# Drinks

**Served All Meals** 

Call 2-3463 (2-DINE)

Coffee and Tea \$1

Hot Coffee - Regular Decaf

Hot Tea - Regular Decaf

English Breakfast Tea

**Decaf Herbal Teas** 

**Powered by** 

Chocolate | Strawberry

**Ensure Plus High Protein** 

**Boost Glucose Control** 

Protein \$4

**Boost Plus** 

Chocolate Vanilla

Orange | Wild Berry

Banana Strawberry

**Tropical Sunshine** 

**Smoothies - 10oz** 

Milkshakes - 10oz

Green Machine Strawberry

Chocolate Strawberry Vanilla

**Boost Breeze** 

Vanilla

Chamomile | Lemon Ginger

Green Tea

Mint Lemon

#### Milk and Alternatives \$1

Fat-free Lactose-free Fat-free

1% 2% Whole

Whole Chocolate

Low-fat Buttermilk

**Hot Chocolate** 

Vanilla Almond Milk \$2

Vanilla Soy Milk \$2

#### Juice \$1

Apple Grape Orange

Prune V8 Cran-Grape

Diet Cranberry

#### Cold Drinks \$1

**Bottled Water** 

Iced Tea - Regular Decaf

Coke - Regular Diet

Dr Pepper - Regular | Diet

Sprite - Regular | Zero

G2 Gatorade

Ginger Ale

Ask about our seasonal drink - \$4



#### Desserts \$3

Angel Food Cake with Strawberries Key lime Pie Fresh Berries and Cream Mini Bundt Cake-Chocolate Tiramisu Cupcake Dutch Apple Pie

#### Cookies \$1

New York Cheesecake

Chocolate Chip | Graham Crackers Oatmeal Raisin | Sugar-free Lemon Sugar-free Gourmet Walnut Brownie

### Jell-O Gelatin \$1

Cherry Lime Sugar-free Lemon Peach Mango High Protein Sugar-free Panna Cotta with Fresh Berries

# Pudding \$2

Banana Chocolate Tapioca No Added Sugar Vanilla

# Yogurt \$3

Cherry | Mixed Berry | Light Peach Low-fat Plain | Vanilla | Strawberry Whips

#### **Greek Yogurt** \$3

Pineapple | Fat-free Blueberry

Fat-free Vanilla

Fat-free Sugar-free Triple Zero Mixed Berry

#### Parfaits \$3

Low-fat Vanilla Yogurt with Granola and Your Choice of Fresh Seasonal

Berries | Canned Peaches

Sugar-free Jell-O with Layers of No Added Sugar Vanilla Pudding with Seasonal Berries

### Fresh Fruit \$4

Fresh Fruit Cup

Desserts and Snacks

Blueberries | Strawberries

Honeydew | Pineapple

Seedless Grapes

Apple \$1 | Banana \$1

Ask about our seasonal fruit and seasonal berries

Served

All Meals

### Canned Fruit \$1

Applesauce | Fruit Cocktail

Mandarin Oranges

Peaches Pears Pineapple

Dried Prunes - 3oz Raisins

# Ice Cream and More \$2

Per Scoop

Chocolate Strawberry Vanilla

Fat-free Sugar-free Vanilla

Rainbow Sherbet

Fat-free Vanilla Frozen Yogurt

# Toppinas \$1

Caramel | Chocolate Syrup

Chopped Walnuts | M&M's

Fresh Fruit - Banana | Pineapple or Strawberries

Sugar-free Whipped Topping

Italian Ice and \$1 **Sugar-free Popsicles** Assorted Flavors



Call

# Room Service Menu

Please order between 6:30 a.m. and 9 p.m.







Guest Menu





Making Cancer History®



# Breakfast

Please place orders between 6:30 and 10:30 a.m.

Call 2-3463 (2-DINE)

**Omelets** 

all day

#### Hot Cereal \$2

Cream of Wheat Grits Oatmeal



### Cold Cereal \$2

Cheerios - Regular Honey Nut Cinnamon Toast Crunch | Corn Flakes Frosted Flakes | Granola with Raisins | Raisin Bran

Rice Krispies | Special K

Ask about our wide variety of toppings \$1

Ask about condiments

# Pancakes and More \$4

Belgian Waffle - Multigrain Buttermilk Pancakes - Multigrain Buttermilk

French Toast

Toppings \$1

Warm Berry Compote | Sugar-free Whipped Topping

# Fresh Eggs \$3

Fried Hard Boiled Poached Scrambled | Scrambled Egg Whites

#### **Breakfast Proteins** \$3

Smoked Bacon | Country Sliced Ham Chicken Apple Sausage Link | Pork Sausage Link Turkey Sausage Patty Vegetarian Breakfast Patty Sautéed Tofu with Garlic

#### **Breads** \$2

Biscuit - with Creamy Gravy if desired Croissant | Flour Tortilla (one) Toasted Bagel - Plain Raisin Toasted Sliced - White | Sliced Whole Wheat Toasted English Muffin - Sourdough Whole Wheat Banana Nut Bread

#### Sides and Starches \$2

Avocado Sliced Tomatoes Cottage Cheese Potatoes O'Brien | Refried Beans | White Rice

See Drinks, Dessert and Snack selections for options served all meals.

### Omelet \$7

Choice of:

Three Eggs | Egg Whites

**Breakfast Protein** (see list)

Cheese

Cheddar | Monterey Jack Low-sodium Swiss

**Vegetables** 

available Bell Peppers Jalapeño Peppers Green Onion Mushrooms Spinach Tomatoes

### **Breakfast Tacos \$5**

Scrambled Egg, Cheddar and Monterey Jack Cheese in a Flour Tortilla with:

- Smoked Bacon
- Refried Beans and Potatoes O'Brien

Ask for homemade salsa

## **Breakfast** Sandwiches \$5

#### **Over Hard Egg with:**

- Smoked Bacon and American Cheese on a Toasted Croissant
- American Cheese on a Toasted Croissant
- 3 Ham and Monterey Jack Cheese on a Toasted Sourdough English Muffin

### **All American Breakfast \$10**

Two Fresh Eggs with: A Breakfast Protein, Starch, Bread, Juice and a Drink

# Lunch and Dinner

Choose from a variety of foods, all prepared with high-quality ingredients.

Menu items available in a la carte and half portions

Ask

about our

toppings

Carbs will vary based on sides selections

Buttermilk battered fried chicken with mashed

potatoes, tarragon green beans and country gravy

Roasted turkey with mashed sweet potatoes, tarragon

green beans with giblet gravy and cranberry sauce

Chopped brisket, ground beef and bbg spice with

**Grilled Chimichurri Steak** \$15

**Grilled Salmon Bowl** \$16

Stir Fry Shrimp Bowl \$14

Catch of the Day \$15

Spaghetti \$12

cilantro vinaigrette

Breads \$2

Fresh Atlantic salmon with guinoa pilaf

and steamed asparagus with basil pesto

Soy ginger shrimp tossed with mushrooms, broccoli,

onion, bell peppers, pineapple and white or brown rice

Cajun-baked or poached fish with chimichurri rice, snap

pea, carrot, red pepper succotash, lemon butter sauce.

Cocktail sauce and tartar sauce on request

Meat or Marinara sauce on regular or wheat

Lightly seasoned grilled chicken breast with

**Grilled Chicken Fettuccini Alfredo** \$11

creamy cheesy pasta and your choice of vegetable

Chipotle marinated chicken, avocado, black bean.

romain lettuce, corn, grape tomato, red onion,

**Southwest Chipotle Chicken Salad \$11** 

spaghetti with your choice of vegetable

Well done grilled steak served with mashed

sweet potatoes, asparagus mushroom ragout

gouda mac and cheese, citrus brussels sprout slaw,

Chicken Fried Chicken \$15

Roasted Turkey \$12

**Brisket Meatloaf** \$15

and BBQ au jus

and chimichurri sauce

Our team works hard to ensure your meals taste great and are good for you.

Please place orders between 11 a.m. and 9 p.m.

2-3463 (to order)

Call

#### **Hot Off the Grill Entrées**

Made from scratch

Soups \$4

**Baked Potato** 

Homestyle Herb Chicken Noodle Garden Vegetable | Texas Chili

Ask about our Soup Specials

### Salads \$9

Try our chef's homemade or assorted Ken's dressings

Small Salad \$3 - Garden | Caesar

#### **Chicken Caesar Salad**

Grilled chicken breast, crisp romaine lettuce, tomatoes, shredded Parmesan cheese and croutons

#### **Turkey Cobb Salad**

Fresh garden mixed greens, feta cheese, low-sodium turkey, diced tomatoes, smoked bacon, English cucumber and hard boiled egg



## **Build Your Own Sandwich**

Full Sandwich \$8 Half Sandwich \$6 Toasted by request.

#### **Breads**

Croissant French Baguette Pita Sliced White Sliced Whole Wheat | White Bun | Whole Wheat Bun

#### Meats

Smoked Bacon | Boar's Head Ham or Turkey Egg Salad Tuna Salad Chicken Salad

#### **Boar's Head Cheeses**

American Cheddar Low-sodium Swiss Monterey Jack Provolone

#### Sandwich Fixings

Leaf Lettuce Tomato Red Onion Dill Pickle Chips Avocado Mayonnaise Mustard Roasted Red Pepper Hummus | Peanut Butter Assorted Natural Jams and Honey Sugar-free Jellies Served on locally baked breads, with french fries

#### **Burgers:**

Black Angus Beef \$12

Turkey \$9

Black bean Burger \$9 Grilled Chicken Sandwich \$12

Hot Dog \$9 Boar's Head 100% beef

#### Philly Cheese Steak \$9

Sliced ribeye steak with onions, bell peppers and provolone cheese

#### **Grilled Cheese** \$7

Classic American Cheese

#### Falafel Wrap \$11

Hummus, Pickled Cabbage Citrus Slaw, Crispy Falafel (4)

#### Chicken Fingers \$11

Lightly breaded chicken tenders

#### Sides and Snacks \$2

Avocado

Carrot and Celery Sticks

Sliced Tomatoes and Seedless Cucumbers

Dill Pickle Spear

Kalamata Black Olives

Citrus Brussels Sprout Slaw Potato Salad | Cottage Cheese

Hummus - Regular

Roasted Red Pepper Hummus

Pita Chips

**Goldfish Crackers** 

Potato Chips - Plain Baked

Jalapeno Cheddar

Popcorn - Sea Salt White Cheddar Pretzels Sun Chips

Combread Crackers Croissant Dinner Roll - White | Whole Wheat Parmesan Garlic Bread Banana Nut Bread

about our Seasonal Chef Specials and Sauces

#### **Personal** Pizza \$7

Cheese

Margherita

Turkey Pepperoni

# **Vegetables** \$2

#### Steamed

Asparagus Broccoli Carrots Kernel Corn

#### Seasoned

Mushrooms Snap Pea, Carrot, and

Tarragon Green Beans

Red Pepper Succotash Asparagus Mushroom and Tomato Ragout

Sautéed Spinach

## Starches \$2

Potato - Baked | Mashed Sweet Potato - Baked Mashed **Roasted Fingerling Potatoes** 

Brown White Rice

Cornbread Dressing

Quinoa Pilaf

Smoked Gouda Mac and Cheese

Black Garbanzo

Pinto Refried Beans