

Lunch & Dinner

Available from 11:00 a.m. to 7:00 p.m.

SWEET & DELICIOUS

Bakery

Chocolate Chip Cookie (25g)
Ginger Molasses Cookie (22g)
Brownie (42g)
Toffee Crunch Blondie (46g)

Pudding

Assorted flavors (13-31g)

Gelatin

Vegan Orange or Strawberry
(1-23g)

Ice Cream

Chocolate (19g)
Vanilla (17g)
Strawberry (20g)

Sherbet

Orange or Raspberry
(23-26g)

Italian Ice

Cherry, Lemon, or
Strawberry (18g)

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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 (25g)

Soy Milk

Vanilla or Chocolate (18-25g)

Almond Milk

Vanilla or Chocolate
(13-19g)

Cold Beverages

Bottled Water
Sparkling Water
Coconut Water (13g)
Lemonade (42g)

Juice

Apple (15g)
Orange (13g)
Cranberry (16g)
Diet Cranberry (1g)
V8 (6g)

Nutrition Supplements

Ensure (40g)
Ensure Max (6g)
Ensure Clear (52g)
Kate Farms (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.



OVERLAKE | MEDICAL CENTER & CLINICS

ROOM SERVICE MENU
Presented by Hospitality Dining Services

Breakfast

Available from 6:30 a.m. to 10:00 a.m.

OVERLAKE SUNRISE

Juice*

Apple (15g)
Orange (13g)
Cranberry (16g)
Diet Cranberry (1g)
V8 (6g)

Fruit*

Banana (38g)
Peaches (12g)
Pears (13g)

Cottage Cheese* (5g)

Yogurt*

Raspberry (27g)
Peach (28g)
Lemon (26g)
Organic Vanilla (17g)

Dairy-Free Coconut

Yogurt*

Vanilla (13g)
Strawberry (13g)

Bakery

Blueberry Muffin (30g)
Cinnamon Roll (40g)
Croissant (34g)

Yogurt Smoothie*

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

Greek Yogurt*

Plain Nonfat (6g)
Vanilla Triple Zero (10g)
Strawberry Triple Zero (10g)
Blueberry (16g)
Peach (17g)

Organic Cold Cereal

Corn Flakes (28g)
Brown Rice Crisps (21g)
Honey Nut Honest O's (17g)

Hot Cereal

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

Toppings

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

Breakfast

Available from 6:30 a.m. to 10:00 a.m.

HOT ENTREES

Please Select One Entree Per Order

The Classic Omelet

Eggs with ham and cheddar cheese (3g)

The 520 Omelet

Eggs with tomatoes, green onions, cheddar cheese, peppers, and mushrooms (6g)

Spinach & Goat Cheese Omelet

Eggs with baby spinach, braised leeks, and chèvre (5g)

Cinnamon Brioche French Toast

One thick slice of brioche (32g)

Whole Grain Pancakes

Two pancakes (41g)

Bel-Red Breakfast Sandwich

Toasted rustic potato bread, eggs, sliced grilled ham, and cheddar cheese (58g)

À LA CARTE

Eggs

Scrambled
Hard-Boiled*
Scrambled Egg Substitute

Sides

Chicken Apple Sausage (4g)
Pork Sausage Patty
Vegan Apple Maple Sausage (8g)
Roasted Red Potatoes (15g)
White Rice (34g)
Shredded Hash Browns (13g)

CONDIMENTS*

Maple Syrup (30g)
Sugar-Free Syrup (4g)
Salt & Pepper
Mrs. Dash
Butter or Margarine
Jam & Jelly (3-10g)
Cream Cheese
Peanut Butter (6g)
Sour Cream
Salsa (1g)

Ketchup (3g)
Tabasco
Sugar in the Raw (5g)
Splenda (1g)
Stevia (1g)
Half & Half
Nondairy Creamer

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SMALL PLATES & SIDE SALADS

Cottage Cheese and Fruit

Cottage cheese (5g) with peaches (12g) or pears (13g)

SOUPS

Chicken Vegetable Noodle (10g)
Tomato (13g)

Creamy Butternut Squash (15g)
Bistro Cream of Mushroom (12g)

SIGNATURE GRILL ENTREES

Please Select One Entree Per Order

Grilled Three-Cheese Sandwich

Rustic potato bread with a blend of melted cheddar, Jack, and swiss cheese (57g)

MADE-TO-ORDER SANDWICHES

Please Select One Entree Per Order

Bread (Per slice)

Sourdough (23g)
Rustic Potato (28g)
Croissant (34g)
Brioche Bun (38g)
Gluten-Free (10-12g)
Organic Country White (20g)
Vegan Spelt (17g)

Condiments

Mayonnaise
Yellow Mustard
Dijon Mustard (1g)
Peanut Butter (6g)
Jelly (2 pc 20g)
Sugar-Free Jelly (2 pcs 6-8g)

Deli

Antibiotic-Free Turkey
Antibiotic-Free Ham (1g)
Egg Salad (2g)
Tuna Salad (5g)
Chicken Salad (3g)
Hummus (9g)

Cheese

Cheddar
Provolone
Swiss
Pepper Jack

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NORTHWEST CLASSICS

Please Select One Entree Per Order

Grilled Chicken

Herb-marinated, antibiotic-free chicken breast (0g)

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 (0g)

Meatloaf

Grass-fed ground beef with porcini brown gravy (12g)

Butternut Squash Ravioli

Filled pasta (54g) with your choice of marinara sauce (+11g), herb sauce (+12g), or alfredo sauce (+5g)

Macaroni & Cheese

Three cheeses blended with elbow macaroni (30g)

Vegan Ravioli

Organic vegan filled pasta (49g)

Vegan Samosa Wrap

Vegan filled wrap (32g)

À LA CARTE

Broccoli (3g)
Green Beans (5g)
Carrots (5g)
Roasted Vegetables (13g)
Hummus (9g)
Pasta (42g) with your choice of marinara sauce (+11g), herb sauce (+12g), or alfredo sauce (+5g)
Yukon Gold Mashed Potatoes (16g)
Beef, Brown, or Chicken Gravy (0-3g)
White Rice (34g)
White Roll (11g)

*Items are available at any time.

Half portions are available upon request.