

# LUNCH & DINNER

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

## PACIFIC NORTHWEST CLASSICS

### 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 with your choice of marinara sauce (65g), herb sauce (66g) or no sauce (54g)

### 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

Garlic & Roasted Vegetable Ravioli (78g)

Curry Tiger Burrito (45g)

Kidney Bean Dal (18g)

## A LA CARTE SIDES

Steamed White Rice (34g)

Brown Rice (23g)

Fettuccini (42g); choice of

marinara sauce (53g)

or herb sauce (54g)

Roasted Root Vegetables (13g)

Chicken or Beef Gravy

Wheat Roll (20g)

White Roll (17g)

Brocolini (3g)

Green Beans (5g)

Carrots (5g)

Red Quinoa (18g)

Hummus (9g)

# LUNCH & DINNER

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

## SWEET & DELICIOUS

### Bakery

Chocolate Chip Cookie (25g)

Ginger Molasses Cookie (22g)

Brownie (42g)

Toffee Chrunch Blondie (46g)

Vanilla & Chocolate Macaroons (26g)

### Ice Cream

Chocolate (19g)

Vanilla (17g)

Strawberry (20g)

### Chilled Desserts

Fresh Cut Fruit (7g)

Pudding, assorted flavors (11-31g)

Gelatin, assorted flavors (5-16g)

Sorbet, Orange or

Strawberry (8g)

Sherbet, Orange or

Raspberry (27g)

Italian Ice, Lemon or

Strawberry (18g)

## BEVERAGES

### Starbucks Fair-Trade Coffees:

Regular or Decaffeinated

#### Tea:

Black, Green, Herbal or Iced

#### Milk:

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

Chocolate (26g)

Soy Milk, Vanilla or Chocolate (19-25g)

Almond Milk, Vanilla or

Chocolate (11-19g)

#### Hot Chocolate:

Regular (16g)

No Added Sugar (12g)

### Bottled Water

Coconut Water(11g)

Lemonade (42g)

#### Juices:

Apple (15g)

Orange (15g)

Cranberry (16g)

Diet Cranberry (1g)

Low Sodium V-8 (6g)

### Nutrition Supplements

(assorted flavors)

Ensure Enlive (44g)

Ensure Max (6g)

Ensure Clear (50g)

Kate Farms (38g)

## CONDIMENTS\*

Pepper

Mrs. Dash

Butter

Margarine

Sour Cream

Assorted Jelly (10g)

Assorted Sugar-Free Jelly (3g)

Natural Peanut Butter (6g)

Cream Cheese (1g)

Light Cream Cheese (2g)

Maple Syrup (30g)

Sugar-Free Syrup (4g)

Tabasco Sauce

Sriracha Sauce (2g)

Ketchup (3g)

Salsa (2g)

Sugar in the Raw (5g)

Splenda (1g)

Half & Half (1g)

Non-Dairy Creamer

## Your doctor has prescribed a low sodium diet.

A low sodium diet can help manage multiple medical conditions such as high blood pressure and congestive heart failure. When following a low sodium diet foods are seasoned with fresh herbs and spices to add flavor without adding additional salt. Avoid processed and packaged foods such as regular canned soups, processed meats like bacon and ham, chips, frozen meals, and cheeses.

**Sodium Goal:** 2,400 mg sodium or less

**Remember:** 1 tsp salt = 2,300 mg sodium  
Read food labels!

## Preventative Nutrition Therapy

Following a healthy diet that focuses on whole grains, legumes, fruits, vegetables, nuts and seeds 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.**
- **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

[www.overlakehospital.org/outpatientnutrition](http://www.overlakehospital.org/outpatientnutrition)

[www.dashdiet.org](http://www.dashdiet.org)

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**OVERLAKE** | MEDICAL CENTER  
& CLINICS



# SEASONS D I N I N G

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.

## Low-Sodium Diet

ROOM SERVICE MENU

Presented by Hospitality Dining Services

(\*) Items available at any time

# 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*	Fruits*
Apple (15g)	Banana (38g)
Orange (15g)	Fresh Cut Fruit (7g)
Cranberry (16g)	Fresh Mixed Berries (6g)
Diet Cranberry (1g)	Fresh Sliced Apples (8g)
Low Sodium V-8 (7g)	Peaches (9g)
	Pears (12g)
Yogurts*	
Raspberry (27g)	Peach (17g)
Lemon (26g)	Blueberry (17g)
Organic Vanilla (17g)	Plain Nonfat (6g)
	Vanilla Triple Zero (10g)
<b>Yogurt Smoothies:</b>	Strawberry Triple Zero (10g)
Mixed Berry (17g)	<b>Dairy-Free:</b> Almondmilk
Mango (19g)	Mixed Berry Parfait (30g)
Strawberry Banana (18g)	Almondmilk Dark Chocolate
	Coconut (21g)
	Almond milk Peach (19g)
Yogurt Parfait*	
Organic vanilla yogurt with berries and granola (40g)	

Hot Cereals
Steel-Cut Oats (29g)
Cream of Wheat (17g)
Cream of Rice (19g)
Toppings:
Brown Sugar (13g)
Honey (12g)
Raisins (34g)
Chopped Walnuts (3g)
Half & Half (1g)
Non-Dairy Creamer
Splenda (1g)

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.

Bakery Breads, Muffins & Bagels*	
All of the products below are produced by local bakeries to our specifications.	
Bagels*	Bakery*
Plain Bagel (48g)	English Muffin (24g)
Cinnamon Raisin Bagel (58g)	Whole-Wheat English Muffin (26g)
Light Cream Cheese (2g)	Blueberry Muffin (30g)
Cream Cheese (1g)	
	Croissant (34g)

HOT ENTREES
LIMIT 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)
Cinnamon Brioche French Toast
One thick slice of brioche (33g) served with maple syrup (+30g) or sugar-free syrup (+4g)

## A LA CARTE SELECTIONS

Eggs
Cage-free Scrambled Eggs
Hard-Boiled
Scrambled Egg Substitute (2g)
Sides
Roasted Red Potatoes (15g)
Vegan Apple Maple Sausage, Two Links (7g)
Steamed White Rice (34g)
Brown Rice (24g)
Shredded Hash Browns (13g)

# 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

Dressings
Oil & Vinegar (1g)
Low-Sodium Italian (1g)
Low-Sodium French (4g)

## SOUPS

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

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Breads (per slice)	Deli
Organic 9-Grain (20g)	Antibiotic-Free Roast Beef
Brioche Bun (46g)	Swiss Cheese
Croissant (19g)	Egg Salad (2g)
Gluten-Free (20g)	Tuna Salad (5g)
Organic Country	Chicken Salad (3g)
White (20g)	Natural Peanut Butter (6g)
Vegan Spelt (17g)	Assorted Jelly (20g)
	Assorted Sugar-Free Jelly (5g)
	Hummus (9g)
Vegetables	Condiments
Lettuce	Mayonnaise
Tomato (1g)	Yellow Mustard
Onion (2g)	
Cucumber Slices (1g)	
Avocado (1g)	
Grill	
Served on a Brioche Bun (46g)	
Hamburger	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