



To minimize wait time, **Pre-order** your meal by calling between:
9am – 10:30am for lunch
1:00pm - 3:30pm for dinner & tomorrow's breakfast

Consistent Carbohydrate Diet



Your doctor has ordered the consistent carbohydrate diet (CCD) diet. It is very similar to a regular diet but limits carbohydrate to 5 servings per meal. The CCD diet also limits some foods with added sugars and offers some foods with alternative sweeteners.

For any questions or explanations in regards to this diet, please ask the call center, registered nurse or registered dietitian.

Room Service Menu

Consistent Carb (CCD)

BREAKFAST

(available from 6:30am-11:00am)

LUNCH & DINNER

(available from 11:00am-6:30pm)

**To place your order please call
3663 (FOOD)**

Welcome to room service.
Please limit your order to one (1) entrée per meal.
If your physician has prescribed a modified diet for you, some items may not be allowed.
We will be happy to help you with your meal choices.

Family & Visitors are invited to enjoy our Ohana Café located on the Ground Floor.

BREAKFAST

(available from 6:30am-11:00am)

Breakfast Plates

Includes Choice Of White Rice, Brown Rice, Hash Browns, Tater Tots, or Okai

Sunrise Breakfast Served with Choice of Scrambled Eggs, Low Cholesterol Scrambled Eggs, or Hard Boiled Egg and Choice of Bacon, Portuguese Sausage, Spam, Pork Sausage Patties, Pork Links, or Chicken Apple Sausage

2 Egg Omelet Served with Choice of Egg or Low Cholesterol Eggbeaters Choice of Fresh Spinach, Tomato, Bell Pepper, Mushroom and Onion Choice of Spam, Bacon, or Portuguese Sausage and Choice of Cheddar, Mozzarella, American, or Swiss Cheese

Bakery & Breads

Croissant (2.5)	Pancakes (2)	Waffle (2)
Bagel (Plain or Blueberry) (3)	Buttermilk Biscuit (2)	French Toast (2)
Blueberry Muffin (3)	Rye Toast (1)	Wheat Toast (1)
White Toast (1)		

Cereals

Total Raisin Bran® (2)	Corn Flakes® (1)	Raisin Bran® (2)
Rice Krispies® (1.5)	Frosted Flakes® (2)	Cheerios® (1)
Oatmeal (1)	Cream of Wheat (1)	Cream of Rice (1)

Fresh Fruits

*all fresh fruits selections subject to seasonal availability)

Apple (1)	Banana (1-2)	Papaya with Lemon (1)	Orange (1)
Pear (1)	Melon Cup (.50)	Pineapple (1)	

Canned Fruits

Applesauce (1)	Mixed Fruit (1)	Peaches (1)	Pears (1)
Tropical Fruit (1)	Stewed Prunes (1)		

Yogurt

Plain (1)	Vanilla (2)	Blueberry (2)	Peach (2)	Strawberry (2)
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Local Favorites (available for all meals)

Loco Moco Charbroiled Beef Patty, Scrambled Egg and Brown Gravy Served on a Choice Of White or Brown Rice

Saimin (3) served with Char Sui Pork, Scrambled Egg, Kamaboko and Green Onion

Aloha Bento Pack served with Spam Musubi and Choice Of Chicken Katsu or Breaded Fish and Kim Chee

Beverages

Hot Coffee: Regular or Decaffeinated

Hot Tea: House Genmai, Yamamoto Green, Lipton, Herbal or Decaffeinated

Hot Chocolate: Sugar-Free (.60)

Juice: Orange, Grape, Cranberry Cocktail, Apple or Guava

Cold: Iced Water, Iced Tea, Crystal Light, V-8®, 1% Milk, Skim Milk, Whole Milk, 1% Chocolate Milk, Almond Milk or Soy Milk

Condiments

Butter	Margarine	Sugar-Free Jelly (Grape, Blackberry or Strawberry) (.30)
Mayonnaise	Light Mayonnaise	Peanut Butter (.10)
Ketchup (.20)	Lemon	Cottage Cheese (.30)
Shoyu	Low Sodium Shoyu	Sour Cream (.20)
Mustard	Relish	Cream Cheese (.50)
Sugar Free Syrup		(Plain, Light or Strawberry)

Salt, Pepper, Salt-Free Seasoning, Non-Dairy Creamer, Equal, Sweet & Low, Splenda

LUNCH & DINNER

(available from 11:00am-6:30pm)

Entrées

Entrée Include Choice Of White Rice, Brown Rice, Mashed Potato or Okai. (1) (1) (1)
Accompanied with Choice Of Hot Vegetable Of The Day, Carrots or Green Beans. (.30 - .60)

Beef Pot Roast served with Brown Gravy (.30)

Hamburger Steak served with Caramelized Onion and Brown Gravy (.30)

Chicken Katsu (1)

Chicken Cutlet (.70) served with Brown Gravy (.30)

Tofu Stir Fry (.50)

Grilled Salmon Fillet served with choice of Sauce

Chicken Fillet served with choice of Sauce

Grilled Mahi Mahi served with choice of Sauce

Sauces: Ginger, Teriyaki, Marinara, Pesto, Lemon Caper or Garlic Aioli

Entrée Salads Choice of Side of Bread available upon request.

Caesar Salad (.50) served on Romaine Lettuce, Tomato, Parmesan Cheese with choice of Chicken or Salmon

Chef Salad (.50) served on a bed of Lettuce, Tomato, Boiled Egg, Turkey, Ham, Cheddar and Swiss Cheese (.10) and Olives (.10)

Salad Dressings: House Dressing, Balsamic vinaigrette, Caesar, Ranch (regular and low fat), Italian (regular and low fat), 1000 Island (regular and low fat), French (regular and low fat)



Other Delicious Entrées

Fresh from the Deli (Build your own Sandwich)

Build a Sandwich include Lettuce, Tomato, Onion, and Pickles

Choice Of Turkey, Roast Beef, Ham, Tuna or Egg Sandwich

Choice Of Swiss or American Cheese

Choice Of White Bread, Whole Wheat Bread, Rye Bread, Flat Bread, Brioche Bun or Flour Tortilla

Crispy Chicken Wrap (3) served in a flour tortilla Served with Lettuce, Tomato, Onion, Pickles and Choice Of Swiss or American Cheese

Chicken Quesadilla (3) served with Salsa, Sour Cream and Guacamole

Pasta with Italian Style Meatballs served with Choice Of Marinara or Pesto Sauce and Parmesan Cheese (half portion 1.5)(full portion 3)

Pasta Served with Choice Of Marinara or Pesto Sauce (half portion 1.5)(full portion 3)

Loaded Potato Wedges (3) served with Choice Of Shredded Mozzarella or Cheddar Cheese, Bacon Bits, Green Onion, Sour Cream and Salsa

Build-A-Burger served on Brioche Bun with Lettuce, Tomato, Onion Choice of Charbroiled Beef, Chicken Breast, Garden Burger or Teriyaki Beef Patty Choice of American or Swiss Cheese

Grilled Cheese Sandwich with Choice of Swiss, Cheddar, Mozzarella or American Cheese Served on a Choice of White, Whole Wheat or Rye Bread

Lunch & Dinner Sides

Limit Two (2) Lunch & Dinner Sides

House Toss Salad with Choice Of Salad Dressings: House Dressing, Balsamic Vinaigrette, Caesar, Ranch (regular and low fat), Italian (regular and low fat), 1000 Island (regular and low fat), French (regular and low fat)

Pringles (1.5) Choice Of Original, Cheddar, or Sour Cream

Soups (Accompanied with Oyster Crackers)

Soup of the Day (0-.80)	Beef Broth (.50)	Miso Soup (.20)
Vegetable Broth	Chicken Noodle Soup	Chicken Broth

Desserts

Limit Two (2) Desserts

Fresh Fruits *all fresh fruits selections subject to seasonal availability

Apple, Banana, Papaya with Lemon, Orange, Pear, or Melon Cup

Canned Fruits: (1) Applesauce, Mixed Fruit, Peaches, Pears, Tropical Fruit, or Stewed Prunes

Yogurt: Plain, Vanilla, Blueberry, Strawberry, or Peach

Ice Cream: (1) Chocolate Cup or Vanilla Cup

Sugar-Free Gelatin Dessert: Lemon, Lime, Orange or Strawberry

Sugar Free Pudding: (1) Chocolate or Vanilla

Sweets: (1) Vanilla Wafers

