

ON THE SIDE

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

Roasted Sweet Potatoes (18 carbs)

Roasted Petite Potatoes (22 carbs)

Potato Wedges (20 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  
SCOTTSDALE SHEA  
MEDICAL CENTER

DIAL 805.3663

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 or lobby coffee station. 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 805.3663
- 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 9 p.m. daily.  
Cafeteria Hours for guests are 6 a.m. - 12 a.m., daily



Scottsdale Shea Medical Center

DIAL 805.3663

Meal Ordering Service is available from  
6 a.m. to 9 p.m. daily.

# Breakfast


































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

## BREAKFAST ENTRÉES

Scrambled Eggs   
Egg Substitute  (2 carbs)  
Egg Whites   
Fried Egg   
Hard Boiled Egg   
Bacon  
Sausage: Turkey  / Pork  
O’Brien Potatoes  (19 carbs)  
Buttermilk Biscuit  (29 carbs)  
Country Gravy (5 carbs)  
Acai Berry Bowl  (40 carbs)  
    Acai Puree with Blueberries,  
    Strawberries, and Red  
    Raspberries  
Roasted Sweet Potatoes   
    (18 carbs)

Buttermilk Pancakes   
    Single  (19 carbs)  
    Short Stack (39 carbs)  
    Banana (47 carbs)  
    Blueberry (41 carbs)  
    Chocolate Chip (52 carbs)  
French Toast   
    Regular (22 carbs)  
    Cinnamon Raisin French Toast  
    (18 carbs)  
Syrup   
    Regular  (29 carbs)  
    Sugar Free  (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  ) / Ham / Onions   
    (2 carbs) Tomatoes  / Mushrooms  / Spinach  / Pepper  
    & Onion Sauté  (2 carbs) / Grilled Asparagus  / Breakfast  
    Potatoes  (10 carbs) / Jalapeño  / Shredded Cheese  /  
    Pico de Gallo  (2 carbs) / Salsa  (3 carbs) / Avocado 

## BREAKFAST SIDES


















### FRUIT

Apple  (28 carbs)  
Banana  (28 carbs)  
Orange  (16 carbs)  
Red Grapes  (10 carbs)  
Seasonal Berries  (8 carbs)  
Seasonal Fruit Cup  (9 carbs)  
Applesauce  (12 carbs)  
Peaches  (16 carbs)  
Pears  (18 carbs)  
Prunes  (30 carbs)  
Fresh Melon  (8 carbs)  
Fresh Pineapple  (10 carbs)

### CEREAL

Hot Cereal   
Cream of Wheat / Oatmeal  
    Bowl (27-29 carbs)  
    Cup (13-14 carbs)  
Add: Cinnamon / Brown Sugar  
    (13 carbs)  
Cold Cereal  
    Cheerios  (12 carbs)  
    Rice Krispies  (22 carbs)  
    Granola  (34 carbs)  
    Froot Loops  (24 carbs)  
    Cornflakes  (19 carbs)  
    Raisin Bran  (28 carbs)













### JUICE

Orange  (26 carbs)  
Apple  (26 carbs)  
Prune  (20 carbs)  
Cranberry  (28 carbs)  
Sugar-Free Cranberry   
    (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   
    Plain (44 carbs) / Wheat  
    Add: Cream Cheese  (1-2 carbs)  
English Muffin  (30 carbs)  
Fresh-Baked Blueberry Muffin  
 (27 carbs)  
Cinnamon Roll  (65 carbs)  
Tortilla  (35-52 carbs)


















# Lunch / Dinner

Available 10 a.m. to 9 p.m.



## SMALL PLATES

Fresh Veggies with Roasted Red Pepper Hummus  (21 carbs)  
Meat Salad Scoop: Classic Tuna  (3 carbs) / Cranberry Chicken   
    (7 carbs) / Egg with Dill  (5 carbs)  
Charcuterie Plate (6 carbs) Cheddar, Brie Cheese, Fresh Strawberries,  
Blackberries, Deli Turkey, Deli Ham, Salami, and Pepperoni

## SOUPS (BOWL/CUP)


















































Chicken Noodle  (22/11 carbs)  
Chili  (10/5 carbs)  
Tomato Basil Soup  (7/4 carbs)  
Lentil Vegetable Soup  (12/6 carbs)  
Broth: Beef  / Chicken  / Vegetable   
Add: Saltine Crackers  (4 carbs) / Club Crackers  (5 carbs)

## FROM THE GARDEN









Cottage Cheese & Fruit Plate  (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  (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  / Grilled Salmon  / Steak  / Shrimp  /  
    Pepperoni / Salami  
Add: Cucumbers  (2 carbs) / Cherry Tomato  / Sliced Onion  /  
    Chickpeas  (15 carbs) / Shredded Carrots  / Black Beans   
    (10 carbs) / Diced Bacon / Diced Ham / Slice Turkey  / Sweet  
    Potatoes  (9 carbs) / Sliced Avocado  / Mushrooms  / Slice  
    Jalapeño  / Shredded Cheese  / Croutons  (15 carbs)  
Salad Dressings: Balsamic  (4 carbs) / Caesar / Buttermilk Ranch   
    (2 carbs) / Fat Free Ranch  (14 carbs) / Bleu Cheese  (2 carbs) /  
    Oil and Vinegar  / Thousand Island  (6 carbs) / Italian  (3 carbs) /  
    Fat Free Italian  / Raspberry Vinaigrette  (9 carbs)

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


















































## DELI BAR

Choose Meat:  
    Sliced Ham (3 carbs) / Sliced Turkey  (3 carbs) / Classic Tuna  
    Salad  (2 carbs) / Cranberry Chicken Salad  (6 carbs) / Dilled  
    Egg Salad  (4 carbs)  
Choose Grain:  
    Multigrain  (34 carbs) / White  (42 carbs) / Sourdough   
    (38 carbs) / Rye  (36 carbs) / Wheat  (34 carbs) / Gluten Free  
    Bread  White (40 carbs) / Multigrain (36 carbs) / Tortilla Flour  
    (35 carbs) / Wheat (50 carbs) / Spinach (51 carbs) / Tomato (52 carbs)  
Add: Lettuce  / Tomato  / Onion  / Pickles   
Cheese: Swiss  / Cheddar  / Monterey Jack   
Peanut Butter & Jelly Sandwich  (63-67 carbs) with Diet Jelly  (53 carbs)

## GRILL FAVORITES

Hamburger (33 carbs)  
Cheeseburger (34 carbs)  
Turkey Burger  (30 carbs)  
Grilled Chicken Sandwich  (33 carbs)  
Balsamic Portobello Burger  (42 carbs)  
Trio Grilled Cheese  (35-39 carbs)  
Chicken Tenders with Ranch (20 carbs)

## ENTRÉES

Grilled Steak  with Roasted Pepper Thyme Butter or Sautéed  
Mushrooms and Onions (3 carbs)  
Grilled Salmon Filet  with Roasted Pepper Thyme Butter  
Grilled Chicken Breast   
Grilled Shrimp   
Roasted Turkey   
Vegan Meatballs  (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   
Build Your Own Burrito or Bowl  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  / Picante Sauce  
    (3 carbs) / Pico de Gallo  (2 carbs) / Shredded Cheddar Cheese   
Add Protein: Chicken  / Salmon  / Steak 

## SPECIAL DIETS

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