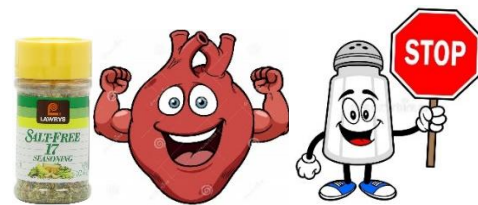




To minimize wait time, **Pre-order** your meal by calling between:
9am – 10:30am for lunch
1:00pm - 3:30pm for dinner & tomorrow's breakfast

Cardiac Diet



Your doctor has ordered the cardiac diet. This limits fats, cholesterol & sodium. Limiting salts and fats can affect the way your food taste. For example, your food may taste bland and taste like it doesn't have salt. If you have questions about your diet you can request to speak to a dietitian.

Room Service Menu

Cardiac Diet

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 or Hash Browns

Sunrise Breakfast Served with Low Cholesterol Scrambled Eggs

2 Egg Omelet Served with Low Cholesterol Eggbeaters

Choice of Fresh Spinach, Tomato, Bell Pepper, Mushroom and Onion

Bakery & Breads

Pancakes	Waffle
Bagel (Plain or Blueberry)	French Toast
Blueberry Muffin	Rye Toast
White Toast	Wheat Toast



Cereals

Total Raisin Bran®	Corn Flakes®	Raisin Bran®
Rice Krispies®	Frosted Flakes®	Cheerios®
Oatmeal	Cream of Wheat	Cream of Rice

Fresh Fruits

*all fresh fruits selections subject to seasonal availability)

Apple	Banana	Papaya with Lemon	Orange
Pear	Melon Cup	Pineapple	

Canned Fruits

Applesauce	Mixed Fruit	Peaches	Pears
Tropical Fruit	Stewed Prunes		

Low Fat Yogurt

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

Loco Moco 90/10 Charbroiled Beef Patty, Low Cholesterol Scrambled Egg and Low Sodium Brown Gravy Served on a Choice Of White or Brown Rice

Saimin served in a Low Sodium with Low Cholesterol Scrambled Egg, Kamaboko and Green Onion

Aloha Bento Pack served with Omusubi and Choice of Marinated Mirin Fish or Grilled Chicken Breast, Edamame, and Garlic Aioli

Beverages

Limitations apply

Hot Coffee: Regular or Decaffeinated

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

Hot Chocolate: Regular or Sugar-Free

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

Cold: Iced Water, Iced Tea, Crystal Light, 1% Milk, Skim Milk, 1% Chocolate Milk, Almond Milk or Soy Milk

Condiments

(Limitations apply)

Margarine	Jelly (Apple, Mixed Fruit or Grape)
Ketchup	Sugar-Free Jelly (Grape, Blackberry or Strawberry)
Lemon	Syrup (regular and Sugar-Free)
Honey	Light Mayonnaise
Mustard	Light Cream Cheese
Peanut Butter	

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

LUNCH & DINNER

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

Entrées Entrée Include Choice Of White Rice, Brown Rice, or Mashed Potato. Accompanied with Choice Of Hot Vegetable Of The Day, Carrots or Green Beans.

Beef Pot Roast served with Low Sodium Brown Gravy

90/10 Hamburger Steak served with Caramelized Onion and Low Sodium Brown Gravy

Low Fat/Low Sodium Baked Chicken Katsu

Low Sodium Tofu Stir Fry

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, Marinara, Pesto, Lemon Caper or Garlic Aioli



Entrée Salads Choice of Side of Bread available upon request.

Caesar Salad served on Romaine Lettuce, Tomato with choice of Grilled Chicken or Salmon

Chef Salad served on a bed of Lettuce, Tomato, Cucumber, Low Cholesterol Egg, Low Sodium Turkey, and Part Skim Mozzarella Cheese

Salad Dressings (limitations apply): House Dressing, Balsamic Vinaigrette, Low Fat Ranch, Low Fat Italian, Low Fat 1000 Island, or Low Fat French



Other Delicious Entrées

Fresh from the Deli (Build your own Sandwich)

Build a Sandwich include Lettuce, Tomato, and Onion

Choice Of Low Sodium Turkey, Tuna or Low Cholesterol Egg Salad Sandwich

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

Low Sodium Chicken Wrap served in a flour tortilla Served with Lettuce, Tomato, Onion and Part Skim Mozzarella Cheese

Pasta Served with Choice Of Marinara or Pesto Sauce

Build-A-Burger served on Brioche Bun with Lettuce, Tomato, Onion and Part Skim Mozzarella Cheese

Choice of 90/10 Charbroiled Beef Patty, Chicken Breast, or Garden Burger

Lunch & Dinner Sides

Limit Two (2) Lunch & Dinner Sides

House Toss Salad with Choice Of

Salad Dressings (limitations apply): House Dressing, Balsamic Vinaigrette, Low Fat Ranch, Low Fat Italian, Low Fat 1000 Island, or Low Fat French

Soups (Accompanied with Oyster Crackers)

Low Fat/Low Sodium Soup of the Day

Beef Broth

Miso Soup

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: Applesauce, Mixed Fruit, Peaches, Pears, Tropical Fruit, or Stewed Prunes

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

Frozen Sweets: Vanilla Popsicle

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

Pudding: Chocolate, Vanilla or Tapioca

Sugar Free Pudding: Chocolate or Vanilla

Sweets: Vanilla Wafers, Graham Crackers

