

BELLEVUE

HEALTH & REHABILITATION

BREAKFAST

AVAILABLE ALL DAY

OMELET | (0 Carbs) GF

Two eggs plain or with choice of ingredients: shredded cheese, chopped vegetables, ham, sausage, or bacon.

OR

♥ Egg whites with diced turkey, tomatoes, onions, bell peppers, mushrooms, or jalapenos.

BISCUIT & GRAVY (45 Carbs)

Served with 2 eggs (cooked your way) and choice of bacon or sausage.

BREAKFAST COMBO (45 carbs) GF bread available

Two eggs (cooked your way), hash browns, 2 bacon or sausage, and 2 toast.

FRENCH TOAST (45 Carbs with Sugar Free Syrup)

GF bread available

Two slices of grilled, egg-dipped Texas toast.
Served with bacon or sausage.

BUTTERMILK PANCAKES (45 carbs with Sugar Free Syrup)

Two fresh made pancakes served with choice of bacon or sausage.

BREAKFAST BURRITO (45 Carbs)

Scrambled eggs with diced bell peppers, onions, and shredded cheese. Wrapped in a grilled flour tortilla.
Served with hash browns.

OATMEAL COMBO (45 Carbs) GF bread available

Served with fresh fruit and toast.

♥ COLD CEREAL (45 Carbs)

Cheerios, Honey Nut Cheerios, or Raisin Bran.
Served with fresh fruit or yogurt and 2% milk.

♥ AVOCADO EGG TOAST (28 Carbs)

One dry wheat toast: topped with avocado and an egg cooked your way. Served with a fruit cup. Bacon and tomato available upon request .

LUNCH & DINNER

AVAILABLE FROM 11:30 AM – 5:30 PM

DELI AND GRILL - SERVED WITH CHOICE OF SIDE.

CLASSIC HAMBURGER (30 Carbs) GF bread available

Lean ground beef patty grilled to medium well.
Served on grilled bun. Choice of cheese added upon request.

♥ DELI SANDWICH OR TORTILLA WRAP (30 carbs)

GF bread available

Ham or turkey served on choice of wheat or white bread or a cheddar jalapeno wrap with lettuce, tomato, and cheese.

♥ GRILLED CHICKEN BREAST SANDWICH (30 carbs)

GF bread available

Grilled chicken breast served on a grilled wheat bun.

GRILLED HAM & CHEESE (30 Carbs) GF bread available

Grilled sliced ham and melted American cheese on grilled Texas toast.

CHICKEN FRIED STEAK (45 Grams)

Fried breaded beef steak topped with cream gravy.
Served with mashed potatoes or choice of side.

♥ GARDEN BURGER (30 carbs) GF bread available

The original veggie burger served on a grilled wheat bun.

♥ TURKEY BURGER (30 carbs) GF bread available

Mediterranean seasoned turkey patty served on toasted wheat bread.

CHICKEN QUESADILLA (30 Carbs)

Diced roasted chicken breast meat, melted shredded cheese, tomato, and onion in a grilled flour tortilla. Served with salsa and sour cream upon request.

FRIED CHICKEN TENDERS (30 Grams)

Fried breaded chicken tenders served with choice of BBQ sauce, honey mustard, or cream gravy.

GYRO SANDWICH (45 Grams)

Seasoned gyro meat served on pita bread with tangy yogurt sauce, lettuce, tomato, & onions.

♥ = Low Fat Foods

GF = Gluten Free

Carbs = Grams of Carbohydrates



LUNCH AND DINNER ITEMS AVAILABLE FROM 11:30 AM – 5:30 PM

SALADS AND MORE

♥ **CHEF SALAD** (15 Carbs) GF

Chopped lettuce with ham, turkey, hard boiled egg, tomato, cheese, and dressing.

♥ **CAESAR SALAD** (30 Carbs) GF without croutons

Chopped romaine lettuce topped with parmesan cheese, croutons, and a side of Caesar dressing. Sliced grilled chicken breast on request.

♥ **GRILLED CHICKEN PLATE** (15 carbs) GF

Grilled boneless chicken breast with fresh fruit.

♥ **FIESTA TACO SALAD** (18 Carbs) GF without tortilla chips

Chopped lettuce topped with cheese, seasoned beef, and diced tomatoes over fresh corn tortilla chips (18 Carbs) or in a fried tortilla bowl (50 Carbs).

♥ **FRESH FRUIT & COTTAGE CHEESE** (25 Carbs) GF

Fresh fruit with 2% cottage cheese.

CLASSIC CLUB SANDWICH (45 carbs) GF bread available

Bacon, lettuce, tomato, mayonnaise, ham, and turkey layered between toasted white bread and choice of 1 side.

♥ **CHILLED HUMMUS PLATTER** (35 Carbs)

Served with red peppers, avocado, baby carrots, celery sticks, & pita bread.

SOUP, CHILI & SPECIAL OF THE DAY

Chicken Noodle Soup (10 Carbs)

Cream of Chicken Soup (10 Carbs)

Chili (18 Carbs) GF

♥ **Cream of Tomato Soup** (20 Carbs)

Cream of Mushroom Soup (10 Carbs)

Special of the Day

Ask for the special of the day.

SIDE DISHES

♥ **Dinner Roll** (15 Carbs)

Sweet Potato Fries (30 Carbs) GF

Mashed Potatoes (15 Carbs) GF

Variety of Chips (30 Carbs) GF

♥ **Vegetable of the Day** (0 Carbs) GF

French Fries (30 Carbs) GF

♥ **Tossed Salad with Dressing** (15 Carbs) GF

♥ **2% Low Fat Cottage Cheese** (10 Carbs) GF

♥ **Baked Potato** (30 Carbs) GF

♥ **Fresh Fruit** (15 Carbs) GF

BEVERAGES

TEA (0 Carbs)

Regular or raspberry iced tea
Regular or decaf hot tea

SOY MILK SUBSTITUTE (18 Carbs)

JUICE

Apple (15), Cranberry (15), Grape (20), Orange (10),
Tomato (10), Prune (30), and V-8 (10)

REGULAR OR DECAF COFFEE (0 Carbs)

HOT CHOCOLATE (15 Carbs) **Sugar Free** (10)

MILK - 2% White (11 Carbs)

CRYSTAL LIGHT PINK LEMONADE (1 Carb)

DESSERTS

♥ **GELATIN** GF

Strawberry or orange (25 Carbs)
Sugar free lemon lime or orange (0 Carbs)

PUDDING

Chocolate (25 Carbs), Vanilla (20 Carbs)

CHEESECAKE (30 Carbs)

♥ **FRESH FRUIT** (15 Carbs) GF

SPECIAL FEATURE DESSERT

Ask for the special dessert of the day.

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