

YOUR MENU

Flavorful, nutritious food is a cornerstone of good health.

Please enjoy your meals during your hospital stay.



HOURS

Order meals between 7 a.m. and 6:30 p.m.

TO ORDER

Download our meal-ordering app: Visit clevelandclinic.org/order-food

Facility ID: **cceast**

By phone: Call ext. 6368. From outside the hospital call 216.587.8998

BEDSIDE ORDERING

For assistance in placing your order, please contact the diet office at ext. 6368

GUEST TRAYS

Guest Trays may be ordered with your meal.

Ask your nutrition services caregiver for details.

Please purchase vouchers in the cafeteria.



Cleveland Clinic

EVERY DAY MENU

BUILD YOUR OWN MEAL

breakfast

Offered daily 7-10:30 a.m.

| | | |
|------------------------------------|---|---|
| Scrambled Eggs | Veggie Sausage | BYO OMELET |
| French Toast | Turkey Sausage | Egg or Egg Subsิตute |
| Pancakes | Fruit & Yogurt Parfait | Choice of Breakfast Meat <i>(Bacon, Ham, Pork Sausage, Turkey Sausage)</i> |
| Blintzes with Blueberry Compote | Oatmeal | Choice of Cheese <i>(American, Cheddar, Feta, Pepper Jack, Swiss)</i> |
| Breakfast Potatoes | Cream of Wheat | Choice of Vegetable <i>(Mushrooms, Onion, Pepper, Spinach, Tomato)</i> |
| Bacon | Apple Cinnamon Cream of Wheat | |
| Pork Sausage | English Muffin <i>(Wheat or White)</i> | |
| | Blueberry Muffin | |

lunch + dinner

Offered daily 11 a.m.-6:30 p.m.

| SOUP | DELI | BREAD |
|-----------------|-----------------------|----------------------------|
| Chicken Noodle | Egg Salad | Wheat Bread |
| Tomato Bisque | Tuna Salad | White Bread |
| GRILL | Chicken Salad | Pita |
| Hamburger | Turkey | White Bun |
| Garden Burger | Roast Beef | Wheat Bun |
| Vegan Burger | Ham | |
| Turkey Burger | Hummus | |
| Chicken Breast | American Cheese | |
| Grilled Cheese | Swiss Cheese | |
| Grilled Chicken | Cheddar Cheese | |
| | Pepper Jack Cheese | |
| | Peanut Butter & Jelly | |
| | | SALAD |
| | | Garden |
| | | Greek |
| | | Chicken Caesar |
| | | Chef Salad |
| | | Side Salad |
| | | Fresh Fruit & Cheese Plate |
| | | Hummus & Vegetable Platter |

REQUEST CONDIMENTS — LISTED ON THE BACK — AT TIME OF ORDER.

more lunch + dinner

Offered daily 11 a.m.-6:30 p.m.

COMFORT FOODS

- Grilled Chicken
- Mediterranean Baked Haddock
- Beef Pot Roast
 - with Demi Glace
- Beef Stroganoff
- Roast Turkey

Chicken Pot Pie

Crispy Tofu

Egg Noodles

Green Beans

Steamed Carrots

Steamed Broccoli

Steamed Corn

Baked Fries

Assorted Baked Chips

Dinner Roll

SIDES

- Mashed Potatoes
- Brown or White Rice
- Sweet Potatoes
- Macaroni & Cheese

beverages

HOT

- Coffee or Tea (*Regular or Decaf*)
- Hot Chocolate (*Regular*)
- Hot Chocolate Sugar Free
- Chamomile Tea

MILK

- Fat Free
- 2%
- Whole
- Lactose Free
- Vanilla Soy
- Chocolate

JUICE

- Grape
- Orange
- Apple
- Cranberry
- Prune
- V8 Juice (*Regular*)
- V8 Juice (*Low Sodium*)

COLD

- Diet Coke®
- Sprite® Zero
- Sugar Free Lemonade or Fruit Punch
- Ginger Ale
- Diet Ginger Ale
- Unsweetened Iced Tea

desserts

- Sugar Cookie
- Vanilla or Chocolate Pudding
- No Sugar Added Pudding
- Ice Cream
- Orange Sherbet
- Assorted Gelatin
- Lemon or Cherry Fruit Ice
- Chocolate Chip Cookie
- Oatmeal Raisin Cookie
- Rocky Road Brownie
- Cheese Cake Trifle with Berries
- Vanilla Wafers
- Strawberry Banana Smoothie
- Orange Dreamsicle Smoothie

available at all meals

FRUIT

- Apple
- Banana
- Orange
- Mandarin Oranges
- Pear Cup
- Peach Cup
- Grapes
- Applesauce
- Stewed Prunes
- Dates
- Fresh Fruit Cup

YOGURT + OTHER SIDES

- Lite Vanilla
- Lite Strawberry
- Lite Peach
- Lite Blueberry
- Greek Vanilla
- Cottage Cheese
- Cottage Cheese & Fruit Plate

CEREAL

- Cornflakes
- Rice Krispies
- Cheerios
- Rice Chex

**DAILY
SPECIALS
ON BACK!**

lunch + dinner daily specials

SUNDAY

Roasted Turkey Breast
Macaroni and Cheese
Steamed Broccoli

MONDAY

BBQ Chicken Thigh
Cheese Grits
Green Beans

TUESDAY

Asian Beef Pepper Steak
White Rice
Steamed Carrots

WEDNESDAY

Lemon Rosemary Chicken Thigh
Sweet Potatoes
Steamed Broccoli

THURSDAY

Tomato Basil Chicken
Penne
Zucchini with Tomato

FRIDAY

Homemade Meatloaf
Smashed Red Potatoes
Garlic and Herb Steamed Broccoli

SATURDAY

Teriyaki Chicken Thighs
Brown Rice
Steamed Carrots

condiments

Sweeteners

Brown Sugar
Equal
Honey
Splenda
Sugar
Sweet 'n Low
Syrup
SF Syrup

Ketchup
Lemon Herb Sauce
Light Mayonnaise
Mustard
Relish
Salsa
Sour Cream
Tartar Sauce

Dressings

Balsamic Dressing
Balsamic Vinegar
Caesar
Honey Mustard
Italian
Olive Oil
Ranch

Butter
Coffee Mate
Cream
Cream Substitute
Grape Jam
Lemon Juice
Margarine
Parmesan Cheese
Peanut Butter
Pepper
Salt

Sauces

BBQ
Blueberry Compote
Gravy
Hot Sauce

Seasoning Packet
Strawberry Jam
Sugar-Free Jelly

What is a diet order? A diet order is part of your care plan and it provides guidance as to the amount and types of food and drink you can have during your hospital stay. All patients will have a diet order and it may change during your stay.

Regular Diet: Has no therapeutic restrictions per meal order and includes a variety of healthy, nutritious options. You may be restricted on how much or how often you can place a meal order.

Therapeutic Diet: Includes healthy, nutritious options that will limit what and how much you can eat, how often you can eat, and possibly the texture of your food. These diets support healing and recovery.

NPO Diet: Also known as a "Nothing by Mouth" Diet, restricts all eating and drinking before and after certain procedures and/or tests, and is for your safety.



Scan QR code

for nutritional information
for all offerings.