

BREAKFAST

Beverages

Coffee: Regular – Decaffeinated

Tea: Regular – Decaffeinated – Chamomile
Fresh Brewed Iced Tea

Milk: Whole – Skim – Lactaid – Vanilla Soy
Low Fat Chocolate Milk

Soft Drink: Ginger-Ale – Diet Ginger-Ale – Seltzer

Juice: Orange – Apple – Tomato – Cranberry
Prune

Breakfast Entrees (Please Choose 1)

Eggs: Scrambled – Egg Whites – Hard Boiled Eggs (2)

Omelet: Whole Egg – Egg White

Choice of 4 Toppings: Red Onions – Baby Spinach
Peppers – Ham – Broccoli – Mushroom – Turkey

Choice of Cheese: American or Swiss

Sides

Sausage Patty – Turkey Sausage Links – Home Fries

Fruits

Whole Fruit: Banana – Orange – Apple – Grapes

Chilled Fruits: Peaches – Applesauce – Pears
Mandarin Oranges – Fresh Marinated Fruit Salad
Seasonal Melon

Yogurt

Regular: Vanilla – Strawberry

Lite: Strawberry – Peach – Vanilla – Blueberry

Gluten-free Breakfast Bakery

Muffin: Blueberry Muffin

Bread: Plain Bagel Thin – Whole Grain Roll
White Bread

Cereal

Rice Chex – Cheerios

Condiments

Butter – Smart Balance – Sugar – Cream Cheese

Lite Cream Cheese – Strawberry Jam – Grape Jelly – Diet Jelly

Peanut Butter – Honey – Lemon Juice – Salt – Pepper

Coffee Creamer – Herb Seasoning – Parmesan Cheese

Sour Cream – Salsa

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 (Choose 1 Main)

Hot Entrée

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella

Oven Roasted Turkey

Baked Salmon: Dressed with Garlic & Lemon

Grilled Marinated Chicken Breast

Hot Roast Beef served with a GF Bun, available with or without Sautéed Onions

Cold Plates

Fresh Fruit Plate: Served with Vanilla or Lite Vanilla Yogurt

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

Pasta Bar:

Pasta: Gluten-Free Red Lentil Rotini

Choice of Sauce: Vodka Sauce | Meat Sauce | Butter Sauce
Marinara Sauce | Garlic, Extra Virgin Olive Oil & White Wine

Gluten Free Pizza

Shake It Up Salad Station

Choice of Lettuce: Romaine - Seasonal Baby Field Greens
Spinach

Choice of (1) Protein: Baked Shrimp - Tofu
Marinated Grilled Chicken – Chilled Salmon

Choice of (up to 4) Toppings: Red Onions
Cherry Tomatoes – Bell Peppers – Walnuts
Sliced Black Olives - Cucumbers - Dried Cranberries
Chickpeas – Sliced Mushrooms - Sunflower Seeds

Dressings: Lemon Juice - Olive Oil
Red Wine Vinegar

From The Grill

Hamburger - Cheeseburger - Grilled Chicken Breast

Choice of Cheese: American - Swiss

Choice of Gluten-Free Bread: White Bread - Bagel Thin
Burger Bun

Toppings: Lettuce – Tomato - Sautéed Mushrooms
Sautéed Onion

Grilled Cheese Sandwich: Gluten-Free White Bread

Choice of Cheese: American - Swiss

Choice of Toppings: Tomato - Sautéed Mushrooms
Sautéed Onions

SOUPS, SIDES & DESSERTS

Soups

Soups: Lentil Soup

Broths: Vegetable - Chicken - Beef

All of our soups are made with a GF broth but made in facility that handles wheat

Sides

Baked Potato - Steamed Rice - GF Red Lentil Pasta

Mashed Sweet Potatoes - Green Beans - Baby Carrots

Broccoli - Baked Steak Fries – Brown Rice - Corn

Cuban Style Black Beans (vegetarian) - Sautéed Spinach

Sides Salad

Hummus & Carrots - Cucumber Slices

Garden Salad

Desserts

Chilled Fruit: Peaches – Pears – Applesauce

Seasonal Melon - Mandarin Oranges

Fresh Marinated Fruit Salad

Whole Fruit: Banana - Apple - Orange - Grapes

Gelatin: (Regular or Sugar-Free)

Strawberry - Orange

Ice Cream: (Regular or Sugar-Free)

Vanilla – Chocolate

Pudding: (Regular or Sugar-Free)

Vanilla – Chocolate – Rice

Italian Ice: Cherry - Lemon - Orange - Sugar-free Lemon



Stony Brook **Medicine**

GLUTEN RESTRICTED DIET

Your physician has ordered a gluten restricted diet for you. This diet does not allow wheat, rye, barley or oats in any form. Gluten is a protein found in these grains. Gluten can also be hidden in many food additives and other ingredients including modified food starch, hydrolyzed vegetable or plant protein and malt .

The following is a good resource for additional information on gluten restricted diets.

Celiac Disease Foundation

www.celiac.org

Phone# 818-990-2354

Email cdf@celiac.org

***Our highly-skilled staff members are trained to accommodate food allergies and intolerances, however our kitchen is not a gluten-free facility.**

Room Number: _____ **Date:** _____

Name: _____

Diet: _____

How to Place an Order

1. **Dial 8-DINE (extension 8-3463) between the hours of 7 am and 7 pm.**
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 specially prepared meal will be served to you within 90 minutes of your request.**

The Department of Food and Nutrition is here to provide you with excellent service. Feel free to let your Room Service Associate know how we can help meet your food service needs.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for all diets.

If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

For your safety, we will accept your menu selections only after your physician has entered your diet order.

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