
WELCOME!

Welcome to Hillcrest Hospital. We want to make your stay with us as convenient and enjoyable as possible, and we are very pleased to offer Bay Hollow, a distinctive room service dining experience.

Bay Hollow Room Service Ordering is available from 6:15 a.m. to 6:30 p.m. and is designed to allow you to dine as you would in a fine restaurant or hotel. Unlike traditional hospital meal programs, Bay Hollow room service dining provides you with a variety of chef-prepared meals and allows you to select the time you would like to dine. Simply call Extension 2MENU (26368) to order your meal. We will personally deliver your selection to your room within 1 hour.

May we suggest the following serving times:

Breakfast: 7:00 a.m. - 9:30 a.m.

Lunch: 11:30 a.m. - 1:30 p.m.

Dinner: 4:30 p.m. - 6:30 p.m.

- Phone Extension 2MENU (26368) -

Please allow 1 hour from the time you place your order until delivery to your room. Thank you!

Please be aware that if your doctor has prescribed a special diet for you, some items may not be permitted. Your host or hostess will be happy to offer alternate selections when you place your order.

Orders will be taken between 6:15 a.m. and 6:30 p.m.

You may also order guest meals for family or friends at a nominal fee.

Kosher meals available upon request.



Fresh
www.AVIFoodSystems.com

BREAKFAST

Entrées

Light and Airy Buttermilk Pancakes (1 Carb)

Golden Brown French Toast (2 Carbs)

Eggs

♥ Low-Cholesterol Scrambled

Fluffy Scrambled

Hard Cooked

Omelets and Low-Cholesterol Omelets (Choice of up to 3 Fillings)

♥ Spinach, ♥ Mushrooms, ♥ Onions, ♥ Fresh Tomato, ♥ Green Pepper, Feta Cheese, Cheddar Cheese or Ham

Sides

Crisp Bacon Strips

Turkey Bacon

Turkey Sausage

Breakfast Potatoes (1 Carb)

CEREALS & YOGURT

Hot Cereals (1 Carb)

♥ Oatmeal or Cream of Wheat

Cold Cereals

♥ Special K (1 Carb), ♥ Cheerios (1 Carb), ♥ Raisin Bran (2 Carb), ♥ Bran Flakes (1.5 Carbs), Rice Krispies (1 Carb), Corn Flakes (1 Carb) or Frosted Flakes (2 Carbs)

Lite Yogurts (1 Carb)

♥ Strawberry, ♥ Vanilla or ♥ Raspberry

BAKERY & BREADS

Bagels

♥ Whole Wheat or Plain

(Half=1.5 Carbs/Whole=3 Carbs)

Toast (1 Carb)

♥ Wheat, Rye or White

Muffins (1 Carb)

♥ Bran or Blueberry

English Muffin

(Half=1 Carb/Whole=2 Carbs)

SOUPS

Broths

Vegetable, Chicken or Beef

♥ Minestrone (1 Carb)

A variety of vegetables, beans and spinach blended with Italian spices

Chicken Noodle (1 Carb)

Tender white meat of chicken with fresh vegetables, egg noodles, herbs and spices

Cream of Potato (1 Carb)

Tomato

SALADS

♥ Hillcrest Spinach Salad

Strawberries, mandarin oranges, toasted pecans, red onion, feta and raspberry vinaigrette

Chef Salad (1 Carb)

Turkey breast, ham, lettuce, cucumbers, tomatoes, eggs, cheddar and croutons

Chicken Caesar Salad served with a Whole Wheat Roll (2 Carb)

*Chicken breast, romaine lettuce, tomatoes, red onion, croutons and Caesar dressing
(Available without chicken)*

♥ Cottage Cheese And Fruit Plate (3.5 Carbs)

Cottage cheese and fresh seasonal fruit served with a blueberry muffin

FROM THE DELI

Create Your Own Custom Sandwich

Breads (1 Carb each)

♥ Wheat, Wheat Pita, Rye or White

Fillings

Tuna Salad, Chicken Salad, Egg Salad or Peanut Butter and Jelly*

Sliced Meats

♥ Shaved Lean Roast Beef, ♥ Roasted Turkey or Baked Ham

Cheeses

American, Swiss, Low-Fat Cheddar or Provolone

Extras

Lettuce, Tomato, Onion, Pickle, Baked Potato Chips (1.5 Carbs) or Pretzels (1.5 Carbs)

*Available in **Sugar Free**

ENTRÉES

♥ Grilled Chicken Breast

Breast of chicken, spiced and grilled, served hot and juicy

♥ Herb Crusted Cod (0.5 Carb)

Ocean fresh cod with herbed bread crumb crust

♥ Petit Grilled Sirloin

Choice USDA sirloin, grilled to perfection and served in its natural juices

♥ Grilled Salmon

Farm raised Atlantic salmon, grilled to perfection

♥ Stir-fry Over Rice Vegetarian or Chicken (2 Carbs)

Asian stir-fry with seasonal vegetables over a bed of steamed rice

Meatloaf with Gravy (1 Carb)

Hearty homestyle meatloaf with brown gravy

Roast Turkey Breast With Stuffing And Gravy (1 Carb)

Fresh oven-roasted turkey breast with bread stuffing and turkey gravy

Baked Macaroni And Cheese (2 Carbs)

Tasty macaroni in creamy cheese sauce

Home-baked Chicken Pot Pie (2 Carbs)

Tender chicken and steaming vegetables on top of a warm baked biscuit

FROM THE GRILL

♥ Grilled Chicken Sandwich (2 Carbs)

Marinated freshly grilled chicken breast on a lightly toasted bun

♥ Vegetarian Burger (2.5 Carbs)

The vegetarian alternative...garden patty on a toasted whole wheat bun

Hamburger (2 Carbs)

100% ground beef patty on a lightly toasted bun

Cheeseburger (2 Carbs)

100% ground beef patty topped with American cheese on a lightly toasted bun

Grilled Three Cheese Sandwich (2 Carbs)

American, Provolone and Swiss cheeses grilled to perfection

Extras

Lettuce, Tomato, Onion, Pickle, Baked Potato Chips (1.5 Carbs) or Pretzels (1.5 Carbs)

FLAT BREAD PIZZA

Choice of up to 3 Toppings (3 Carbs)

♥ Part Skim Mozzarella, ♥ Roma Tomatoes, ♥ Green Peppers, ♥ Mushrooms,
♥ Yellow Onion, ♥ Baby Spinach, Feta Cheese, Diced Chicken Breast, Pepperoni

Choice of...

Marinara Sauce or Pesto Sauce

SIDES

♥ Fresh Baked Potato (2 Carbs), ♥ Baked Sweet Potato (2 Carbs), ♥ Brown Rice (1 Carb), ♥ Green Beans, ♥ Broccoli, ♥ Carrots, ♥ Peas (1 Carb), ♥ Zucchini & Yellow Squash, ♥ Corn (1 Carb), ♥ Low-Fat Cottage Cheese, ♥ Mixed Green Salad, ♥ Carrots & Celery Sticks, ♥ Whole Wheat Roll (1 Carb), Whipped Potatoes (1 Carb)

CONDIMENTS & SEASONINGS

Condiments

Ketchup, Mustard, Miracle Whip, Mayonnaise, Relish, Steak Sauce, Low-Fat Sour Cream, Low-Fat Cream Cheese

Sweeteners

Sugar, Sugar Substitute, Honey, Syrup*, Jelly*, Non-Dairy Creamer

Seasonings

Salt, Pepper, Herb Seasoning, Margarine or Grated Parmesan Cheese

Extras

Crackers (0.5 Carbs/Pkg), Low-Sodium Crackers (0.5 Carbs/Pkg), Lemon Wedge or Peanut Butter

DESSERTS

♥ Fruit (1 Carb)

Apple, Orange, Banana, Pear, Canned Peaches, Canned Pears or Applesauce

♥ Fresh Fruit Cup (1 Carb)

Honeydew, Cantaloupe, Golden Ripe Pineapple and Blueberries

Gelatin* (Regular=1 Carb/Sugar-free=0 Carbs)

Cherry, Lemon or Orange

Pudding (1 Carb)

Chocolate or Vanilla

Pie

Apple (3 Carbs) Cherry (3 Carbs), or Lemon Crunch (3 Carbs)

Cake

Chocolate (2 Carbs), Carrot (2 Carbs) or Angel Food (1 Carb)

Cookie (2 Carbs)

Chocolate Chip, Sugar or Oatmeal

Fruit Ice (1 Carb)

Cherry or Lemon

Sherbert (1.5 Carbs)

Orange or Raspberry

Ice Cream (Regular=1 Carb/Sugar-free=1 Carb)

Vanilla*, Chocolate or Strawberry

*Available in **Sugar Free**

BEVERAGES

Coffee

Regular or Decaf

Hot Tea

Regular or Decaf

Iced Tea

Regular or Decaf

Soft Drinks

Ginger Ale*, Diet Cola
Cola, or Pink Lemonade

Herbal Tea

Apple, Lemon,
Green, or
Chamomile

Juices

V8 (0.5 Carb)
Orange (1 Carb)
Apple, Grape (1 Carb)
Cranberry (1 Carb)
Prune (2 Carbs)

Milk

♥ Skim or 2%

(4oz.=0.5 Carb/
8oz.=1 Carb)

1% Chocolate

(4oz.=1 Carb/
8oz.=2 Carb)

Hot Chocolate*

(Regular=1 Carb/
Sugar-free=0.5 Carb)

LIQUID DIET MENUS

CLEAR LIQUID MENU

Broth

Chicken

Beef

Vegetable

Juice (1 Carb)

Cranberry

Apple

Grape

Popsicle (1 Carb)

Decaf Coffee

Teas

Hot Tea

Decaf Hot Tea

Iced Tea

Decaf Iced Tea

Fruit Ice (1 Carb)

Cherry

Lemon

Gelatin*

(Regular=1 Carb/
Sugar-free=0 Carbs)

Cherry, Lemon or

Orange

FULL LIQUID MENU

All of the Clear Liquid Menu items plus the following

Milk

♥ Skim or 2%

(4oz.=0.5 Carb/
8oz.=1 Carb)

1% Chocolate

(4oz.=1 Carb/
8oz.=2 Carb)

Orange Juice

(1 Carb)

Soups

Tomato

Cream of Potato (1 Carb)

Hot Cereal

(1 Carb)

♥ Oatmeal

Cream of Wheat

Pudding (1 Carb)

Vanilla

Chocolate

Sherbet (1.5 Carbs)

Orange

Raspberry

Ice Cream (1 Carb)

Vanilla*

Chocolate

Strawberry

Extras

Brown Sugar

Lemon Wedge

Non-dairy Creamer

Salt

Pepper

Syrup*

Honey

Jelly*

*Available in **Sugar Free**