

AdventHealth

Plant Forward In-Room Dining Menu

Breakfast

Entrees

Scrambled Eggs
Cheese Omelet
Boiled Egg
Egg & Cheese Sandwich on a Bagel or Croissant
Continental Breakfast
Cottage Cheese & Fruit Plate

Sides

Seasoned Breakfast Potatoes
Mini Blueberry or Banana Muffin
Bagel with Cream Cheese
Croissant
Assorted Yogurt
Cottage Cheese

Hot & Cold Cereals

Grits or Cheese Grits
Cream of Wheat

Oatmeal
Raisin Bran

Cheerios
Rice Krispies

Special K
Froot Loops

Lunch & Dinner

Entrees

Cheese Enchiladas
Spaghetti with Marinara Sauce
Vegan Meatballs with Marinara Sauce
Vegetarian Swedish Meatballs
Beefless Tips with Broccoli
Herb Loaf with Gravy
Spinach Cutlet with Marinara Sauce
Black Beans & Rice
Macaroni & Cheese
Cottage Cheese & Fruit Plate

Sides

Mashed Potatoes & Vegetarian Gravy
Vegetable of the Day
Plantains
Penne Pasta
Jasmine Rice
Side Salad
Chips
Pretzels
Whole Wheat Dinner Roll

Handhelds

Beyond Burger
Chix Salad Sandwich
Grilled Cheese Sandwich
Cheese Quesadilla

Soups & Salads

Lentil Stew
Tomato Basil Soup
Chef Salad
Santa Fe Salad without Chicken
Summer Berry Salad without Chicken
Egg Salad Cup

Fruit & Desserts

Assorted Fruit Cups
Whole Fruit
Apple Slices & Peanut Butter Cup
Chocolate or Vanilla Pudding
Chocolate, Vanilla, or Strawberry Ice Cream
Orange or Lime Sherbet
Assorted Popsicles
Assorted Gelatin
Chocolate Chip Cookie
Seasonal Cake

Beverages

Lemonade
Iced Tea
Hot Tea

Orange, Apple, Cranberry, or Prune Juice
Ginger Ale - Regular or Diet
Coffee - Regular or Decaf

Bottled Water
Crystal Light

Milk
Soy Milk
Lactose Free Milk

Items may contain eggs and/or dairy.
Please let your server know if you have additional preferences beyond vegetarian.