

BREAKFAST

BEVERAGES

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile | Fresh-Brewed Unsweetened Iced Tea

Hot Chocolate: Regular | No Sugar Added

Milk: Whole | Skim | Lactaid | Vanilla Soy Milk | Low-Fat Chocolate Milk

Juice: Orange | Apple | Tomato | Cranberry | Prune | V8

Soda: Ginger Ale | Diet Ginger Ale | Seltzer

CONDIMENTS

Butter | Smart Balance | Grape Jelly | Strawberry Jam | Ketchup | Diet Jelly | Cream Cheese

BBQ Sauce | Salt | Pepper | Honey Mustard | Lite Cream Cheese | Peanut Butter

Coffee Creamers | Sugar | Splenda | Equal | Sweet & Low | Syrup | Diet Syrup | Lemon Juice

Herb Seasoning | Salsa | Sour Cream | Mustard | Mayonnaise | Light Mayonnaise

MAIN COURSE (please choose 1)

Eggs: Scrambled | Scrambled Egg Whites | Hard-Boiled Eggs (2)

Omelet: Egg | Egg White

Choice of 4 Toppings: Red Onions | Broccoli | Spinach | Peppers | Mushrooms

Ham or Turkey | American Cheese or Swiss Cheese

SIDE ITEMS (please choose 4 total)

Whole Fruit: Banana | Orange | Apple | Grapes | Seasonal Melon

Chilled Fruit: Peaches | Pears | Applesauce | Orange Mango Applesauce

Mandarin Oranges | Fruit Salad

YOGURT:

Regular: Vanilla | Strawberry | Plain

Lite : Strawberry | Peach | Vanilla | Blueberry

GLUTEN-FREE BREAKFAST BAKERY (please choose 1 item only):

Muffins: Blueberry

Bagels: Plain Bagel Thin

Breads: Whole Grain Roll | White Bread

ADDITIONAL SIDES

Pork Sausage Patty | Turkey Sausage Links | Home Fries | Hard-Boiled Egg

1/2 portion Scrambled Eggs

During your stay at Stony Brook Hospital, your diet is ordered by your doctor and may change a few times due to tests, treatment or surgery.

DIET:

Gluten-Restricted

The following is resource for additional information on gluten restricted diets.

Celiac Disease Foundation www.celiac.org

Phone: (818)-990-2354 Email cdf@celiac.org

Our highly-skilled staff members are trained to accommodate food allergies and intolerances, however our kitchen is not a gluten-free facility.

To place your order, please choose:

One (1) **Main Course**

Up to Five (5) **Sides**

Three (3) **Beverages**

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone, between the hours of 7am and 7pm.
2. Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.
3. Place your order. Your specifically prepared meal will be served to you 60-90 minutes of your request.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for your diet. If you are on a special or restricted diet, our Room Service Associate would be happy to assist you with your meal selection. For your safety, we will accept your menu selections after your physician has entered your diet order.

Enjoy Seamless Dining at Your Fingertips!

To get started:

1. Scan the QR code, download, and install the app.
2. Create your account and log in, entering the Facility ID (**sbuh11794**), the patient's Billing ID (or Encounter #), and Date of Birth
3. Start exploring a selection of options to meet your nutritional needs and place your order effortlessly
4. Our self-ordering Patient app may not be suitable for your diet order. Please call our Call Center to speak with a representative who can guide you through your available selections.



CBORD Patient
The CBORD Group, Inc.
Facility ID: sbuh11794

We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it.
Your opinion counts!

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long. Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

LUNCH & DINNER

DIET: Gluten-Free

MAIN COURSE

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese

Oven Roasted Turkey with Gravy

Baked Salmon: Served with Garlic & Lemon

Baked White Fish Filet: Oven Roasted with Garlic & Lemon

Grilled Marinated Chicken Breast

Sliced Roast Beef with Mushroom Gravy

PASTA BAR

Gluten-Free Red Lentil Pasta

Choice of Sauce: Marinara | Meat | Butter | Vodka Sauce

Garlic, Extra Virgin Olive Oil & White Wine

Choice of Toppings: Mixed Vegetables | Mushrooms | Chicken | Tofu

FROM THE GRILL

Hamburger | Grilled Marinated Chicken | Grilled Cheese Sandwich

Choice of Gluten Free Bread: White | Bagel Thin

Choice of Toppings: Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions

Ham (*Grilled Cheese Only) | American Cheese or Swiss Cheese

SHAKE IT UP' SALAD STATION

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Romaine | Field Greens | Spinach

Choice of (1) Protein: Grilled Chicken | Tofu | Chilled Salmon | Chicken Salad

Tuna Salad | Shrimp

Choice of (up to 4) Toppings: Red Onions | Cherry Tomatoes | Bell Peppers

CROUTONS | Walnuts | Cucumbers | Dried Cranberries | Chickpeas | Black Olives

Sliced Mushrooms | Sunflower Seeds

Dressings: Olive Oil | Red Wine Vinegar | Fat Free Italian | Fat Free Ranch

Light Caesar

PIZZA

Individual Personal Gluten-Free Cheese Pizza with:

Choice of Toppings: Plain | Peppers | Mushrooms | Pepperoni | Red Onions | Black

Olives | Broccoli

COLD PLATES

Fresh Fruit Plate with Vanilla (Regular or Lite) or Plain Yogurt

Crudités & Hummus Platter : Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip

DELI SPECIALS

Chicken Salad | Tuna Salad | Oven Roasted Turkey

Slow-Cooked Roast Beef

Choice of Bread: White | Bagel Thin

Choice of Toppings: Lettuce | Tomato | Swiss Cheese | American Cheese

SOUPS, SIDES & DESSERTS

SOUP

Lentil Soup

Broth: Beef | Chicken | Vegetable

SIDES

Baked Potato | Baked Steak Fries | Mac & Cheese | Mashed Potatoes

Mashed Sweet Potatoes | Brown Rice | Steamed White Rice | Stuffing

Baby Carrots | Broccoli | Corn | Green Beans | Cuban Style Black Beans (veg.)

GF Red Lentil Pasta | Garden Salad | Vegetable Sticks | Cucumber Slices

Hummus & Carrots | Sautéed Spinach

DESSERTS

Fruit: Banana | Orange | Apple | Grapes | Seasonal Melon | Peaches | Pears
Applesauce | Orange Mango Applesauce | Mandarin Oranges | Fruit Salad

Gelatin: (Regular or Sugar-Free) Strawberry | Orange

Ice Cream: Vanilla | Chocolate | No Sugar Added Vanilla

No Sugar Added Chocolate

Fruit Ice: Cherry | Orange | Lemon | No Sugar Added Lemon

Pudding: Vanilla | Chocolate | Rice | No Sugar Added Vanilla

No Sugar Added Chocolate