

# LUNCH & DINNER

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

## NORTHWEST CLASSICS

### Cascade Herb Chicken

Pan-seared chicken breast.

### Wild Alaskan Salmon Fillet

Topped with apple-cider reduction. (2g)

### Smoked Pork Shank

Served with Autumn lentils. (8g)

### Grilled Steak

Tender, antibiotic and hormone-free, grass-fed beef.

### Macaroni & Cheese

Three cheeses blended with elbow macaroni create this American classic. (31g)

### Seasonal Ravioli

Cucina Fresca vegetarian filled pasta with your choice of smoked tomato or basil pesto sauce. (15g)

### Flatbread Pizza Mediterranean

Goat cheese, roasted tomatoes, basil and grilled peppers. (70g)

### Classic Cheese (61g)

### Pepperoni (60g)

## A LA CARTE SIDES

Yukon Gold Mashed Potatoes (20g)

Roasted Fingerling Potatoes (19g)

Steamed White or Brown Rice (30g)

Fettuccini with smoked tomato or basil pesto sauce (37g)

Green Beans (5g)

Carrots (8g)

Seasonal Vegetables (5g)

Beef Gravy (3g)

Chicken Gravy (3g)

Vegetarian Gravy (3g)

Wheat Roll (24g)

Potato Roll (23g)

Kettle Chips (16g)

## SWEET & DELICIOUS

Chocolate Chip Cookie (33g) Mukilteo Mudd Ice Cream (29g)  
Ginger Molasses Cookie (28g)

Vanilla & Chocolate

Macaroons (30g)

Fresh Cut Fruit (7g)

Pudding, assorted flavors (10-30g)

Gelatin, assorted flavors (0-14g)

Danish Vanilla Bean Ice Cream (24g)

Cascade Mountain

Blackberry Ice Cream (26g)

Sorbet Pops

(Assorted Flavors) (20g)

## BEVERAGES

### Starbucks Fair-Trade Coffees:

Regular or Decaffeinated

### Tea:

Black, Green, Herbal or Iced

### Milk:

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

Chocolate (27g)

Soy Milk, Vanilla or

Chocolate (19-25g),

Almond Milk, Vanilla or

Chocolate (16-23g)

### Hot Chocolate:

Regular (23g)

No Added Sugar (10g)

### Bottled Water

### Golazo Hydration:

All natural sports hydration-

Mango-Lime, Mandarin,

Lemon Lime, Hibiscus (33g)

### Juices:

Apple (15g)

Orange (15g)

Cranberry (15g)

Diet Cranberry (2g)

V-8 (7g)

### Nutrition Supplements

(assorted flavors)

Ensure Muscle Health (32g)

Glucerna Shake (27g)

Orgain Organic Nutritional

Shakes - Shake (32g), Vegan

(25g) or High Protein (9g)

Boost Breeze (54g)

## CONDIMENTS\*

Salt

Pepper

Mrs. Dash

Butter

Margarine

Sour Cream

Fat-Free Sour Cream (4g)

Assorted Jelly (9g)

Assorted Sugar-Free Jelly (3g)

Natural Peanut Butter (7g)

Cream Cheese (1g)

Light Cream Cheese (2g)

Maple Syrup (39g)

Sugar-Free Syrup (4g)

Tabasco Sauce

Ketchup (3g)

Salsa (2g)

Sugar in the Raw (5g)

Splenda

Half & Half (2g)

Non-Dairy Creamer (6g)

## Your doctor has prescribed a regular diet.

We encourage you to make your meal selections from a wide variety of fresh, made-to-order choices.

### Daily Dietary Recommendations:

- Focus on fruits and vegetables in a variety of colors.
- Two cups of fruit.
- One and a half cups of vegetables.
- Half of grains are whole grains.
- Three servings of fat-free or low-fat milk or milk equivalents.
- Lean proteins such as fish, chicken, lean beef or pork.

If your doctor has prescribed a carbohydrate-managed diet, you should eat a variety of foods in moderate amounts. It is important to know which foods contain carbohydrates. Recommended carbohydrate goals for each meal based on your calorie level are listed below.

### Carbohydrates include:

Milk products: milk and yogurt.

Grains: wheat, rice, breads and tortillas.

Starchy vegetables: potatoes, peas, squash and corn.

Fruits: juices, all fruits.

Sweets: soda, candy and desserts.

Approximate Calorie Level**	Break-fast	Lunch	Dinner	Eve Snack	% Calories from Carbohydrates (ref only not for menu)
1,200	30g	45g	60g	X	45%
1,400	45g	60g	60g	X	47%
1,500	60g	60g	60g	X	48%
1,600	60g	60g	60g	15g	49%
1,800	60g	60g	60g	15g	47%
2,000	60g	75g	75g	15g	45%
2,200	60g	75g	75g	30g	46%
2,400	75g	90g	90g	30g	47%

\*\*If no calorie level ordered, 1800-calorie carbohydrate consistency is followed.

## Resources

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

[www.mypyramid.gov](http://www.mypyramid.gov)

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

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

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.

# Regular Diet

# BREAKFAST

Available from 6:30 to 10 a.m.

## OVERLAKE SUNRISE

### Juice\*

Apple (15g)  
Orange (15g)  
Cranberry (15g)  
Diet Cranberry (2g)  
V-8 (7g)

### Fresh Fruits\*

Banana (31g)  
Fresh Cut Fruit (7g)  
Fresh Mixed Berries (9g)

### Yogurts\*

Raspberry (29g)  
Peach (26g)  
Lemon (25g)  
Organic Vanilla (27g)

### Greek:

Strawberry (19g)  
Blueberry (20g)  
Light Cherry (9g)  
Plain Nonfat (6g)

### Light (16g):

Strawberry  
Blueberry  
Vanilla  
Peach

### Cold Cereals\*

Kashi Organic Vanilla island  
shredded wheat (44g)  
Kashi Organic Simply Maize  
corn flakes (23g)  
Barbara's Organic Brown  
Rice Crisps (25g)  
Barbara's Organic Honey  
Nut Honest O's (24g)  
Barbara's Organic Shredded  
Wheat (32g)  
Natural Rebel Crunch  
Granola (36g)

### Hot Cereals

Steel-Cut Oats (22g)  
Cream of Wheat (25g)  
Cream of Rice (27g)

### Toppings:

Brown Sugar (13g)  
Honey (12g)  
Raisins (31g)  
Chopped Walnuts  
Half & Half (2g)  
Splenda

### Smoked Salmon Plate\*

Northwest nova-smoked  
salmon, capers, sliced red  
onion, chopped egg, cream  
cheese and a 9-grain bagel.  
(70g)

### Bagels\*

Plain Bagel (68g)  
9-Grain Bagel (67g)  
Cream Cheese (1g)

### Bakery\*

English Muffin (27g)  
Honey Wheat English  
Muffin (27g)

Fruit-Sweetened Blueberry

Bran Muffin (32g)  
Cinnamon Roll (35g)  
Croissant (15g)

### Organic Yogurt Smoothies\*

Peach (41g)  
Wild Berry (39g)  
Strawberry-Banana (40g)

### Cottage Cheese\* (6g)

### Yogurt Parfait\*

Organic vanilla yogurt with  
berries and granola. (45g)

# BREAKFAST

Available from 6:30 to 10 a.m.

## CHEF'S SIGNATURE OMELETS

### The Classic

Cage-free eggs with ham  
and cheddar cheese. (3g)

### The 520 Omelet

Cage-free eggs with  
tomatoes, green onions,  
cheddar cheese, peppers and  
mushrooms. (7g)

### Vegetable Frittata

Cage-free eggs in a baked  
omelet with braised leeks,  
spinach and goat cheese. (8g)

## GRIDDLE

### Cinnamon Brioche French Toast

One thick slice of brioche  
(38g) served with maple  
syrup (+25g) or sugar free  
syrup (+4g)

### Whole Grain Pancakes

Two pancakes (47g) served  
with maple syrup (+25g) or  
sugar free syrup (+4g)

### Bel-Red Breakfast Sandwich

Toasted rustic potato bread,  
eggs, sliced grilled ham  
and cheddar cheese. (30g)

### Sweet Potato Pancakes

Two pancakes (30g) served  
with maple syrup (+25g) or  
sugar free syrup (+4g)

## A LA CARTE SELECTIONS

### Eggs

Cage-Free Scrambled (4g)  
Hard Boiled\* (1g)  
Scrambled Egg Substitute

### Sides

Roasted Red Potatoes(14g)  
Bacon, Two Slices  
Pork Sausage, One Patty  
Chicken Sausage, Two  
Links  
Vegetarian Sausage, Two  
Patties (6g)  
Steamed White or Brown  
Rice (30g)  
Shredded Hash Browns (16g)

# LUNCH & DINNER

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

## SMALL PLATES & SALADS

### Artisan Cheese Plate

Chef's selection of cheeses,  
walnuts, fresh and dried  
fruits (65g)

### Chicken Skewers

Tandoori grilled chicken  
with mango ketchup, served  
with asian slaw (25g)

### House Salad

Organic mixed baby greens,  
sliced cucumber, shredded  
carrot and tomatoes (6g)

### Fremont Salad

Mixed greens, dried  
cranberries, garbanzo beans  
and walnuts (33g) with  
raspberry vinaigrette (5g)

### Cottage Cheese and Fruit

Cottage Cheese with  
peaches or pears (27g)

### Thai Salad

Rice noodles, shredded  
cabbage, carrots, red onion,  
cilantro, peanuts and asian  
vinaigrette (56g), choose  
to add grilled chicken or  
shrimp

## SOUPS

### Chicken Vegetable Noodle Soup (11g)

Tomato (12g)

### Farmers Market Vegetable (13g)

### Traditional Caesar Salad

Chopped romaine hearts,  
croutons and shaved  
parmesan (13g), choose  
to add grilled chicken or  
shrimp

### Gauche Flat Iron Steak Salad

Mixed greens, tomatoes,  
shredded carrot, smoked  
gouda, grilled and sliced  
grass-fed steak with honey-  
mustard dressing (11g)

### Chef Louie Shrimp Salad

Shrimp, romaine hearts,  
tomatoes, hard-boiled eggs,  
olives, lemon wedge with  
Thousand Island dressing  
(11g)

# LUNCH & DINNER

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

## SIGNATURE GRILL

### Northwest Reuben

Pastrami, sauerkraut,  
caramelized apples, swiss  
cheese and Thousand Island  
dressing served on grilled  
onion rye. (43g)

### Wild Alaska Salmon BLT

Grilled salmon fillet,  
gourmaise, bacon, lettuce  
and tomato.  
Served on a Sodo roll. (43g)

### Cheeseburger

Grilled grass-fed beef patty,  
local artisan jack cheese and  
all the trimmings. Served  
on a Sodo roll. (44g)

### Grilled Chicken Club

Grilled chicken breast with  
avocado, bacon, artisan jack  
cheese, gourmaise and all  
the trimmings. Served on a  
Sodo roll. (53g)

### Grilled Three-Cheese Sandwich

Rustic Potato bread with a  
blend of melted cheddar,  
artisan jack and swiss  
cheeses. (39g)

## MADE-TO-ORDER SANDWICHES

### Breads

Sourdough (19g)  
Whole Wheat (21g)  
Rustic Potato (21g)  
Croissant (15g)  
Sodo Roll (37g)  
Gluten-Free (17g)  
Rye (23g)  
21-Seed (22g)

### Condiments

Dijon Mustard  
Mayonnaise  
Yellow Mustard

### Grill

(Served on a sodo roll)  
Veggie Burger (53g)  
Turkey Burger (38g)

### Deli

Antibiotic Free Turkey  
Antibiotic Free Ham  
Antibiotic Free Roast Beef  
Bacon  
Egg Salad (5g)  
Tuna Salad (5g)  
Chicken Salad (5g)  
Natural Peanut Butter (7g)  
Assorted jelly (9g)  
Assorted Sugar-free jelly (3g)

### Cheese

Cheddar  
Provolone  
Swiss (1g)  
Artisan Jack

### Vegetables

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

(\* ) Items available at any time