

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)

Butternut Squash Ravioli

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

Flatbread Pizza

Pepperoni (72)
Cheese (72)
Mediterranean (81g)

Gluten-free available upon request

Macaroni & Cheese

Three cheeses blended with elbow macaroni (30g)

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)

Curry Tiger Burrito

Vegan filled burrito (40g)

Vegan Spinach Ravioli

Organic vegan filled pasta (31g)

À LA CARTE

Broccoli (3g)
Braised Greens (5g)
Green Beans (5g)
Carrots (5g)
Roasted Vegetables (13g)
Hummus (9g)
Fettuccine (42g) with your choice of a (54g) 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)
Brown Rice (23g)
Red Quinoa (18g)
White Roll (11g)
Wheat Roll (20g)
Kettle Chips (15g)

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SWEET & DELICIOUS

Cookies

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

Coconut Macaroons (24-28g)

Fruit

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

Pudding

Assorted flavors (13-31g)

Ice Cream

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

Sherbet

Orange or Raspberry (23-26g)

Italian Ice

Lemon, Strawberry, or Cherry (18g)

Gelatin

Orange and Strawberry (1-23g)

Beverages

Starbucks Coffee

Regular or Decaffeinated

Tea

Black, Green, Herbal, or Iced

Hot Chocolate

Regular (16g)
No Added Sugar (12g)

Milk

Whole, 2%, Fat-Free (12g)
Chocolate (26g)

Soy Milk

Vanilla or Chocolate (19-25g)

Almond Milk

Vanilla or Chocolate (11-19g)

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

OVERLAKE | MEDICAL CENTER & CLINICS



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

Regular Diet

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

Plain Bagel (57g) Cinnamon Raisin Bagel (58g) White English Muffin (25g) Wheat English Muffin (26g) 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)

Yogurt Parfait*

Organic vanilla yogurt with berries and granola (40g)

Organic Cold Cereal

Vanilla Island Shredded Wheat (36g)
Corn Flakes (28g)
Brown Rice Crisps (21g)
Honey Nut Honest O's (17g)
Shredded Wheat (47g)
Natural Rebel Crunch Granola (49g)

Hot Cereal

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

Toppings

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

Breakfast

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

BREAKFAST 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 bread (33g)

Whole Grain Pancakes

Two pancakes (41g)

Bel-Red Breakfast Sandwich

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

Smoked Salmon Plate

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

À LA CARTE

Eggs

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, and baby carrots (11g)

SOUPS

Chicken Vegetable Noodle (10g)
Tomato (13g)
Farmers Market Vegetable (13g)
Creamy Butternut Squash (15g)
Bistro Cream of Mushroom (12g)

ENTREE SALADS

Please Select One Entree Per Order

Thai Salad

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

Chef Louie Shrimp Salad

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

Traditional Caesar Salad

Chopped romaine hearts, croutons, lemon wedge, and Parmesan cheese, with your choice to add chicken or shrimp (15g)

Grilled Steak Salad

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

Artisan Cheese Plate

Chef's selections of cheeses, walnuts, fresh and dried fruits (89g)

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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 grilled rye (62g)

Salmon BLT

Grilled salmon fillet with Pepperhouse Gourmaise and bacon served on a Brioche bun (48g)

NW Cheeseburger

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

Grilled Chicken Club

Grilled chicken breast with avocado, bacon, Jack cheese, and Pepperhouse Gourmaise served on a Brioche bun (50g)

Grilled Three-Cheese Sandwich

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

Available Trimmings

Lettuce, tomato, onion, and pickle chips (3g)

MADE-TO-ORDER SANDWICHES

Please Select One Entree Per Order

Bread (Per Slice)

Sourdough (23g)
Organic 9 Grain (20g)
Rustic Potato (28g)
Croissant (34g)
Brioche Bun (38g)
Gluten-Free (10-12g)
Caraway Rye (24g)
Organic Country White (20g)
Vegan Spelt (17g)

Deli

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

Cheese

Cheddar
Pepper Jack
Provolone
Swiss

Grill

Served on brioche bun (38g)

Hamburger
Turkey Burger
Chicken Breast
Salmon Fillet
Veggie Burger (33g)

Vegetables

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

*Items are available at any time.

Half portions are available upon request.