

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 (3 carbs) / Mayo (3 carbs) / Tartar Sauce (3 carbs) /
BBQ Sauce (11 carbs) / Cholula Hot Sauce (3 carbs) / 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 (24 carbs) / Starry Lemon-Lime (24 carbs) / Starry Lemon-Lime Zero (17 carbs) / Diet Ginger Ale (17 carbs)

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 (17 carbs) / Diet Ginger Ale (17 carbs)
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 (24 carbs)
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)

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













DIAL 802.3663






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  
- Bacon
- Sausage: Turkey  / Pork
- O’Brien Potatoes   (19 carbs)
- Buttermilk Biscuit  (29 carbs)
- Country Gravy (5 carbs)
- Roasted Sweet Potatoes   (18 carbs)
- Buttermilk Pancakes 
- Single  (19 carbs)
- Short Stack (39 carbs)
- French Toast  
- Regular (22 carbs)

- Syrup 
- Regular  (29 carbs)
- Sugar Free  (4 carbs)
- Acai Berry Bowl   (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














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   (13 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)

Juice

- Orange   (29 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

- Soy Yogurt   (21 carbs) Vanilla







Breakfast Breads

- Toasted Bagel   Plain (44 carbs)
- English Muffin   (25 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  / 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  (6 carbs) / Caesar / Buttermilk Ranch  (2 carbs) / Fat Free Ranch   (14 carbs) / Bleu Cheese  (2 carbs) / Oil and Vinegar  / Italian  / Fat Free Italian  
- TURN ANY SALAD INTO A WRAP! (36-87 carbs)

Deli Bar

- Choose Meat:
- Sliced Ham (3 carbs) / Classic Tuna Salad  (2 carbs) / Cranberry Chicken Salad  (6 carbs) / Dilled Egg Salad   (8 carbs) / Sliced Turkey  (3 carbs)


- Choose Grain:
- Multigrain   (34 carbs) / White   (42 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 (26 carbs)
- Cheeseburger (27 carbs)
- Grilled Chicken Sandwich  (26 carbs)
- Chicken Tenders with Ranch (25 carbs)

Entrées

- Grilled Salmon Filet  with Roasted Pepper Thyme Butter
- Grilled Chicken Breast 
- Pot Roast  (6 carbs) with Gravy (10 carbs)
- Pasta: Marinara Sauce   (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.
-  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**.
-  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**.