

BREAKFAST

BEVERAGES

Coffee: Regular | Decaffeinated

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

Hot Chocolate: No Sugar Added (11g)

Milk: Skim (7g) | Lactaid (14g) | Vanilla Soy Milk (18g)

Juice: V8 (6g)

Soda: Diet Ginger Ale | Seltzer

CONDIMENTS

Smart Balance | Ketchup (3g) | Diet Jelly (3g) | Lite Cream Cheese (1g) | Pepper | Coffee Creamers | Splenda | Equal Sweet & Low | Diet Syrup (5g) | Lemon Juice | Herb Seasoning | Salsa (2g) | Mustard | Light Mayonnaise | BBQ Sauce (8g) | Tartar Sauce (2g) | Fresh Lemon Wedge

MAIN COURSE (please choose 1)

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 (1pc): Buttermilk (18g) | Blueberry (24g) | Banana (32g)

French Toast (1pc): Plain (27g) | Blueberry (33g) | Banana (41g)

EGG SANDWICH

Bread: Kaiser Roll (43g) | Whole Wheat Kaiser Roll (38g)

Choice of Cheese: Swiss

Choice of Meat: Fresh Sliced Turkey

Chef's Healthy Sandwich Option: Egg Whites, Turkey & Lacy Swiss on a Whole Wheat Kaiser Roll (38g)

SIDE ITEMS (please choose 4 total)

Whole Fruit: Banana (27g) | Orange (15g) | Apple (25g) | Grapes (10g) | Seasonal Melon (10g)

Chilled Fruit: Peaches (14g) | Pears (18g) | Applesauce (12g) | Mango Orange Applesauce (16g)

Mandarin Oranges (13g) | Fruit Salad (20g)

YOGURT:

Lite: Strawberry (13g) | Peach (13g) | Vanilla (13g) | Blueberry (13g) Plain (12g)

CEREAL:

Hot: Oatmeal (14g) | Cinnamon Oatmeal (14g) | Cream of Wheat (12g) | Instant Cream of Wheat (21g)

Instant Oatmeal (18g)

Cold: Crispy Rice (16g) | Corn Flakes (18g) | Raisin Bran (28g) | Rice Chex (16g) | Cheerios (14g)

BREAKFAST BAKERY (please choose 1 item only):

Muffins: Corn (29g) | Low-Fat Blueberry (29g) | Low-Fat Banana (30g)

Bagels: Plain (47g) | Sesame (47g) | Everything (47g) | Whole Wheat (47g)

ADDITIONAL SIDES

Home Fries (20g) | Hard-Boiled Egg | 1/2 portion Scrambled Eggs

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long. Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

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:

Cardiac, Carbohydrate-Controlled

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) 638-3463 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. 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

We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it. Your opinion counts!

NAME/ROOM#: _____



Stony Brook Medicine

LUNCH & DINNER

MAIN COURSE

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce (4g)
Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese (4g)
Oven Roasted Turkey with Gravy
Baked Salmon: Served with Garlic & Lemon
Baked White Fish: Oven Roasted with Garlic & Lemon
Homemade Meatloaf with Gravy (7g)
Grilled Marinated Chicken Breast
Sliced Roast Beef with Mushroom Gravy
Hot Roast Beef with Caramelized Onions on a Ciabatta Roll (48g)

PASTA BAR

Choice of Pasta: Penne (36g) | Linguini (50g) | Gluten Free Red Lentil Pasta (45g)
Choice of Sauce: Marinara (8g) | Meat (7g) | Garlic, Extra Virgin Olive Oil & White Wine
Choice of Toppings: Mixed Vegetables | Mushrooms | Chicken | Tofu (2g)

FROM THE GRILL

Hamburger | Grilled Marinated Chicken | Turkey Burger (*Antibiotic Free!*)
Black Bean Burger (26g) | **Grilled Swiss Cheese Sandwich**
Choice of Bread (per slice): White (14g) | Whole Wheat (13g) | Rye (16g)
Hamburger Bun (30g) | Whole Wheat Burger Bun (28g)
Choice of Toppings: Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions
Swiss Cheese

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 (2g) | Chilled Salmon | Chicken/Tuna Salad
Choice of (up to 4) Toppings: Red Onions | Cherry Tomatoes | Bell Peppers | Croutons (5g)
Walnuts (2g) | Cucumbers | Chickpeas (5g) | Sliced Mushrooms | Sunflower Seeds (3g)
Dressings: Olive Oil | Red Wine Vinegar | Fat Free Italian (1g) | Diet Italian | Fat Free Ranch (4g)

DIET: Cardiac, Carbohydrate-Controlled

COLD PLATES

Fresh Fruit Plate with Light Vanilla Yogurt (38g) or **Plain Yogurt** (35g)
Cottage Cheese and Fresh Seasonal Fruit Plate (33g)
Crudités & Hummus Platter: Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip (16g)

DELI SPECIALS

Chicken Salad | Tuna Salad | Oven Roasted Turkey | Slow-Cooked Roast Beef
Choice of Bread (per slice): White (14g) | Whole Wheat (13g) | Rye (16g)
Kaiser Roll (43g) | Tortilla Wrap (52g)
Choice of Toppings: Lettuce | Tomato | Swiss Cheese

SOUPS, SIDES & DESSERTS

SOUP

Chicken & Rice Soup (10g) | Lentil Soup (20g) | Pasta Fagioli (25g)
Low- Sodium Tomato Basil Soup (16g)
Broth: Beef (2g) | Chicken (2g) | Vegetable (2g)

SIDES

Baked Potato (32g) | Wheat Dinner Roll (15g) | Baked Steak Fries (25g)
Mashed Potatoes (14g) | Mashed Sweet Potatoes (22g) | Brown Rice (14g) | Steamed White Rice (15g) | Stuffing (11g) | GF Red Lentil Pasta (20g) | Baby Carrots | Broccoli | Corn (14g)
Green Beans | Cuban Style Black Beans (veg.) (15g) | Sautéed Spinach | Garden Salad
Cottage Cheese (6g) | Spanish Slaw | Vegetable Sticks | Carrots & Hummus (4g)
Cucumber Slices | Penne Pasta (plain) (14g)

DESSERTS

Angel Food Cake (28g) | **Chocolate Angel Food Cake** (29g)
Fruit: Banana (27g) | Orange (15g) | Apple (25g) | Grapes (10g) | Seasonal Melon (10g)
Pears (18g) | Applesauce (12g) | Orange Mango Applesauce (16g) | Peaches (14g)
Mandarin Oranges (13g) | Fruit Salad (20g)
Cookies: Graham Crackers (11g)
Gelatin: (Sugar-Free) Strawberry (2g) | Orange (2g)
Ice Cream: No Sugar Added Vanilla (20g) | No Sugar Added Chocolate (18g)
Fruit Ice: No Sugar Added Lemon (20g)
Pudding: No Sugar Added Vanilla (13g) | No Sugar Added Chocolate (13g)
No Sugar Added Rice Pudding (14g)