HOT AND COLD CEREALS
- Oatmeal (20g)
- Cream of Wheat (20g)
- Cheerios® (15g)
- Total Raisin Bran®
- Rice Chex® (25g)
- Corn Flakes® (15g)

BREAKFAST ENTREMÉS
- Scrambled Eggs *
- Cinnamon French Toast (20g)
- Home-Style Pancakes (45g)
- Egg & Cheese on an English Muffin (25g)
- Sausage, Egg, & Cheese on an English Muffin (25g)
- Bacon, Egg, & Cheese on an English Muffin (25g)
- Plant Based Sausage, Egg & Cheese on English Muffin (35g)

SIDES
- Cottage Cheese Cup (5g)
- Hard Boiled Egg *
- Seasoned Home Fries (20g) *
- Bacon *
- Turkey Sausage Patty *

BREAD
- English Muffin (25g) *
- (White or Whole Grain)
- Bread (White or Wheat) (15g) *
- Plain Bagel (5g) *
- Blueberry Muffin (30g)

FRUITS
- Applesauce (20g)
- Fresh Apple (20g)
- Fresh Banana (30g)
- Fresh Fruit Salad (10g)
- Fresh Orange (15g)
- Red Grapes (10g)
- Sliced Peaches (10g)
- Sliced Pears (10g)

BUILD YOUR OWN OMELETS
Choose your Egg: *
- Regular
- Heart Healthy
Choose your Cheese: *
- Swiss
- American
- Cheddar
Choose your Protein: *
- Bacon
- Turkey Sausage
Choose your Vegetables: *
- Sautéed Mushrooms (5g)
- Sautéed Onions *
- Diced Tomatoes *
- Diced Bell Peppers *
- Mild Salsa *

BREAKFAST
Breakfast is available all day.

BUILD YOUR OWN SANDWICH
Choose your Bread: *
- Wheat or White Bread (15g)
- Flatbread (15g)
Choose your Protein: *
- Roasted Turkey *
- Bacon *
- ABF Chicken Salad *
- Tuna Salad *
Choose your Toppings: *
- Lettuce *
- Tomato *
- Red Onion *
- Pickle *

BUILD YOUR OWN GRILL
Choose your Bread: *
- Wheat or White Bun (30g)
- Flatbread (15g)
Choose your Protein: *
- Beef Patty *
- Garden Burger (21g) *
- ABF Chicken Breast *
- Bacon *
Choose your Toppings: *
- Lettuce *
- Tomato *
- Red Onion *
- Pickle *
- Sautéed Onions *
- Sautéed Mushrooms (5g)

SWEETS
- Chocolate Chip Cookie (35g)
- Pound Cake (20g)
- Vanilla Pudding (25g)
- Chocolate Pudding (25g)
- Red Gelatin (Reg or Decaf) (150g)
- Citrus Gelatin (Reg or Decaf) (150g)
- Vanilla Ice Cream (10g)
- Chocolate Ice Cream (15g)
- Orange Sherbet (25g)
- Cherry Ice (4g) *
- Diet Cherry Ice (4g) *

FRUITS
- Applesauce (20g)
- Fresh Apple (20g)
- Fresh Banana (30g)
- Fresh Fruit Salad (10g)
- Fresh Orange (15g)
- Red Grapes (10g)
- Sliced Peaches (10g)
- Sliced Pears (15g)

BUILD YOUR OWN PIZZA
Choose your Crust: *
- Traditional Crust (80g)
- Flatbread (15g)
Choose your Toppings:
- Cheese *
- Pepperoni *
- Onion *
- Mushrooms *
- Green Pepper *

SIDES
- Macaroni & Cheese (30g)
- Steamed Broccoli (35g) *
- Steamed Green Beans (25g) *
- Steamed Carrots (25g) *
- Seasoned Zucchini (35g) *
- Mashed Potatoes (35g)
- Baked French Fries (40g) *
- Baked Potato Chips (20g) *

BEVERAGES (for all Meals)
- Skim Milk (15g)
- 2% Reduced Fat Milk (15g)
- Whole Milk (15g)
- Chocolate 1% Lowfat Milk (30g)
- Vanilla Soy Milk (15g)
- Iced Tea *(Regular or Decaf) *
- Orange Juice (15g) *
- Apple Juice (15g) *
- Grape Juice (20g) *
- Cranberry Juice (15g) *
- Diet Cranberry Juice (5g) *
- Coffee* (Regular or Decaf) *
- Tea* (Regular or Decaf) *
- Herbal Tea* *
- Hot Chocolate (Reg 15g or Diet 10g)
DIET INFORMATION

The Patient Menu is designed to meet the needs of a variety of therapeutic diet orders.

Some menu items may not be compatible with your diet order or may be offered in a modified portion size to meet the requirements of your diet order.

Our facilities contain items that are known allergens. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, gluten, tree nuts, peanuts, fish, or shellfish.

Your customer service representative will assist you.

LIQUID DIETS

CLEAR LIQUID
- Broth (Chicken, Beef or Vegetable)
- Juice (Apple, Grape or Cranberry)
- Coffee (Regular or Decaf)
- Tea (Regular or Decaf)
- Iced Tea (Regular or Decaf)
- Red Gelatin (Regular or Diet)
- Citrus Gelatin (Regular or Diet)
- Cherry Ice (Regular or Diet)

FULL LIQUID
(all items on Clear Liquid plus below)
- Cream of Wheat
- Nonfat Vanilla Yogurt
- Greek Yogurt (Plain or Vanilla)
- Milk (Skim, 2%, Whole or Chocolate)
- Hot Chocolate
- Pureed Chicken Noodle Soup
- Pudding (Chocolate or Vanilla)
- Ice Cream (Chocolate or Vanilla)
- Orange Sherbet

TREAT YOURSELF

Room Service Dining Menu

The Patient Menu

To place an order, dial extension 3663 (FOOD) between 6:30 a.m. and 6:30 p.m.

Breakfast items are available all day. Lunch & dinner offerings begin at 11:00 a.m.

All meals are prepared to order and delivered within one hour.

For your convenience, you may also pre-order your meals and specify delivery times for the entire day.

Endeavor Health