Melon (7g)
Diced Peaches (9g)
Diced Pears (12g)
Mandarin Oranges (19g)

Sherbet

Orange or Raspberry (27g)

Italian Ice

Lemon or Strawberry (18g)

Pudding

Assorted flavors
(11-31g)

Gelatin

Assorted flavors
(5-16g)

CONDIMENTS*

Salt
Pepper
Butter
Margarine
Sour Cream (1g)
Assorted Jelly (10g)
Assorted Sugar-Free Jelly (3g)
Natural Peanut Butter (6g)
Sunflower Butter (7g)
Cream Cheese (1g)
Light Cream Cheese (2g)
Maple Syrup (30g)
Sugar-Free Syrup (4g)

Ketchup (3g)
Sugar in the Raw (5g)
Stevia (1g)
Splenda (1g)
Half & Half (1g)
Non-Dairy Creamer

(*) Items available at any time

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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 (11g)

Lemonade (42g)

Juices

Apple (15g)
Orange (15g)
Cranberry (16g)
Diet Cranberry (1g)
V-8 (6g)

Nutrition Supplements

(assorted flavors)
Ensure Enlive (44g)
Ensure Max (6g)
Ensure Clear (50g)
Kate Farms (38g)

Your doctor has prescribed a comfort/low fiber diet.

Fiber is an important part of your diet when you are healthy. However, after surgery or when you are sick, fiber can sometimes be difficult to digest. Therefore, it is recommended to avoid excessive fiber temporarily. While on this diet it is recommended to avoid whole grains, nuts and seeds, raw vegetables, and fruits with skins or seeds.

This diet offers whole tender meats, refined grains and cereals (such as cream of wheat, white rice or pasta, and potatoes without skins), non-gas producing well-cooked vegetables,

and soft ripe fruits without seeds. Your normal diet can resume once your doctor feels it is appropriate. It is best to gradually increase fiber as you transition back to your normal diet.

Preventative Nutrition Therapy

Once you have been cleared to resume a normal diet, try to focus on whole grains, legumes, fruits, vegetables, nuts and seeds. This may lower your risk for conditions like diabetes, heart disease, hypertension, stroke, and cancer.

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

Eat more legumes (like beans and lentils) and more whole grains.

Remember to increase fiber intake slowly!

Try meatless alternatives such as beans, peas, lentils, nuts and seeds.

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

Limit your daily sugar intake.

RESOURCES

Overlakehospital.org/outpatientnutrition

Eatright.org

COM 1-20

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.

Comfort/Low Fiber Diet

ROOM SERVICE MENU
Presented by Hospitality Dining Services

BREAKFAST

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

OVERLAKE SUNRISE

Juice*

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

Yogurt*

Peach (28g)
Lemon (26g)
Organic Vanilla (17g)

Greek Yogurt

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

Dairy-Free Yogurt

Almond milk Dark
Chocolate Coconut (21g)
Almond milk Peach (19g)

Yogurt Smoothie

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

Cottage Cheese* (6g)

Fresh Fruits*

Banana (38g)
Fresh Cut Melon (7g)

Chilled Fruits*

Applesauce (13g)
Diced Peaches (9g)
Diced Pears (12g)
Mandarin Oranges (19g)

Smoked Salmon Plate*

Northwest nova-smoked salmon, chopped egg, cream cheese and a plain bagel (54g)

Bagels*

Plain Bagel (48g)
Cream Cheese (1g)
Light Cream Cheese (2g)

Bakery & Toast*

English Muffin (24g)
Cinnamon Roll (40g)
Croissant (34g)
Sourdough (23g)
Rustic Potato (28g)
Gluten-Free (20g)
Organic Country White (20g)
Vegan Spelt (17g)

Cold Cereals*

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

BREAKFAST

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

HOT ENTREES

Choose one per order

The Classic Omelet

Cage-free 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)

A LA CARTE SELECTIONS

Eggs

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

Sides

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

Hot Cereals

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

Toppings

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

LUNCH & DINNER

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

SMALL PLATES & SALADS

Artisan Cheese Plate

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

Chicken Skewers

Tandoori grilled chicken served with mango ketchup (21g)

Cottage Cheese and Fruit

Cottage Cheese (6g) with choice of fruit

Mixed Melons (+7g)
Peaches (+9g)
Pears (+12g)

SOUPS

Chicken Vegetable
Noodle Soup (11g)

Tomato (13g)

Creamy Butternut
Squash (15g)

Bistro Cream of
Mushroom (12g)

Chicken, Beef or
Vegetable Broth
(1-2g)

MADE-TO-ORDER SANDWICHES

Breads (per slice)

Sourdough (23g)
Organic Country White (20g)
Croissant (19g)
Brioche Bun (46g)
Gluten-Free (20g)
Rustic Potato (28g)
Vegan Spelt (17g)

Condiments

Mayonnaise
Yellow Mustard
Ketchup (3g)

Grill

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

Deli

Antibiotic-Free Turkey
Antibiotic-Free Ham (2g)
Antibiotic-Free Roast Beef
Bacon
Egg Salad (2g)
Tuna Salad (1g)
Chicken Salad (2g)
Natural Peanut Butter (6g)
Assorted jelly (20g)
Assorted Sugar-Free jelly (5g)

Cheese

Cheddar
Provolone

Swiss
Monterey
Jack

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Please select one entree per order

SIGNATURE GRILL ENTREE

Grilled Three Cheese Sandwich

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

NORTHWEST CLASSICS ENTREE

Grilled Chicken

Herb-marinated, antibiotic-free chicken breast

Flatbread Pizza

Cheese (72g)
Gluten free available upon request

Seared Coho Salmon

Apple-cider reduction (11g)

Butternut Squash Ravioli

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

Pork Flat Iron

Grilled pork steak

Grilled Steak

Antibiotic and hormone-free, grass-fed beef

Macaroni & Cheese

Three cheeses blended with elbow macaroni create this American classic (30g)

Meatloaf

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

Vegan Butternut Squash Ravioli

Organic vegan filled pasta (78g)

A LA CARTE SIDES

Yukon Gold Mashed Potatoes (18g)
Brown, Chicken or Beef Gravy
Steamed White Rice (34g)
Fettuccini (42g) with your choice of sauce

Green Beans (5g)
Carrots (5g)
Potato Roll (17g)
Kettle Chips (16g)

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