

ON THE SIDE

Mashed Potatoes  (22 carbs)
Gravy: Brown  (4 carbs) / Poultry  (3 carbs)
Roasted Sweet Potatoes  (18 carbs)
French Fries (31 carbs)
White Rice  (30 carbs)
Macaroni and Cheese  (14 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)

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) / Butter /
Cream Cheese

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)
Tropical Coconut Mousse  (15 carbs)
Cookie: Chocolate Chunk  (71 carbs) / Salted Caramel  (58 carbs) / Sugar  (26 carbs)
Pudding: Rice  (25 carbs) / Chocolate  (28 carbs) /
Vanilla  (26 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
Hot Chocolate  Regular (23 carbs) / Sugar-Free (9 carbs)
Milk: Skim  (13 carbs) / Low Fat  (13 carbs) / Whole  (12 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
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  (13-29 carbs) / Soy Milk   (14-25 carbs)
Oat Milk   (14 carbs) / Almond Milk   (16 carbs)
V-8  (6 carbs) / LS V-8   (2 carbs)
Coconut Milk   (8 carbs)
Orange Juice   (29 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 (26-28 carbs) / Sugar-Free (12-17 carbs)
Banana Pudding   (12 carbs)
Ice Cream  (15-17 carbs) / Sherbet   (31 carbs)

DIAL 802.3663

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

Patient menu

HONORHEALTH DEER VALLEY MEDICAL CENTER

DIAL 802.3663

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 9 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 **802.3663**
- 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.

Bistro Hours for guests are 6 a.m. - 2 a.m., daily

HONORHEALTH®

Deer Valley Medical Center

Breakfast

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

BREAKFAST ENTRÉES

Scrambled Eggs R \heartsuit
Bacon
Sausage: Turkey R \heartsuit / Pork
O'Brien Potatoes R \heartsuit (19 carbs)
Buttermilk Biscuit (29 carbs)
Country Gravy (5 carbs)
Roasted Sweet Potatoes R \heartsuit (18 carbs)
Buttermilk Pancakes (29 carbs)
French Toast R \heartsuit
Regular (22 carbs)

BREAKFAST SIDES

FRUIT
Apple R \heartsuit (28 carbs)
Banana R \heartsuit (28 carbs)
Orange R \heartsuit (16 carbs)
Red Grapes R \heartsuit (10 carbs)
Seasonal Berries R \heartsuit (8 carbs)
Seasonal Fruit Cup R \heartsuit (9 carbs)
Applesauce R \heartsuit (12 carbs)
Peaches R \heartsuit (13 carbs)
Pears R \heartsuit (18 carbs)
Prunes R \heartsuit (30 carbs)
Fresh Melon R \heartsuit (8 carbs)
Fresh Pineapple R \heartsuit (10 carbs)
CEREAL
Hot Cereal R \heartsuit
Cream of Wheat / Oatmeal
Bowl (27-29 carbs)
Cup (13-14 carbs)
Add: Cinnamon / Brown Sugar (13 carbs)
Cold Cereal
Cheerios R \heartsuit (12 carbs)
Rice Krispies R \heartsuit (22 carbs)
Granola R \heartsuit (34 carbs)
Froot Loops R \heartsuit (24 carbs)

Syrup (29 carbs)
Regular R \heartsuit (29 carbs)
Sugar Free R \heartsuit (4 carbs)
Acai Berry Bowl R \heartsuit (40 carbs)
Acai Puree with Blueberries, Strawberries, and Red Raspberries
Breakfast Bowl
O'Brien Potatoes, Egg, and Cheese (19 Carbs) / Roasted Sweet Potatoes, Egg, and Cheese (20 Carbs)
Add: Sausage / Bacon / Turkey Sausage / Jalapeño/ Avocado / Salsa / Pico de Gallo

Lunch / Dinner

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

SMALL PLATES

Fresh Veggies with Roasted Red Pepper Hummus R \heartsuit (21 carbs)
Meat Salad Scoop: Classic Tuna R \heartsuit (3 carbs) / Cranberry Chicken R \heartsuit (7 carbs) / Egg with Dill R \heartsuit (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 \heartsuit (22/11 carbs)
Chili R \heartsuit (10/5 carbs)
Tomato Basil Soup R \heartsuit (7/4 carbs)
Lentil Vegetable Soup R \heartsuit (12/6 carbs)
Broth: Beef R \heartsuit / Chicken R \heartsuit / Vegetable R \heartsuit
Add: Saltine Crackers R \heartsuit (4 carbs) / Club Crackers R \heartsuit (5 carbs)

FROM THE GARDEN

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

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

DELI BAR

Choose Meat:
Sliced Ham (3 carbs) / Classic Tuna Salad R \heartsuit (2 carbs) / Cranberry Chicken Salad R \heartsuit (6 carbs) / Dilled Egg Salad R \heartsuit (8 carbs) / Sliced Turkey R \heartsuit (3 carbs)
Choose Grain:
Multigrain R \heartsuit (34 carbs) / White R \heartsuit (42 carbs) / Gluten Free Bread R \heartsuit / White (40 carbs) / Multigrain (36 carbs) / Tortilla Flour (35 carbs) / Wheat (50 carbs) / Spinach (51 carbs) / Tomato (52 carbs)
Add: Lettuce R \heartsuit / Tomato R \heartsuit / Onion R \heartsuit / Pickles R \heartsuit
Cheese: Swiss R \heartsuit / Cheddar (2) / Monterey Jack (2)
Peanut Butter & Jelly Sandwich R \heartsuit (63-67 carbs) with Diet Jelly R \heartsuit (53 carbs)

GRILL FAVORITES

Hamburger (26 carbs)
Cheeseburger (27 carbs)
Grilled Chicken Sandwich R \heartsuit (26 carbs)
Chicken Tenders with Ranch (25 carbs)

ENTRÉES

Grilled Salmon Filet R \heartsuit with Roasted Pepper Thyme Butter
Grilled Chicken Breast R \heartsuit
Pot Roast R \heartsuit (6 carbs) with Gravy (10 carbs)
Pasta: Marinara Sauce R \heartsuit (49 carbs)

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.
R \heartsuit 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.
L Indicates food choices that are available for patients on a **vegetarian diet**.
V Indicates food choices that are available for patients on a **vegan diet**.