



Vegan, Plant-Based In-Room Dining Menu

BREAKFAST ENTRÉES AND SIDES

(available all day)

Apple Pancakes | **Cinnamon French Toast** | **Hash Brown Potatoes**

Rice Pudding *with chia seeds, coconut, toasted almonds and cranberries*

Sweet Potato Hash *with apples, onions and pecans*

Cereal: Cream of Wheat® | Quaker® Oatmeal
add Craisins®, brown sugar if desired

Cheerios® | Rice Chex® | Total® Raisin Bran

LUNCH AND DINNER ENTRÉES

(available 11 a.m. - 8 p.m.)

Black Bean Tacos *served with salsa and guacamole*

Quesadilla *sofritas, corn and black bean salsa, pico de gallo and guacamole*

Burrito in a Bowl *sofritas, corn, black beans, pico de gallo, salsa verde, guacamole*

Black Bean Burger *served with lettuce, tomato and red pepper hummus*

Marinated, Roasted Tofu *served with Asian slaw*

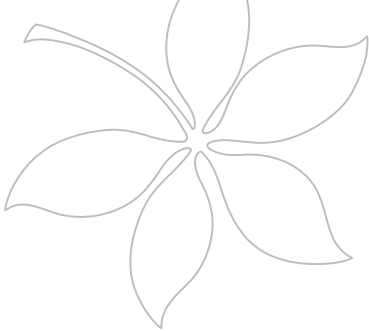
Pasta Primavera *pasta tossed with pesto, roasted cherry tomatoes and chickpeas*

Kale Salad *with edamame, carrots, radishes and Asian roasted tofu*



THE OHIO STATE UNIVERSITY

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FRESHLY PREPARED SALADS, FRESH FRUITS AND VEGETABLES

Entrée or Side Salads: Mixed Greens | Spinach | Create Your Own Salad

Salad Dressing: Italian | Raspberry Vinaigrette | Oil and Red Wine Vinegar

Fresh Vegetables: Baby Carrots | Quinoa and Roasted Vegetables

Steamed Vegetables: Fresh Asparagus | Broccoli | Carrots | Corn | Peas

Potatoes and Grains: Brown Rice | Roasted Redskins | Seasoned Wedges | Chips

Whole Fresh Fruit: Banana | Navel Orange | Red Delicious Apple

Prepared Fruit: Mixed Fresh Fruit | Applesauce | Peaches | Pears | Pineapple

SOUPS

Poblano Black Bean | Tomato Basil | Vegetable Broth

DESSERTS, SMOOTHIES AND BEVERAGES

Seasonal Fruit Sorbets and Smoothies

Beverages: Folgers® Coffee | Tea | Juices | Silk® Soy Milk | Coke® Products

At The Ohio State University Wexner Medical Center, we care about the foods you eat and recognize that eating well is key to living well. Our award-winning chefs crafted this specialized menu using fresh, local and natural ingredients whenever possible.

Thank you for dining with us.



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



Gluten Sensitive In-Room Dining Menu

BREAKFAST ENTRÉES AND SIDES

(available all day)

Apple Pancakes | **Scrambled Eggs** *add cheese* | **Hard-Boiled Eggs**

Rice Pudding *with chia seeds, coconut, toasted almonds and cranberries*

Sweet Potato Hash *with apples, onions and pecans*

Cereal: Cheerios® | Rice Chex® | Honey Nut Cheerios®

Hash Brown Potatoes | **Turkey Sausage** | **Udi's® Toast**

Yoplait® Light Yogurt | **Cottage Cheese**

LUNCH AND DINNER ENTRÉES

(available 11 a.m. - 8 p.m.)

Burrito in a Bowl *sofritas, corn, black beans, pico de gallo, salsa verde, guacamole*

Kale Salad *with edamame, carrots, radishes and Asian roasted tofu*

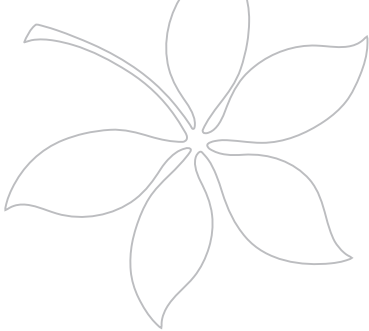
Chicken Breast | **Wild-Caught Salmon Filet** *lemon wedges available*

Sandwiches on Udi's® Bread or Bun: Chicken Salad | Tuna Salad | Grilled Chicken | American Cheese | Provolone Cheese | Swiss Cheese



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FRESHLY PREPARED SALADS, FRESH FRUITS AND VEGETABLES

Entrée or Side Salads: Mixed Greens | Spinach | Create Your Own Salad

Salad Dressing: Ranch | Caesar | French | Oil and Red Wine Vinegar

Fresh Vegetables: Baby Carrots | Quinoa and Roasted Vegetables

Steamed Vegetables: Fresh Asparagus | Broccoli | Carrots | Corn | Peas

Potatoes and Grains: Brown Rice | Lays® Chips *regular or baked* | Udi's® Bread

Whole Fresh Fruit: Banana | Navel Orange | Red Delicious Apple

Prepared Fruit: Mixed Fresh Fruit | Applesauce | Peaches | Pears | Pineapple

SOUPS AND BROTHS

(available daily)

Poblano Black Bean | Tomato Basil | Chicken Broth | Beef Broth | Vegetable Broth

DESSERTS, SMOOTHIES AND BEVERAGES

Seasonal Fruit Sorbets and Smoothies

Beverages: Folgers® Coffee | Tea | Juices | Silk® Soy Milk | Coke® Products

Orange Sherbet | Chocolate or Vanilla Ice Cream | Chocolate or Vanilla Pudding

While we offer a variety of naturally gluten-sensitive options, we are not a gluten-free environment. Our professionally trained chefs prepare and cook to order in common areas. Items may come into contact with other foods. Prepackaged, certified gluten-free meals are available for our most sensitive patients.

Thank you for dining with us.



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