

BREAKFAST

BEVERAGES

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile | Fresh-Brewed Unsweetened Iced Tea

Hot Chocolate: No Sugar Added

Milk: Skim | Lactaid | Low-Fat Chocolate | Vanilla Soy Milk

Soft Drinks: Ginger-Ale | Diet Ginger-Ale | Seltzer

Juice: Orange | Apple | Tomato | Cranberry | Prune | V8

CONDIMENTS

Smart Balance | Pepper | Herb Seasoning | Sugar | Splenda | Equal | Sweet & Low | Coffee Creamers

Syrup | Diet Syrup | Diet Jelly | Strawberry Jam | Grape Jelly | Honey | Lemon Juice | Fresh Lemon

Light Mayonnaise | Mustard | Salsa | BBQ Sauce | Parmesan Cheese

MAIN COURSE

Eggs: Scrambled | Scrambled Egg Whites | Hard-Boiled Eggs (2ea)

Omelet: Egg | Egg White

Choice of 4 Toppings: Red Onions | Broccoli | Spinach | Peppers | Mushrooms | Turkey | Swiss Cheese

Pancakes: Buttermilk | Blueberry | Banana

French Toast: Plain | Blueberry | Banana

EGG SANDWICH:

Chef's Healthy Sandwich Option:

Egg Whites, Turkey and Swiss Cheese on a Whole Wheat Kaiser Roll

FRUIT:

Whole Fruit: Banana | Orange | Apple | Seasonal Melon | Grapes

Chilled Fruit: Peaches | Pears | Applesauce | Mandarin Oranges | Fruit Salad | Mango Orange Applesauce

YOGURT:

Regular: Vanilla | Strawberry | Plain

Lite: Strawberry | Peach | Vanilla | Blueberry

CEREAL:

Hot: Oatmeal | Cinnamon Oatmeal | Cream of Wheat | Instant Oatmeal | Instant Cream of Wheat

Cold: Cheerios | Rice Krispies | Raisin Bran

BREAKFAST BAKERY:

Muffins: Low Fat Blueberry | Low Fat Banana

Bagels: Plain | Sesame | Whole Wheat | Everything

Breads: White | Wheat | Seeded Rye | Kaiser Roll

During your stay at Stony Brook Hospital, your diet is ordered by your doctor and may change a few times due to tests, treatment or surgery.

DIET:

5CH Cardiac Cath Holding

To place your order, please choose:

One (1) **Main Course**

Up to Five (5) **Sides**

Three (3) **Beverages**

1. Dial 8-3463 (8-DINE), or (631) 444-3463 from your cell phone, between the hours of 7am and 7pm.
2. Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.
3. Place your order. Your specifically prepared meal will be served to you 60-90 minutes of your request.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for your diet. If you are on a special or restricted diet, our Room Service Associate would be happy to assist you with your meal selection. For your safety, we will accept your menu selections after your physician has entered your diet order.

Enjoy Seamless Dining at Your Fingertips!

To get started:

1. Scan the QR code, download, and install the app.
2. Create your account and log in, entering the Facility ID (**sbuh11794**), the patient's Billing ID (or Encounter #), and Date of Birth
3. Start exploring a selection of options to meet your nutritional needs and place your order effortlessly
4. Our self-ordering Patient app may not be suitable for your diet order or unit. Please call our Call Center to speak with a representative who can guide you through your available selections.



CBORD Patient 
The CBORD Group, Inc.
Facility ID: sbuh11794

NAME/ROOM #: _____

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels



Stony Brook Medicine

LUNCH & DINNER

HOT ENTREES

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese

Oven Roasted Turkey Served with Gravy

Baked Salmon: Oven Roasted with Garlic & Lemon

Baked White Fish Filet: Served with Lemon

Home Made Meatloaf Served with Gravy

Sliced Roast Beef: Served with Mushroom Gravy

Grilled Marinated Chicken Breast

FROM THE GRILL

Hamburger | Grilled Chicken Breast | Black Bean Burger | Grilled Cheese Sandwich

Choice of Bread: White | Whole Wheat | Rye | Hamburger Bun

Whole Wheat Hamburger Bun

Choice of Toppings: Lettuce | Tomato | Swiss Cheese | Sautéed Onions

Sautéed Mushrooms

PASTA BAR

Choice of Pasta: Penne | Gluten-Free Red Lentil Pasta | Linguini

Choice of Sauce: Marinara | Meat | Olive Oil, Garlic & White Wine

Add in: Chicken | Mixed Vegetables | Mushrooms | Tofu

SHAKE IT UP' SALAD STATION

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Romaine | Field Greens | Spinach

Choice of (1) Protein: Grilled Chicken | Tofu | Chilled Salmon | Chicken Salad Shrimp

Choice of (up to 4) Toppings: Red Onions | Cherry Tomatoes | Bell Peppers

Croutons | Walnuts | Cucumbers | Dried Cranberries | Chickpeas

Sliced Mushrooms | Sunflower Seeds

Dressings: Olive Oil | Red Wine Vinegar | Fat Free Italian | Fat Free Ranch

Diet: 5CH Cardiac Cath Holding

COLD PLATES

Fresh Fruit Plate with Vanilla (Regular or Lite) or Plain Yogurt

Crudités & Hummus Platter: Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip

DELI SPECIALS

Chicken Salad | Oven Roasted Turkey | Slow-Cooked Roast Beef

Choice of Bread: White | Whole Wheat | Seeded Rye | Kaiser Roll | Tortilla Wrap

Choice of Toppings: Lettuce | Tomato | Swiss Cheese

SOUPS, SIDES & DESSERTS

SOUP

Soup: Low Sodium Tomato Basil | Chicken Rice | Lentil Soup

Broth: Beef | Chicken | Vegetable

SIDES

Baked Potato | Dinner Roll | Baked Steak Fries | Mashed Potatoes

Mashed Sweet Potatoes | Brown Rice | Steamed White Rice | Stuffing

Baby Carrots | Broccoli | Corn | Green Beans | Cuban Style Black Beans (veg.)

Penne with Marinara Sauce | Penne (Plain) | GF Red Lentil Pasta | Garden Salad

Cottage Cheese | Spanish Slaw | Vegetable Sticks | Cucumber Slices

Hummus & Carrots

DESSERTS

Fruit: Peaches | Pears | Applesauce | Mandarin Oranges | Grapes | Fruit Salad

Apple | Orange | Banana | Orange Mango Applesauce

Gelatin: (Regular or Sugar-Free) Strawberry | Orange

Ice Cream: No Sugar Added Vanilla | No Sugar Added Chocolate

Pudding: No Sugar Added Vanilla | No Sugar Added Chocolate | No Sugar Added Rice Pudding

Italian Ice: Cherry | Orange | Lemon | No Sugar Added Lemon