

Lunch & Dinner

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

NORTHWEST CLASSICS

Please Select One Entree Per Order

Grilled Chicken

Herb-marinated, antibiotic-free chicken breast

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

Meatloaf

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

Gluten-Free Flatbread Pizza

Cheese (95g)
Mediterranean (88g)
Pepperoni (95g)

Superfood Vegetable Stir-Fry

Kohlrabi, brussels sprouts, broccoli, kale, red cabbage, and carrots served over brown rice (52g)

Kidney Bean Dal

Organic vegan kidney bean dal with red lentils, carrots, and tamarind (18g)

Gluten-Free Pasta

Gluten-free penne pasta (44g) with your choice of marinara (+11g) or herb sauce (+12g)

À LA CARTE

Broccoli (3g)
Braised Greens (5g)
Green Beans (5g)
Carrots (5g)
Roasted Root Vegetables (13g)
Hummus (9g)
Yukon Gold Mashed Potatoes (16g)
Beef, Brown, or Chicken Gravy (0-3g)
White Rice (34g)
Brown Rice (23g)
Red Quinoa (18g)
Kettle Chips (15g)

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SWEET & DELICIOUS

GF Cookies

Brownie (42g)
Chocolate Chip (46g)
Ginger Molasses (44g)
Coconut Macaroons (24-28g)

Chilled Fruit

Fresh Cut Fruit (7g)
Fresh Mixed Berries (7g)

Pudding

Assorted flavors (13-31g)

Gelatin

Orange and Strawberry (1-23g)

Ice Cream

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

Sherbet

Orange or Raspberry (23-26g)

Italian Ice

Cherry, Lemon, or Strawberry (18g)

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)

Soda

Coke (25g)
Diet Coke
Sprite (24g)
Diet Sprite
Ginger Ale (19g)

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.

Gluten-Free Diet

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)
Fresh Cut Fruit (7g)
Strawberries (4g)
Blueberries (10g)
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)
Blueberry (13g)

Bakery

(Gluten-Free Breads)
Original (12g)
Multigrain (11g)
Cinnamon Raisin (12g)
Plain Bagel (50g)

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)

Hot Cereal

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

Toppings

Brown Sugar (13g)
Honey (12g)
Splenda (1g)
Stevia (1g)
Raisins (34g)
Chopped Walnuts (3g)
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

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

The 520 Omelet

Cage-free eggs with tomatoes, green onions, cheddar cheese, peppers, and mushrooms (6g)

Spinach & Goat Cheese Omelet

Cage-free eggs with baby spinach, braised leeks, and chèvre (5g)

French Toast

Two slices of gluten-free bread (43g)

Bel-Red Breakfast Sandwich

Toasted gluten-free bread, eggs, sliced grilled ham, and cheddar cheese (41g)

Smoked Salmon Plate

Northwest nova-smoked salmon, capers, sliced red onion, chopped egg, cream cheese on a gluten-free plain bagel (64g)

À LA CARTE

Eggs

Cage-Free Scrambled
Hard-Boiled*
Scrambled Egg
Substitute

Sides

Chicken Apple Sausage (4g)
Bacon
Pork Sausage Patty
Vegan Apple Maple Sausage (8g)
Roasted Red Potatoes (15g)
White Rice (34g)
Brown Rice (24g)
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

House Salad

Organic mixed baby greens, sliced cucumbers, shredded carrots, and tomatoes (4g)

Chicken Skewers

Tandoori grilled chicken with mango ketchup, served with Asian Slaw (24g)

Fremont Salad

Mixed greens, dried cranberries, garbanzo beans, and walnuts (29g)

Veggie Plate

Sliced cucumbers, grape tomatoes, baby carrots (11g)

SOUPS

Tomato (13g)
Farmers Market Vegetable (13g)
Creamy Butternut Squash (15g)

ENTREE SALADS

Please Select One Entree Per Order

Chef Louie

Shrimp Salad
Shrimp, romaine hearts, tomatoes, hard-boiled eggs, olives, lemon wedge, with Thousand Island dressing (18g)

Grilled Steak Salad

Mixed greens, tomatoes, shredded carrots, smoked Gouda cheese, slivered almonds, grilled and sliced grass-fed steak with honey mustard dressing (13g)

Thai Salad

Rice noodles, shredded cabbage, carrots, red onion, peanuts, and Asian vinaigrette with your choice to add chicken or shrimp (47g)

Artisan Cheese Plate

Chef's selections of cheeses, walnuts, fresh and dried fruits (65g)
Add Gluten-free Crackers (+14g)

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SIGNATURE GRILL

Please Select One Entree Per Order

Northwest Reuben

Pastrami, sauerkraut, caramelized apples, Swiss cheese, with Thousand Island dressing served on gluten-free bread (46g)

Salmon BLT

Grilled salmon fillet with Pepperhouse Gourmaise and bacon served on a gluten-free bun (46g)

NW Cheeseburger

Grilled grass-fed beef patty with Jack cheese served on a gluten-free bun (46g)

Grilled Chicken Club

Grilled chicken breast with avocado, bacon, Jack cheese, and Pepperhouse Gourmaise served on a gluten-free bun (48g)

Grilled Three-Cheese Sandwich

Gluten-free bread with a blend of melted cheddar, Jack, and Swiss cheeses (36g)

Available Trimmings

Lettuce, tomato, onion, and pickles (3g)

MADE-TO-ORDER SANDWICHES

Please Select One Entree Per Order

Gluten-Free Bread (Per Slice)

Original (12g)
Multigrain (11g)

Vegetables

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

Grill

Served on a gluten-free bun (36g)
Hamburger
Turkey Burger
Chicken Breast
Salmon Fillet

Deli

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

Cheese

Cheddar
Provolone
Swiss
Pepper Jack

Condiments

Mayonnaise
Yellow Mustard
Dijon Mustard (1g)
Peanut Butter (6g)
Jelly (2 pcs 19-20g)
Sugar-Free Jelly (6-8g)

*Items are available at any time.

Half portions are available upon request.