



Patient Menu



MarinHealth is proud to serve a community that thrives on a healthy lifestyle and celebrates all that our region has to offer. Our menu is carefully crafted to include local, organic and sustainably-raised products whenever available. We hope you enjoy your meals throughout your stay. Please feel free to contact us with any questions or concerns.

How to Place an Order

Once your physician has shared your nutrition needs with us, a Nutrition Services representative will visit you each day to assist in making meal selections. If you would like to place your order by phone or if you have any questions or comments, please call Nutrition Services at x57375 from your in-room phone or 415-925-7375 from an outside line.

Special Diet Considerations

If you have been placed on a special diet by your physician or are scheduled for a procedure, you may not be permitted to order from this menu or your selections may be altered. Smaller portions of most items are available. Nutrition Services staff will be able to assist you in selecting the appropriate options.

For Our Patients with Diabetes

Our menu displays the approximate grams of carbohydrates in parentheses after each item to assist you in meal planning. At MarinHealth Medical Center, average Carbohydrate Control diets include 45 to 75 grams of carbohydrate per meal. For patients with diabetes on Clear Liquid diets, please note you will receive standard clear liquid items. Your care team will be monitoring your blood glucose closely and will adjust your diet and/or medication if needed.

If you have questions about your diet, please ask your Nutrition Services representative when placing your order.

Hot Beverages

- Equator Coffee (0)
- Equator Decaf Coffee (0)
- Hot Tea (0)
- Herbal Chamomile, Ginger, or Peppermint Tea (0)
- Hot Chocolate (30)

Cold Beverages

- Milk (1%, non-fat, whole, chocolate, soy, almond or lactose-free) (15–30)
- Apple Juice (15)
- Orange Juice (15)
- V-8 Juice (5)
- Green Juice — made fresh in house, our signature blend features kale, apples, lemon and ginger (10)
- Diet Fruit Punch (0)
- Diet Lemonade (0)
- Diet Orange Drink (0)
- Ginger Ale (25)
- Coke (25)
- Diet Coke (0)
- Sprite (25)
- Diet Lemon Lime Soda (0)
- Sparkling Water (0)
- Iced Tea (0)

Desserts

- Ice Cream (15–30) **VG**
- Sorbet (30) **VG**
- Fresh Baked Cookie (30)
- Gelatin (15)
- Pudding (20–25)
- Angel Food Cake (15)
- Chocolate Cake (45)
- Lemon Meringue Pie (60)

V = Vegetarian
VG = Vegan
GF = Gluten Free
 Carbohydrate grams are listed in parenthesis for our patients with diabetes

*MarinHealth™ and the MarinHealth logo are servicemarks of Marin General Hospital and used by its affiliates pursuant to licensing arrangements.





Chef Entrées

Sunday

Breakfast

Egg & Cheese Scramble served with Potatoes O'Brien (15) **V**

Lunch

Grilled Rosemary Chicken marinated in lemon and herbs, grilled and served with couscous and asparagus spears (20)

Dinner

Spinach and Ricotta Lasagna – spinach, ricotta and parmesan cheeses and tomato sauce, baked until bubbly and golden brown and served with zucchini (30) **V**

Monday

Breakfast

French Toast with Fresh Berries (40) **V**

Lunch

Sustainably Raised Salmon – roasted with a miso glaze, served with a wild rice pilaf and broccolini (40)

Dinner

Champagne Chicken Breast – sautéed with shallots, cream, and orange zest, served with quinoa and roasted Brussels Sprouts (40)

Tuesday

Breakfast

Garden Vegetable Quiche served with Chicken Apple Sausage (30)

Lunch

Baked Ziti with Italian Sausage – pasta mixed with hearty Italian sausage and marinara sauce, layered with ricotta and parmesan, served with braised kale (60) **V** vegetarian option available

Dinner

Thai Turkey Meatballs – lightly seasoned with lemongrass and ginger, served with jasmine rice and steamed broccoli (30) **GF**

MarinHealth Medical Center supports local, organic and sustainable foods; these items are provided whenever available.

Wednesday

Breakfast

Egg & Cheese Scramble served with Sweet Potato and Kale Hash (20) **V**

Lunch

Greek Feta Chicken – topped with herbs and olives, served with lemon farro risotto and fresh green beans (25)

Dinner

Korean Beef Bulgogi – thin slices of beef marinated in a sweet and savory Korean sauce, served with mild kimchi fried rice and spinach (30) **V**

Thursday

Breakfast

French Toast with Fresh Berries (40) **V**

Lunch

Chicken Chili Verde – simmered in a savory tomatillo sauce served with cilantro lime brown rice and roasted squash (20) **V**

Dinner

Traditional Herb-Roasted Turkey Breast – tender sliced turkey served with sweet potatoes and sautéed seasonal greens (25)

Friday

Breakfast

Spinach & Cheese Scramble **V** served with Turkey Sausage (0)

Lunch

Pesto Penne Primavera – sun-dried tomatoes and basil pesto are paired with al dente pasta in this flavorful favorite (45) **V**

Dinner

Citrus Salmon – a sustainably-raised salmon filet baked with lemon and herbs, served with black rice, snap peas and carrots (45)

Saturday

Breakfast

Waffle with Chicken Apple Sausage (15)

Lunch

Vegetable Curry – a hearty mix of fresh vegetables and tofu simmered in a light curry sauce, served with white rice (40) **VG**

Dinner

BBQ Pulled Chicken on a Pretzel Bun served with homemade Napa cabbage slaw and baked potato wedges (60)

Soups

Homemade Chicken Noodle Soup (15)

Chicken, Beef or Vegetable Broth (0)

Garden Vegetable Soup (10) **VG**

Butternut Squash Soup (15) **V**

Bone Broth (beef or chicken) (0)

Daily Selections

Hamburger (30), Cheeseburger (30), Turkey burger (30) or Veggieburger (50) **V**

Baked White Fish Filet (0) optional side of mango chutney (10)

Pan-Seared Chicken Breast (0) optional side of pesto sauce (0)

Fresh Fruit and Cottage Cheese Plate (40)

Vegan Bowls – Southwest or Mediterranean (45)

Fresh Salads & Sandwiches

Caesar Salad (15) **V**

With shaved parmesan and croutons, Small or Large size (may add grilled chicken)

Garden Salad (0) **V**

Small or Large size (may add grilled chicken)

Grilled Veggie Wrap Sandwich (30) **VG**

Savory grilled vegetables paired with hummus and rolled in a spinach tortilla

Hummus and Vegetable Plate (15) **VG**

Classic Sandwiches – Sliced turkey, egg salad, or tuna salad (30) **V**

Peanut Butter and Jelly Sandwich (45) **V**

Chicken Breast Sandwich (30)

Sides

Breakfast

Eggs (0) **V** (Scrambled, Cholesterol-Free, Hard Boiled)

Plant Based Egg Patty (5) **VG, GF**

Turkey Sausage (0) **GF**

Plant Based Sausage (5) **VG**

Pancake (15) **V**

Hashbrowns (15) **V**

Bran or Blueberry Muffin (30) **V**

Toast – Wheat (15), White (15), or English Muffin (30) **V**

Bagel – Plain or Blueberry (60)

Fresh Fruit (15) **V**

Canned Fruit (15) **V**

Cold Cereal (15–20) **V**

Steel Cut Oatmeal (20) **V**

Cream of Wheat (20) **V**

Yogurt (5–30) **V**

Cottage Cheese (0) **V**

Sliced Avocado (5) **V**

Salsa (0) **V**

Cream Cheese (0) **V**

Lunch & Dinner

Baked Potato Chips (30) **V**

Dinner Roll (15) **V**

Mashed Potatoes & Gravy (20) **V**

Fresh Steamed Vegetable (0) **V**

White or Brown Rice (25) **V**

Fresh Fruit (15) **V**

Canned Fruit (15) **V**

Yogurt (5–30) **V**

String Cheese (0) **V**

Cottage Cheese (0) **V**

Hard Boiled Egg (0) **V**

Hummus (10) **VG**

Hummus & Pita Bread (20) **V**

Sliced Avocado (5) **V**

Salsa (0) **V**

Pinto Beans (20) **V**