

# Beverages

Available all day

## HOT COMFORTS

Coffee | Decaf Coffee  
Tea | Decaf Tea | Hot Cocoa 15g  
Sugar Free Hot Cocoa 5g

## WATER & HYDRATION

Ice Water | Bottled Water  
Gatorade® 15g | Gatorlyte® 5g  
Gatorade Zero®

## MILK OPTIONS

Skim 10g | 2% 10g | Whole 10g  
Chocolate 20g | Lactose Free 10g  
Almond | Soy 25g

## JUICES

Apple 15g | Cranberry 15g | Grape 15g  
Orange 15g | Prune 10g | Vegetable 5g



## FIZZ & FLAVOR

Carbonated Water | Iced Tea  
Crystal Light Lemonade  
Crystal Light Raspberry Ice  
Regular Soda 25g | Sugar Free Soda



## To Place Your Order



See this section of the written menu in the patient's room. If a menu cannot be located, request one from the care team.



## Eat & Drink For Your Health



What you eat and drink is an important part of your care plan. Mayo Clinic's Culinary Care Team consists of registered dietitians and culinary professionals working together to provide nourishment that supports health and healing.



Scan the QR code with your phone for easy access to nutrition information, or visit: [mayoclinic.org/nutrition](https://mayoclinic.org/nutrition)



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# Room Service Menu





# Breakfast

Available all day



## ENTREES

- Texas Toast French Toast** 35g | **Buttermilk Pancakes** 35g  
*Available Toppings: Banana 15g | Blueberry 5g Strawberry 5g*
- Vegetable Avocado Toast** 35g  
*Topped with Tomatoes, Red Onion, Asparagus, Cheese Egg Add-On: Hard Boiled | Fried*
- Whole Wheat English Muffin, Egg & Cheese Sandwich** 25g  
*Protein Add-On: Bacon | Pork Sausage*
- Egg, Potato & Vegetable Skillet** 20g
- Curried Tofu Scramble** 10g

## SIDES

- Breakfast Potatoes 20g
- Fried Egg | Hard-Boiled Egg
- Scrambled Eggs | Bacon
- Pork Sausage Patty | Turkey Bacon
- Turkey Sausage Link
- Cottage Cheese 5g

## FRUIT

- Apple 20g | Applesauce 15g
- Banana 25g | Fresh Fruit Cup 10g
- Grapes 15g | Orange 25g
- Mandarin Oranges 10g | Peaches 10g
- Pears 15g | Stewed Prunes 15g

## CEREAL

- Apple Cinnamon Cream of Wheat 25g
- Cream of Wheat® 20g | Grits 20g
- Cream of Rice® 20g | Oatmeal 20g
- Cheerios® 15g | Frosted Mini Wheats® 25g
- Raisin Bran 30g | Rice Chex® 15g
- Rice Krispies® 20g

*Available Condiments:*  
*Brown Sugar 15g | Sugar 5g Cinnamon | Raisins 5g*

#g **Rounded grams of carbohydrates**  
Carbohydrate grams may vary due to ingredient changes.  
Your tray ticket will have accurate carbohydrate grams listed.

# Lunch & Dinner

Available 10:30 a.m. to closing



## ENTREES

- Roasted Salmon**
- Baked Cod**
- Chicken Marsala** 15g
- Southwestern Carnitas Bowl** 50g
- Roasted Turkey Breast with Gravy**
- Beef Pot Roast with Gravy**
- Meatloaf with Demi-Glace** 10g
- Vegetable Lasagna** 25g
- Vegetable Stir-Fry** 40g  
*Protein Add-On: Chicken | Salmon | Tofu Marinated Chickpeas 25g*

## ENTREE SALADS

- Mediterranean 20g
- Caesar 10g | Garden 5g
- Cottage Cheese & Fruit Plate 30g
- Protein Add-On: Chicken | Salmon | Tofu Marinated Chickpeas 25g*

*Available Dressings:*  
*Balsamic Vinaigrette 5g | Caesar Cilantro Lime | French 5g Honey Dijon Balsamic 10g | Italian Ranch | Oil & Vinegar*

## SIDE SALADS

- Caesar 5g | Garden 5g
- Fresh Vegetables with Hummus 25g

## SOUP [BOWL | CUP]

- Chicken Noodle 25g|15g
- Three Bean Chili 40g|20g
- Tomato Basil 15g|5g
- Vegetable 20g|10g

- Broth: Beef | Chicken
- Vegetable 5g | Seasonal

*Available Bread Pairings:*  
*Whole Wheat Dinner Roll 15g Dinner Roll 15g | Cornbread 35g Garlic Breadstick 15g*

## HANDHELDS

- Mediterranean Wrap 50g
- Turkey Club 45g | Chicken Salad 30g
- Egg Salad 25g | Tuna Salad 25g
- Peanut Butter & Grape Jelly 50g
- Grilled Chicken Sandwich 35g
- Caprese Melt 50g | Hamburger 35g
- Cheese Quesadilla 35g
- Chicken Quesadilla 35g
- Black Bean Burger 50g
- Grilled Cheese 25g

*Available Toppings & Condiments:*  
*Lettuce | Tomato | Onion | Pickles Cheese | Ketchup 5g | Mustard | Salsa Mayonnaise | Sour Cream | Hot Sauce Pico de Gallo | BBQ Sauce 10g*

## ROTINI PASTA

- Chicken Alfredo 40g | Alfredo 85g
- Meatball Pomodoro 25g
- Pomodoro 75g | Primavera 60g



# Lunch & Dinner

Available 10:30 a.m. to closing

# Sides

## VEGETABLES

- Asparagus 5g | Broccoli 5g | Corn 20g
- Carrots 5g | Green Beans 5g

## POTATOES & STARCHES

- Baked Potato 50g
- Baked Sweet Potato 30g
- Roasted Potato Wedges 15g
- Mashed Potatoes 20g
- Pinto Beans 15g

## GRAINS & PASTA

- Brown Rice 25g | White Rice 25g
- Cilantro Lime Rice 30g
- Macaroni & Cheese 20g

## BREADS

- Whole Wheat Dinner Roll 15g
- Dinner Roll 15g | Cornbread 35g
- Garlic Breadstick 15g

## GRAVIES

- Beef | Chicken | Vegetable

# Desserts

## CAKES & PIES

- Angel Food Cake with Strawberries 25g
- Brownie 30g | Carrot Cupcake 55g
- Mini Apple Pie 70g

## COOKIES

- Chocolate Chip 25g | Sugar 25g
- Oatmeal Raisin 25g

## SIMPLY SWEET

- Banana Pudding Parfait 30g
- Pudding 30g
- No Added Sugar Pudding 15g
- Gelatin 20g | Sugar Free Gelatin

## FROZEN TREATS

- Ice Cream 15g | Italian Ice 20g
- Sherbet 25g | Popsicles 15g
- Sugar Free Popsicles 5g

