

ON THE SIDE

Mashed Potatoes (22 carbs)  
Gravy: Brown (4 carbs) / Poultry (3 carbs)

Roasted Sweet Potatoes (18 carbs)

Roasted Petite Potatoes (22 carbs)

French Fries (31 carbs)

White Rice (30 carbs)

Cauliflower Rice (5 carbs)

Macaroni and Cheese (14 carbs)

Black Beans (19.5 carbs)

Grilled Asparagus (2 carbs)

Steamed Carrots (7 carbs)

Whole Green Beans (6 carbs)

Dinner Roll (16 carbs)

PopChips® Original / BBQ (15 carbs)

Potato Chips (22 carbs)

Cottage Cheese (6 carbs)

Broccolini (4 carbs)

SAUCES AND CONDIMENTS

Ketchup (3 carbs) / Mustard / Mayo / Tartar Sauce /  
BBQ Sauce (11 carbs) / Cholula Hot Sauce / Salsa (3 carbs) /  
Pico de Gallo (2 carbs) / Cranberry Sauce (22 carbs) / Honey  
(12 carbs) / Jelly (10 carbs) / Diet Jelly (3 carbs) / Balsamic Glaze  
(8 carbs) / Butter / Cream Cheese / Sweet & Sour

DESSERTS

New York-Style Cheesecake (33 carbs)

Dutch Apple Pie (90 carbs)

Smore’s Crème Brûlée (22 carbs)

Blackberry Cobbler (21 carbs)

Angel Food Cake with Lemon Curd and Blueberries (24 carbs)

Chocolate Lava Cake (63 carbs)

Tropical Coconut Mousse (15 carbs)

Cookie: Chocolate Chunk (50 carbs) / Salted Caramel  
(49 carbs) / Sugar (26 carbs)

Pudding: Rice (25 carbs) / Chocolate (28 carbs) /  
Vanilla (22 carbs)

Low Sugar Pudding: Vanilla (12 carbs) / Chocolate (17 carbs)

Gelatin Regular (19 carbs) / Sugar-Free (2 carbs)

Banana Pudding (16 carbs)

Fruit Ice (19 carbs)

Sherbet (31 carbs)

Ice Cream (15-17 carbs) Vanilla / Chocolate

BEVERAGES

Bottled Water

Hot Coffee Regular / Decaffeinated

Iced Coffee Regular / Decaffeinated

Coffee Creamer: Half & Half / Nondairy (3 carbs) / French Vanilla  
(5 carbs) / Caramel Macchiato (5 carbs)

Hot Tea Regular / Decaffeinated / Herbal

Iced Tea Regular / Decaffeinated

Light Lemonade (2 carbs)

Hot Chocolate Regular (23 carbs) / Sugar-Free (9 carbs)

Milk: Skim (13 carbs) / Low Fat (12 carbs) / Whole (11 carbs) /  
Chocolate (22 carbs)

Soy Milk (14-25 carbs) Vanilla / Chocolate

Almond Milk (16 carbs) Vanilla

Coconut Milk (8 carbs)

Oat Milk (14 carbs)

Soda: Pepsi (26 carbs) / Diet Pepsi / Starry Lemon-Lime  
(24 carbs) / Starry Lemon-Lime Zero / Ginger Ale (17 carbs) /  
Diet Ginger Ale

CLEAR LIQUID

Apple Juice (26 carbs)

Cranberry Juice Regular (28 carbs) / Sugar-Free (2 carbs)

Hot Coffee Regular / Decaffeinated

Iced Coffee Regular / Decaffeinated

Hot Tea Regular / Decaffeinated / Herbal

Iced Tea Regular / Decaffeinated

Light Lemonade (2 carbs)

Soda: Starry Lemon-Lime (24 carbs) / Starry Lemon-Lime Zero  
/ Ginger Ale (17 carbs) / Diet Ginger Ale

Bottled Water

Broth Beef / Chicken / Vegetable

Gelatin Regular (19 carbs) / Sugar-Free (2 carbs)

Fruit Ice (19 carbs)

FULL LIQUID

ALSO INCLUDES EVERYTHING UNDER “CLEAR LIQUID”

Milk (12-22 carbs) / Soy Milk (18-25 carbs)

Oat Milk (14 carbs) / Almond Milk (16 carbs)

V-8 (6 carbs) / LS V-8 (2 carbs)

Coconut Milk (8 carbs)

Orange Juice (26 carbs)

Soda: Pepsi (26 carbs) / Diet Pepsi

Cream of Wheat (29 carbs)

Fat-Free Vanilla Greek Yogurt (9 carbs)

Soy Yogurt (21 carbs) Vanilla

Whipped Yogurt Strawberry / Lime (25 carbs)

Cream Soup: Chicken (9 carbs) / Mushroom (10 carbs) /  
Tomato Basil (7 carbs)

Pudding Regular (22-28 carbs) / Sugar-Free (12-17 carbs)

Banana Pudding (12 carbs)

Ice Cream (15-17 carbs) / Sherbet (31 carbs)

Patient menu

HONORHEALTH  
MOUNTAIN VISTA  
MEDICAL CENTER

DIAL 819.9986

The Food and Nutrition staff of HonorHealth is committed to meeting your individual nutrition needs.

Choose the meal you want, when you want it!

- After Hours: Light meals are available from your nurse.
- A Guest Meal voucher may be purchased for \$8.50 in the Café. A voucher number is required to order by phone. Guest Meals are available from 6 a.m. to 8 p.m.
- Each voucher for a guest meal includes one entree, two sides, one dessert and up to two beverages.

HOW TO ORDER MEALS

- Review the menu.
- Dial 819.9986
- Service is a la carte so be sure to order all desired items.
- The diet representative answering your call will take your order and confirm your selections with you.
- They also can provide assistance with specialized diet selections as needed.
- Your meal will arrive in approximately 45-60 minutes.

Meal Ordering Service is available from 6 a.m. to 8 p.m. daily.  
Cafeteria Hours for guests are 7 a.m. - 8 p.m., daily.



Mountain Vista Medical Center

DIAL 819.9986

Meal Ordering Service is available from  
6 a.m. to 8 p.m. daily.

Breakfast

Available 6 a.m. to 10 a.m.

BREAKFAST ENTRÉES

- Scrambled Eggs

R♥🌿
- Egg Substitute

R♥🌿 (2 carbs)
- Egg Whites

R♥🌿
- Fried Egg

R🌿
- Hard Boiled Egg

R♥🌿
- Bacon
- Sausage:

Turkey R♥ / Pork
- O’Brien Potatoes

♥🌿 (19 carbs)
- Buttermilk Biscuit

🌿 (29 carbs)
- Country Gravy

(5 carbs)
- Acai Berry Bowl

R♥🌿 (40 carbs)
- Acai Puree with Blueberries, Strawberries, and Red Raspberries
- Roasted Sweet Potatoes

♥♥🌿 (18 carbs)
- Buttermilk Pancakes

🌿
- Single

R♥ (19 carbs)
- Short Stack

(39 carbs)
- Banana

(47 carbs)
- Blueberry

(41 carbs)
- Chocolate Chip

(52 carbs)
- French Toast

R♥🌿
- Regular

(22 carbs)
- Cinnamon Raisin French Toast

(18 carbs)
- Syrup

🌿
- Regular

R♥ (29 carbs)
- Sugar Free

R♥ (4 carbs)

BUILD YOUR OWN OMELET, EGG BURRITO OR EGG SANDWICH

Choose: English Muffin 🌿 (30 carbs) / Biscuit 🌿 (29 carbs) / Bagel 🌿 (44-59 carbs) / Tortilla 🌿 (23-52 carbs)

Add: Bacon / Sausage (Pork / Turkey R♥) / Ham / Onions R♥♥ (2 carbs) Tomatoes ♥♥🌿 / Mushrooms R♥♥🌿 / Spinach R♥♥🌿 / Pepper & Onion Sauté R♥♥🌿 (2 carbs) / Grilled Asparagus R♥♥🌿 / Breakfast Potatoes ♥♥🌿 (10 carbs) / Jalapeño R♥♥🌿 / Shredded Cheese ♥🌿 / Pico de Gallo ♥♥🌿 (2 carbs) / Salsa 🌿 (3 carbs) / Avocado 🌿

BREAKFAST SIDES

- FRUIT
- Apple

R♥♥🌿 (28 carbs)
- Banana

♥♥🌿 (28 carbs)
- Orange

♥♥🌿 (16 carbs)
- Red Grapes

R♥♥🌿 (10 carbs)
- Seasonal Fruits

R♥♥🌿 (8 carbs)
- Seasonal Fruit Cup

♥♥🌿 (9 carbs)
- Applesauce

R♥♥🌿 (12 carbs)
- Peaches

R♥♥🌿 (16 carbs)
- Pears

R♥♥🌿 (18 carbs)
- Prunes

♥♥🌿 (30 carbs)
- Fresh Melon

♥♥🌿 (8 carbs)
- Fresh Pineapple

R♥♥🌿 (10 carbs)

CEREAL

- Hot Cereal

R♥♥🌿
- Cream of Wheat / Oatmeal Bowl

(27-29 carbs)
- Cup

(13-14 carbs)
- Add:

Cinnamon / Brown Sugar (13 carbs)
- Cold Cereal
- Cheerios

R♥♥🌿 (12 carbs)
- Rice Krispies

R♥♥🌿 (22 carbs)
- Granola

R♥♥🌿 (34 carbs)
- Froot Loops

R♥♥🌿 (24 carbs)
- Cornflakes

R♥♥🌿 (19 carbs)
- Raisin Bran

♥♥🌿 (28 carbs)

JUICE

- Orange

♥♥🌿 (26 carbs)
- Apple

R♥♥🌿 (26 carbs)
- Prune

♥♥🌿 (20 carbs)
- Cranberry

R♥♥🌿 (28 carbs)
- Sugar-Free Cranberry

R♥♥🌿 (2 carbs)
- V-8

🌿 (6 carbs) / LS V-8 ♥♥🌿 (2 carbs)

YOGURT

- Fat-Free Greek Yogurt

♥🌿 (9 carbs) Vanilla / Strawberry
- Whipped

♥🌿 (25 carbs) Strawberry / Lime
- Light Peach

♥🌿 (8 carbs)
- Soy Yogurt

♥♥🌿 (21 carbs) Vanilla
- Yogurt Parfait

🌿 (34 carbs)

BREAKFAST BREADS

- Toasted Bagel

R♥♥🌿
- Plain

(44 carbs) / Wheat
- Add:

Cream Cheese R♥♥🌿 (1-2 carbs)
- English Muffin

R♥♥🌿 (30 carbs)
- Fresh-Baked Blueberry Muffin

R♥🌿 (27 carbs)
- Cinnamon Roll

🌿 (65 carbs)
- Tortilla

🌿 (35-52 carbs)

Lunch / Dinner

Available until 8 p.m.

SMALL PLATES

- Fresh Veggies with Roasted Red Pepper Hummus

♥♥🌿 (21 carbs)
- Meat Salad Scoop:

Classic Tuna R♥ (3 carbs) / Cranberry Chicken R♥ (7 carbs) / Egg with Dill R♥🌿 (5 carbs)
- Charcuterie Plate

(6 carbs) Cheddar, Brie Cheese, Fresh Strawberries, Blackberries, Deli Turkey, Deli Ham, Salami, and Pepperoni

SOUPS (BOWL/CUP)

- Chicken Noodle

R♥ (22/11 carbs)
- Chili

♥ (10/5 carbs)
- Tomato Basil Soup

♥🌿 (7/4 carbs)
- Lentil Vegetable Soup

♥♥🌿 (12/6 carbs)
- Broth:

Beef R♥ / Chicken R♥ / Vegetable R♥♥🌿
- Add:

Saltine Crackers ♥♥🌿 (4 carbs) / Club Crackers 🌿 (5 carbs)

FROM THE GARDEN

- Cottage Cheese & Fruit Plate

R♥♥🌿 (36 carbs)
- Caesar Salad

(18 carbs) Fresh Romaine Lettuce, Seasoned Herbed Croutons, and Shaved Parmesan Cheese served with Caesar Dressing (1 carb)
- Southwest Cobb Salad

R♥ (13 carbs) Fresh Harvest Blend Lettuce, Grilled Chicken Breast, Shredded Cheese, Bacon, Black Beans, Cherry Tomatoes, Hard Boiled Egg, Red Onion and Avocado
- Mediterranean Bean Salad

♥♥🌿 (35 carbs) Chickpeas, Cucumber, Cherry Tomatoes, Green Bell Pepper, Red Onion, Red Wine Vinaigrette with Green Leaf Garnish
- Build Your Own Garden Salad

🌿
- Add:

Grilled Chicken R♥ / Grilled Salmon R♥ / Steak R / Shrimp R♥ / Pepperoni / Salami
- Add:

Cucumbers R♥♥🌿 (2 carbs) / Cherry Tomato ♥♥🌿 / Sliced Onion R♥♥🌿 / Chickpeas ♥♥🌿 (15 carbs) / Shredded Carrots R♥♥🌿 / Black Beans ♥♥🌿 (10 carbs) / Diced Bacon / Diced Ham / Slice Turkey R♥ / Sweet Potatoes ♥♥🌿 (9 carbs) / Sliced Avocado R♥♥🌿 / Mushrooms R♥♥🌿 / Slice Jalapeño R♥♥🌿 / Shredded Cheese ♥♥🌿 / Croutons R♥♥🌿 (15 carbs)
- Salad Dressings:

Balsamic 🌿 (4 carbs) / Caesar / Buttermilk Ranch 🌿 (2 carbs) / Fat Free Ranch R♥🌿 (14 carbs) / Bleu Cheese 🌿 (2 carbs) / Oil and Vinegar R♥ / Thousand Island 🌿 (6 carbs) / Italian 🌿 (3 carbs) / Fat Free Italian R♥♥🌿 / Raspberry Vinaigrette 🌿 (9 carbs)

TURN ANY SALAD INTO A WRAP! (36-87 carbs)

DELI BAR

- Choose Meat:
- Sliced Ham

(3 carbs) / Sliced Turkey R♥ (3 carbs) / Classic Tuna Salad R♥ (2 carbs) / Cranberry Chicken Salad R♥ (6 carbs) / Dilled Egg Salad R♥🌿 (4 carbs)
- Choose Grain:
- Multigrain

R♥♥🌿 (34 carbs) / White R♥♥🌿 (42 carbs) / Sourdough R♥♥🌿 (38 carbs) / Rye R♥♥🌿 (36 carbs) / Wheat R♥♥🌿 (34 carbs) / Gluten Free Bread R♥🌿 White (40 carbs) / Multigrain (36 carbs) / Tortilla Flour (35 carbs) / Wheat (50 carbs) / Spinach (51 carbs) / Tomato (52 carbs)
- Add:

Lettuce R♥♥🌿 / Tomato ♥♥🌿 / Onion R♥♥🌿 / Pickles 🌿
- Cheese:

Swiss R♥♥🌿 / Cheddar 🌿 / Monterey Jack 🌿
- Peanut Butter & Jelly Sandwich

🌿 (63-67 carbs) with Diet Jelly R (53 carbs)

GRILL FAVORITES

- Hamburger

(33 carbs)
- Cheeseburger

(34 carbs)
- Turkey Burger

R♥ (30 carbs)
- Grilled Chicken Sandwich

♥ (33 carbs)
- Balsamic Portobello Burger

♥♥🌿 (42 carbs)
- Trio Grilled Cheese

🌿 (35-39 carbs)
- Chicken Tenders with Ranch

(25 carbs)

ENTRÉES

- Grilled Steak

R with Roasted Pepper Thyme Butter or Sautéed Mushrooms and Onions (3 carbs)
- Grilled Salmon Filet

R♥ with Roasted Pepper Thyme Butter
- Grilled Chicken Breast

R♥
- Grilled Shrimp

R♥
- Roasted Turkey

R♥
- Vegan Meatballs

R♥♥🌿 (9 carbs)
- Pot Roast

♥ (6 carbs) with Gravy (10 carbs)
- Personal Pan Pizza

(106 carbs): Cheese 🌿 / Pepperoni / Vegetable 🌿
- Gluten free cauliflower crust available upon request
- Pasta:

Marinara Sauce ♥♥🌿 (49 carbs) / Three-Cheese Sauce 🌿 (50 carbs) / GF Roasted Vegetable Ravioli 🌿 (22 carbs)
- Add Sauce:

Pesto 🌿 (11 carbs)
- Add Protein:

Chicken ♥ / Salmon ♥ / Steak R
- Build Your Own Burrito or Bowl

R and ♥ versions available upon request
- Choose:

Burrito (59-93 carbs) / Bowl (24-58 carbs) with Pepper, Onion, Black Beans and a choice of Rice or Cauliflower Rice
- Add:

Diced Tomatoes ♥♥🌿 / Avocado 🌿 / Jalapeño R♥♥🌿 / Picante Sauce (3 carbs) / Pico de Gallo ♥♥🌿 (2 carbs) / Shredded Cheddar Cheese ♥🌿
- Add Protein:

Chicken ♥ / Salmon ♥ / Steak R
- Build Your Own Quesadilla

(37 carbs) Cheddar Cheese on Flour Tortilla 🌿
- Add:

Pepper and Onion Sauté 🌿 / Grilled Chicken Breast / Steak R / Shrimp R♥

SPECIAL DIETS

- If you are on a restricted or modified diet, the following will be helpful in making menu selections that are consistent with your physician’s diet order.
- If you are on a **diabetic (carbohydrate-controlled) diet**, please call your nurse after placing your meal request to have your blood glucose tested prior to the meal arrival. Carbohydrate values may vary slightly due to product availability.
- ♥ Indicates food choices that are lower in fat and salt. Please choose these items if you are on a **heart healthy, low fat or low salt diet**.
- R Indicates food choices that are available for patients on a **renal diet**. They are lower in salt and potassium. Milk/dairy products are allowed up to 4 oz. (1/2 cup) per day. Some fruits and vegetables may be limited or restricted.
- 🌿 Indicates food choices that are available for patients on a **vegetarian diet**.
- 🌿♥ Indicates food choices that are available for patients on a **vegan diet**.