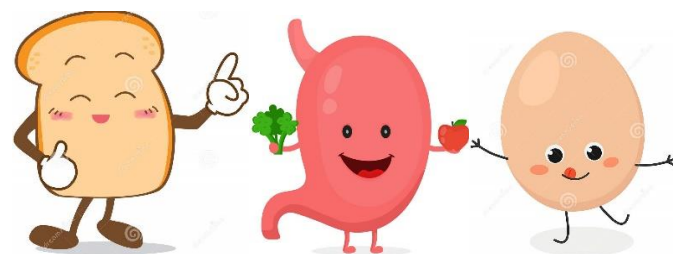


harder or more fibrous textures.
If you have questions in regards to your diet you can request to speak to a dietitian.



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

Gastrointestinal (GI) (Formerly Soft Diet)



Your doctor has ordered the soft diet. Generally it consists of softer foods, but also restricts some foods that can irritate the stomach or intestines. You may have been prescribed this diet due to a recent surgery, GI complications, or as an intermediate diet before advancing to



Room Service Menu Gastrointestinal (GI) 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 or Okai

Sunrise Breakfast Served with *Choice of Scrambled Eggs, Low Cholesterol Scrambled Eggs, or Hard Boiled Egg and Choice of Spam or Chicken Apple Sausage*

2 Egg Omelet Served with *Choice of Egg or Low Cholesterol Eggbeaters Choice of Fresh Spinach, and Mushroom Choice of Spam and Choice of Cheddar, Mozzarella, American, or Swiss Cheese*

Bakery & Breads

Croissant	Pancakes	Waffle
Bagel (Plain or Blueberry)	Buttermilk Biscuit	French Toast
Blueberry Muffin	White Toast	



Cereals

Corn Flakes®	Rice Krispies®	
Frosted Flakes®	Cheerios®	
Oatmeal	Cream of Wheat	Cream of Rice



Fresh Fruits *all fresh fruits selections subject to seasonal availability)

Banana	Papaya
Melon Cup	

Canned Fruits

Applesauce	Mixed Fruit
Peaches	Pears

Yogurt

Plain	Vanilla	Peach
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Local Favorites (available for all meals)

Loco Moco Charbroiled Beef Patty, Scrambled Egg and Brown Gravy Served on White Rice

Saimin served with Chopped Char Sui Pork, Scrambled Egg, and Kamaboko

Aloha Bento Pack served with Spam Musubi and *Choice Of Marinated Mirin Salmon or Grilled Chicken Breast with Vegetable of the Day.*

Beverages Limit Two (2)

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, Whole Milk, Chocolate Milk, Almond Milk or Soy Milk

Condiments

Butter	Jelly (Apple, Mixed Fruit or Grape)	
Margarine	Sugar-Free Jelly (Grape or Blackberry)	
Mayonnaise	Light Mayonnaise	Peanut Butter
Ketchup	Low Sodium Shoyu	Cottage Cheese
Shoyu	Sour Cream	Honey
Syrup (regular and Sugar-Free)		Cream Cheese (Plain, Light or Strawberry)

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

LUNCH & DINNER

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

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

Beef Pot Roast served with Brown Gravy

Hamburger Steak served with Brown Gravy

Grilled Salmon Fillet served with choice of Sauce

Chicken Fillet served with choice of Sauce

Grilled Mahi Mahi served with choice of Sauce

Sauces: Teriyaki, Marinara or Lemon Caper



Other Delicious Entrées

Fresh from the Deli (Build your own Sandwich)

Build a Sandwich include

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

Choice Of Swiss or American Cheese

Choice Of White Bread, Brioche Bun or Flour Tortilla

Grilled Chicken Wrap served in a flour tortilla Served with *Choice Of Swiss or American Cheese*

Chicken Quesadilla served with Sour Cream

Pasta with Italian Style Meatballs served with Marinara Sauce and Parmesan Cheese

Pasta Served with *Choice Of Marinara or Pesto Sauce*

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

Grilled Cheese Sandwich with *Choice of Swiss, Cheddar, Mozzarella or American Cheese Served on White Bread*

Lunch & Dinner Sides Limit Two (2) Lunch & Dinner Sides

Pringles *Choice Of Original, Cheddar, or Sour Cream*

Soups (Accompanied with Oyster Crackers)

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
Banana, Papaya, or Melon Cup

Canned Fruits: Applesauce, Mixed Fruit, Peaches or Pears

Yogurt: Plain, Vanilla, or Peach

Ice Cream: Chocolate Cup, Vanilla Cup or 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: Chocolate Chip Cookie, Vanilla Wafers, Chocolate Brownie