



Huntington[®]
Health

An Affiliate of



Cedars
Sinai

MENU

Hours are 6:30 a.m. to 7 p.m.

Please call extension 3663 to place your order and allow 45 minutes for delivery.



Family and guests.

Meals for your family and guests are available for purchase in the Bistro Garden Café, located on the first floor of the West Tower and open daily, except 2 a.m. to 6:30 a.m.

Guests may also order trays from room service. Breakfast is \$5; lunch and dinner are \$9. Tickets for guest trays are available for purchase in the Bistro Garden Café.

Please call extension 3663 to place your order and allow 45 minutes for delivery.

Our staff will guide you through the ordering process. We are happy to make recommendations for you.

(#) Number in parenthesis indicates carbohydrate count.

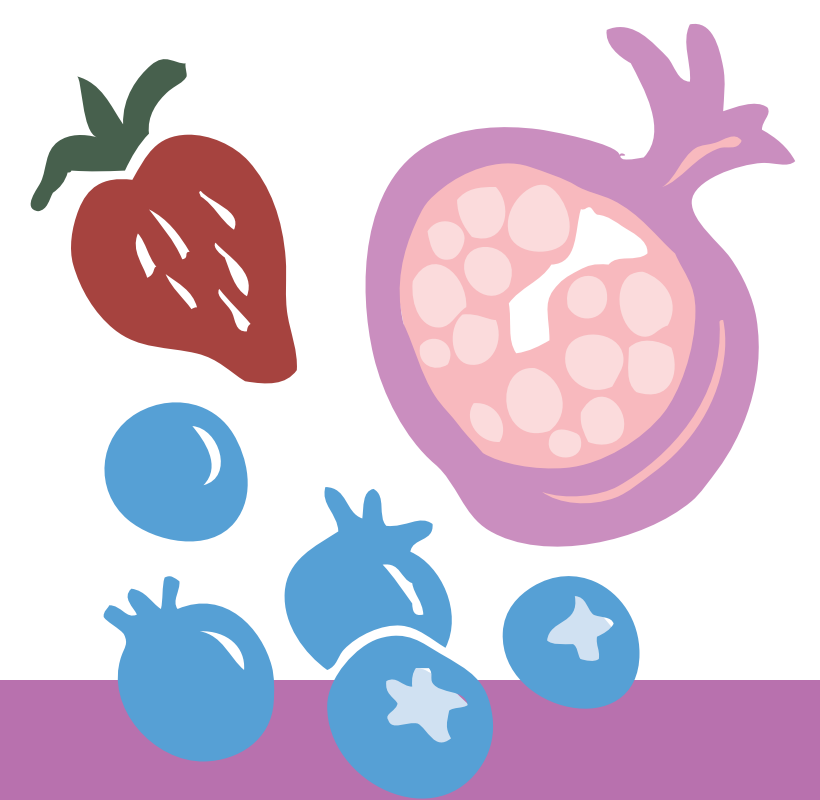
(One carbohydrate count equals 15 grams of carbohydrate.)

♥ Heart Healthy selection

💧 Renal selection

GF Gluten-free selection

VG Vegan selection



Breakfast Served all day.

Fruit

Whole Fruit

Banana (1.5) ♥ GF VG

Orange (1) ♥ GF VG

Red Delicious Apple (1.25) ♥ 💧 GF

Sour Green Apple (1.25) ♥ 💧 GF

Chilled Fruit

Fresh Fruit Salad (.75) ♥ GF VG

Red Grapes (1) ♥ 💧 GF VG

Applesauce (.75) ♥ 💧 GF VG

Diced Peaches (1) ♥ 💧 GF VG

Diced Pears (1.25) ♥ 💧 GF VG

Pineapple Tidbits (1) ♥ 💧 GF VG

Mandarin Oranges (1) ♥ 💧 GF VG

Cinnamon Baked Apples(1) ♥ 💧 GF

Tropical Fruit Cup (1) ♥ 💧 GF VG

Cereals, Breads & Muffins

Hot Cereals

Oatmeal (2) ♥ VG

Cream of Wheat (1) ♥ ♪ VG

Cream of Rice (2.5) ♥ ♪ GF VG

Cold Cereals

Cheerios (1.5) ♥ ♪ GF VG

Corn Flakes (1.25) ♥ ♪ VG

Raisin Bran (2) ♥

Rice Chex (1) ♥ ♪ GF VG

Rice Krispies (1.5) ♥ ♪

Special K (1) ♥ ♪

Breads

White (1) ♥ ♪ VG

Wheat (1) ♥ VG

Sourdough (1.5) ♥ ♪ VG

Gluten Free White (1.5) ♥ ♪ GF

Bagel (White) (2.25)

English Muffin (Wheat) (1.5) ♥ VG

English Muffin (White) (2) ♥ ♪ VG

English Muffin (Gluten Free) (2.5) GF

Muffins

Whole Grain Blueberry (2) ♥

Corn (2) ♥ ♪

Banana Chocolate Chip (1.5)

Mains

Congee Rice (3) ♥ ♪ GF VG

Rancheros Bean Bowl (2.5) ♥ ♪ GF VG

Refried beans, tofu & veggie scramble seasoned with lime juice & spices. Topped with salsa, tortilla chips & cilantro.

Ham, Egg and Cheese

Breakfast Sandwich (1.5)

Light and fluffy scrambled eggs served with ham and cheese on a whole wheat English muffin.

Buttermilk Pancakes (.5) ♥ ♻️

French Toast (1) ♥ ♻️

Eggs

All eggs are cage free.

Scrambled (0) ♻️ GF

Hard Boiled (0) ♻️ GF

Cholesterol Free Scrambled (0) ♥ ♻️ GF

Made to order Omelets (Choose up to three.)

Cheddar (0) GF

Mozzarella (0) GF

Ham (0)

Mushrooms (0) ♥ GF VG

Green Pepper (0) ♥ ♻️ GF VG

Tomato (0) ♥ GF VG

Onion (0) ♥ ♻️ GF VG

Spinach (0) ♥ GF VG

Sides

Home Fried Potatoes (1) ♥ GF

Bacon (0) GF

Pork Patty Sausage (0) GF

Turkey Link Sausage (0) ♥ ♻️ GF

Low Fat Cottage Cheese (.25) GF

Greek Yogurt

Plain (.5) ♥ GF

Blueberry (1) ♥ GF

Strawberry (1) ♥ GF

Vanilla (.75) ♥ GF

Lunch & Dinner

Soup

Garden Vegetable (.75) ♥ GF VG

Tomato Basil (.75) ♥ GF

Chicken Noodle (.75) ♥ ♡

Broth

Vegetable (.25) ♥ ♡ GF VG

Chicken (.25) ♥ ♡ GF

Beef (.25) ♥ ♡ GF



Side Salads

Garden Salad (0) ♥ ♡ GF VG

Caesar Salad (.5)

Entrée Salads

Hummus, Pita & Vegetables (2.25)

Hummus served with fresh carrots, cucumbers, celery & wheat pita.

Fruit & Cottage Cheese (1.5) GF

Cottage cheese with mandarin oranges, peaches & pears.

Chicken Caesar Salad (.5) ♥

Grilled chicken, fresh romaine, Parmesan & croutons.

Southwestern Salad (1.25) ♥ GF




Southwestern inspired chicken on a bed of lettuce with corn, black beans & tomatoes.

Chinese Chicken Salad (2.5)

Mixed greens tossed with grilled chicken, mandarin oranges, sliced almonds, won ton chips & a toasted sesame vinaigrette.

Dressing

Italian (REG) (0)  GF 

Italian (LS) (0)   GF 

Ranch (REG) (0)




Ranch (LS) (0)

Caesar (REG) (0) GF

Balsamic Vinegar (REG) (.25)   GF 



Thousand Island (REG) (.5) GF




Asian Sesame (REG) (.5)




Oil & Vinegar (0)   GF 

Sandwiches

Breads

Wheat (1)  


White (1)   

Sourdough (1.5)   

Hoagie Roll (3)

Gluten Free White (1.5)   GF

Tortillas


Wheat (2.25) 


Flour (2.25) 

Corn (2)   

Meat & Fillings

Grilled Vegetables (.5)   GF 



Hummus (.75) GF 

Egg Salad (.25)  GF

Turkey Breast (0)   GF

Tuna Salad (0)   GF

Ham (0)

Roast Beef (.25)   GF

Cheeses

American (0) GF

Provolone (0) GF

Cheddar (0) GF

Swiss (0) GF

Garden

Lettuce (0) ♥ ♡ GF VG

Tomato (0) ♥ GF VG

Onion (0) ♥ ♡ GF VG

Pickle (0) GF VG

Cucumber (0) ♥ ♡ GF VG



Mains

Pasta & Marinara (5) ♥ VG

Pasta (REG/GF) topped with seasoned marinara sauce.

Pasta & Meat Sauce (2.5) ♥

Pasta (REG/GF) topped with Bolognese style meat sauce.

Falafel Fritters (1.5) ♥ ♡ GF VG

Falafel fritters served with tzatziki sauce.

Smoky Bean Chili (2) ♥ ♡ GF VG

Hearty chili made with lentils, kidney beans, great northern beans in a smoky BBQ seasoned tomato broth.

Southwest Burrito (3) VG

Black beans, tomatoes, corn, fire roasted jalapeno & brown rice, with cilantro, red sauce & dairy free cheddar.

Tuscan Tilapia (.5) ♥ ♡ GF

Tilapia fillet crusted in a garlic, thyme & parsley blend.

Grilled Chicken Breast (0) ♥ ♡ GF

Grilled chicken with Italian seasonings.

Baked Chicken Tenders (.75)

Chicken tenders coated in seasoned bread crumbs, baked until crispy.

Farmer's Meatloaf (.75) ♥ ♻️

A blend of beef and turkey with onion, celery, green peppers & oats.

Roasted Turkey Breast (0) ♥ ♻️ GF

Hand carved slices of slow roasted boneless turkey breast.

Braised Beef Pot Roast (.25) ♥ ♻️ GF

Tender, slow roasted braised beef pot roast.

Chicken Pot Pie (2.5)

Chicken, peas, potatoes & carrots with seasoned sherry sauce, topped with a flaky crust.

Made to order Pizza

Served after 11 a.m.

Traditional Crust (4) or
Cauliflower Crust (3) **GF**

(Choose up to three.)

Pepperoni (0) **GF**

Mushrooms (0) **GF** **VG**

Green Pepper (0) **GF** **VG**

Tomato (0) **GF** **VG**

Onion (0) **GF** **VG**

Spinach (0) **GF** **VG**

Black Olives (.25) **GF** **VG**

Made to order Stir Fry

Stir Fry Sauce (.25)

(Choose up to two.)

Asian Blend Vegetables (.5) ♥ **GF** **VG**

Tofu (.25) ♥ ♻️ **GF** **VG**

Chicken (0) ♥ ♻️ **GF**

Beef (0) ♥ ♻️ **GF**

Grill

Made to order Burgers

Veggie (1.25) **VG**

Turkey (0) **GF**

Grilled Chicken Breast (0) ♥ ♡ **GF**

Beef (0) ♡ **GF**

Sides

Vegetables

Steamed Carrots (.5) ♥ ♡ **GF VG**

Corn (1.25) ♥ ♡ **GF VG**

Cauliflower (.25) ♥ ♡ **GF VG**

Green Beans (.25) ♥ ♡ **GF VG**

Green Peas (1.) ♥ ♡ **GF VG**

Broccoli Florets (.25) ♥ **GF VG**

Grains

Brown Rice (1.25) ♥ **GF VG**

White Rice (1.75) ♥ ♡ **GF VG**

Mashed Potatoes (1.5) ♥ **GF**

Pasta (REG) (2) ♥ ♡ **VG**

Pasta (GF) (2) ♥ ♡ **GF VG**

Macaroni & Cheese (2)

Steak Cut French Fries (1.5) **GF VG**

Home Fried Potatoes (1) ♥ **GF**

Refried Beans (1.75) **GF VG**

Complements

Wheat Dinner Roll (1) ♥ **VG**

White Dinner Roll (1) ♥ ♡

Potato Chips (REG) (1) **GF VG**

Potato Chips (Baked) (1.5) ♥ **GF VG**

Pretzels (1.5) **VG**

Crackers (REG) (.25) **VG**

Crackers (LS) (.25) ♥ ♡ **VG**

Beef Gravy (.25) ♥ ♡

Poultry Gravy (.25) ♥ ♡

Beverages

Hot

Coffee (REG/DECAF) (0) ♥ ♀ GF VG

Tea (REG/DECAF) (1.5) ♥ ♀ GF VG

Hot Chocolate (REG) (1) ♥

Hot Chocolate (NSA) (.75) ♥

Cold

Iced Tea (SF) (0) ♀ GF VG

Sprite (REG) (1.5) ♥ ♀ GF VG

Sprite (DIET) (0) ♥ ♀ GF VG

Coca-Cola (REG) (1.75) ♥ GF VG

Coca-Cola (DIET) (0) ♥ GF VG

Ginger Ale (REG) (1.25) ♥ ♀ GF VG

Juice

Apple (1) ♥ ♀ GF VG

Cranberry (1.25) ♥ ♀ GF VG

Grape (1.25) ♥ ♀ GF VG

Orange (1) ♥ GF VG

Prune (1.5) ♥ GF VG

Milk

Fat Free (1) ♥ GF

1% (1) GF

2% (1) GF

Whole (.75) GF

Almond (1) ♥ GF VG

Soy (.5) ♥ GF VG

Low Fat Chocolate (1.75) GF

Lactose Free (FF) (1) ♥ GF



Dessert

Oatmeal Raisin Cookie (1.5)
Chocolate Chip Cookie (1.5)
Sugar Cookie (.25) 🚫
Graham Crackers (1.25) 🚫 🚫
Angel Food Cake (2) 🚫 🚫
Pound Cake (1.75) 🚫
Chocolate Brownie (3)

Vanilla Pudding (REG) (1.5) GF
Vanilla Pudding (SF) (1) 🚫 GF
Chocolate Pudding (REG) (1.5) GF
Chocolate Pudding (SF) (1) 🚫 GF

Vanilla Ice Cream (1) GF
Chocolate Ice Cream (1) GF
Strawberry Ice Cream (1) GF
Fruit Sherbet (2) 🚫 🚫 GF
Orange Sherbet (1.5) 🚫 🚫 GF
Lemon Fruit Ice (REG) (1.5) 🚫 🚫 GF VG
Lemon Fruit Ice (SF) (1) 🚫 🚫 GF VG

Gelatin

Cherry (REG) (1.5) 🚫 🚫 GF
Orange (REG) (1.5) 🚫 🚫 GF
Orange (SF) (0) 🚫 🚫 GF
Strawberry (SF) (.25) 🚫 🚫 GF

Condiments

Ketchup (.25) 🚫 GF VG
Yellow Mustard (0) 🚫 GF VG
Mayonnaise (0) 🚫 GF
Light Mayonnaise (.25) 🚫 🚫 GF
Pickle Slices (0) GF VG
Sweet Pickle Relish (0) GF VG
Sugar (.25) 🚫 🚫 GF VG
Equal (0) 🚫 🚫 GF VG

Sweet and Low (0) ♥ 💧 GF VG
Splenda (0) ♥ 💧 GF VG
Brown Sugar (.75) ♥ 💧 GF VG
Honey (.75) ♥ 💧 GF
Syrup (1.75) ♥ 💧 GF VG
Diet Syrup (.25) ♥ 💧 GF VG
Butter (0) 💧 GF
Smart Balance Butter (0) ♥ 💧 GF VG
Grape Jelly (.5) ♥ 💧 GF VG
Diet Grape Jelly (.25) ♥ 💧 GF VG
Strawberry Jelly (.5) ♥ 💧 GF VG
Diet Strawberry Jelly (.25) ♥ 💧 GF VG
Peanut Butter (.25) GF VG
Cream Cheese (0) GF
Light Cream Cheese (0) ♥ GF
Salt (0) GF VG
Pepper (0) ♥ 💧 GF VG
Herb Seasoning (0) ♥ 💧 GF VG
Non-Dairy Creamer (0) ♥ 💧 GF
Lemon Juice (0) ♥ 💧 GF VG
Sour Cream (0) GF
Parmesan Cheese (0) GF
Raisins (2.25) ♥ GF VG
Taco Sauce (0) 💧 GF VG
Tartar Sauce (1) 💧 GF
BBQ Sauce (.25) GF
Tzatziki Sauce (0) ♥ 💧 GF
Salsa (0) GF VG
Tabasco Sauce (0) GF VG
Lemon Wedge (0) ♥ 💧 VG



Liquid Diets



Clear Liquid Diet

Broth

Vegetable (.25) ♥ ♡ GF VG

Chicken (.25) ♥ ♡ GF

Beef (.25) ♥ ♡ GF

Juice

Apple (1) ♥ ♡ GF VG

Cranberry (1.25) ♥ ♡ GF VG

Grape (1.25) ♥ ♡ GF VG

Gelatin

Cherry (REG) (1.5) ♥ ♡ GF

Orange (REG) (1.5) ♥ ♡ GF

Orange (SF) (0) ♥ ♡ GF VG

Strawberry (SF) (.25) ♥ ♡ GF

Lemon Fruit Ice (REG) (1.5) ♥ ♡ GF VG

Lemon Fruit Ice (SF) (1) ♥ ♡ GF VG

Coffee (REG/DECAF) (0) ♥ ♡ GF VG

Hot Tea (REG/DECAF)(0) ♥ ♡ GF VG

Iced Tea (SF) (0) ♡ GF VG

Ginger Ale (REG) (1.25) ♥ ♡ GF VG

Sprite (REG) (1.5) ♥ ♡ GF VG

Sprite (DIET) (0) ♥ ♡ GF VG

Full Liquid Diet

Includes all Clear Liquid Diet choices plus:

Tomato Basil Soup (.75) ♥ GF

Pureed Chicken

Noodle Soup (.75) ♥ ♡

Cream of Wheat (1.5) ♥ ♡ VG

Vanilla Greek Yogurt (.75) ♥ GF

Plain Greek Yogurt (.5) ♥ GF

pudding

Vanilla (REG) (1.5) GF

Vanilla (SF) (1) ♥ GF

Chocolate (REG) (1.5) GF

Chocolate (SF) (1) ♥ GF

Ice Cream

Vanilla (1) GF

Chocolate (1) GF

Strawberry (1) GF

Fruit Sherbet (2) ♥ 💧 GF

Orange Sherbet (1.5) ♥ 💧 GF

Milk

Fat Free (1) ♥ GF

1% (1) GF

2% (1) GF

Whole (.75) GF

Almond (1) ♥ GF VG

Soy (.5) ♥ GF VG

Low Fat Chocolate (1.75) GF

Lactose Free (FF) (1) ♥ GF

Juice

Orange (1) ♥ GF VG

Prune (1.5) ♥ GF VG

Hot Chocolate (REG) (1) ♥

Hot Chocolate (SF) (.75) ♥

Our goal is to provide you with an excellent dining experience.

We take a clinically led, chef inspired approach with a plant forward menu to deliver nutrition that heals, without sacrificing flavor!

Plant forward does not mean vegetarian or vegan, or never eating meat or dairy. Rather, meals proportionally include more food from plant sources, like fruits, vegetables or whole grains. This diet can help prevent or manage chronic diseases like heart disease, type 2 diabetes, obesity and some cancers. Plus, plant forward eating helps combat climate change as plant ingredients emit less greenhouse gases.

US dietary guidelines.

Emphasize fruits, vegetables, whole grains and low fat or fat free milk and milk products. Include lean meats, poultry, fish, beans, eggs, nuts and seeds. Consume a diet low in saturated fats, trans fats, cholesterol, salt and added sugars.

Make your calories count. Think nutrient-rich rather than good or bad foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients.

Focus on variety. Strive for a rainbow of fruits and vegetables for a wide range of vitamins, minerals, fiber and phytochemicals. Eat a variety of foods from all the food groups to get the nutrients your body needs.


Blood sugar management. Please notify the nursing staff when you order your meal so we can best help you manage your blood sugar. Timing of blood sugar checks and medications is critical in keeping your blood sugar as normal as possible. We appreciate your assistance with your medical treatment.

Information about your diet.


Below is general information about common diet orders that may be prescribed by your physician. A registered dietitian is available if you would like more information about your diet.

A Regular diet is a nutritionally balanced diet with no dietary restrictions. We encourage you to choose a variety of foods, including fruit, vegetables and whole grains.

The Consistent Carbohydrate diet helps to control blood sugar levels and health problems associated with diabetes. This diet aims to provide a moderate amount of carbohydrate at each meal by counting carbohydrate servings. One carbohydrate count equals 15 grams of carbohydrate. The number of carbohydrate counts for each menu item is listed.

A Heart Healthy diet is designed to decrease the risk of cardiovascular disease and reduce blood lipid levels. This diet limits total fat, saturated fat and sodium. Suggested Heart Healthy menu items are identified by the  symbol.

A Low Sodium diet is typically prescribed to help control blood pressure and to avoid fluid retention. A Low Sodium diet limits foods high in salt, such as processed meats, cheese and sauces.

A Renal diet is typically prescribed to help control or prevent kidney disease. This diet limits sodium, potassium and phosphorus. Your physician may also order a specific amount of protein intake. Suggested Renal menu items are identified by the  symbol.

A Soft/Bland diet may be prescribed by your physician to minimize gastrointestinal distress and irritation. The Soft/Bland diet consists of foods that are easily digestible and mildly seasoned. High fiber foods, raw fruits and vegetables, greasy foods and caffeine are omitted.

Patient services. Your meals are prepared fresh daily ensuring the finest quality. We are committed to doing everything possible to make your mealtime pleasant. We offer a wide range of hot and cold breakfast items as well as a variety of lunch and dinner selections.

We welcome your comments. You may be visited by a representative from hospitality services during your stay, inquiring about the service so that we can continue to improve our food services to you.