



## GENERAL ROOM SERVICE

# MENU

**Our Room Service Menu allows you to dine on your schedule.  
Order what you want, when you want it.**

- 1) Review the room service menu. One of our staff will be happy to assist you with your selections, if desired.
- 2) Call 6368. Guests may place orders for a loved one from an outside line by calling (319) 398-6368.
- 3) A Nutrition Assistant will take your order and have your food delivered to your room in approximately 45 minutes.

**Room Service is available to our patients 24 hours a day.**

Meals are provided to patients at no additional cost. Guest menus are available upon request.

**When it comes to your meals, Mercy Medical Center believes you should know *The Mercy Touch*.<sup>®</sup>**

 = Heart Healthy Food

 = High Sodium Food

 = Locally Grown





## BREAKFAST

### GRIDDLE SPECIAL GRAMS OF CARBOHYDRATES

Scrambled Eggs.....	0	
Egg Whites.....	0	♥
Hard Cooked Egg.....	0	
Country Style Biscuit & Sausage Gravy.....	35	🥄
Buttermilk Pancake.....	15	♥
Texas Style French Toast.....	25	♥
Waffle.....	25	♥
Build-Your-Own Omelet.....	0-5	
Build-Your-Own Breakfast Sandwich.....	25-30	🥄
Hash Browns.....	20	♥
Bacon.....	0	🥄
Pork Sausage Patty.....	0	🥄
Ham Steak.....	0	🥄
Turkey Sausage Link.....	0	🥄

- Daily Breakfast Specials - available 6-10 am - ask the Nutrition Assistant for the available options

### HOT & COLD CEREALS

Oatmeal.....	15	♥
Oatmeal – Flavor of Day.....	25	♥
Cream of Wheat.....	15	♥
Raisin Bran.....	30	♥
Mini Shredded Wheat.....	25	♥
Cheerios.....	20	♥
Honey Nut Cheerios.....	20	♥
Rice Krispies.....	15	♥
Froot Loops.....	25	♥
Frosted Flakes.....	30	♥
Special K.....	20	♥
Rice Chex.....	15	♥

### BREAKFAST BREADS

Toasted English Muffin (whole wheat, white).....	25	♥
Toast (whole wheat, white, raisin).....	15	♥
Muffin (bran, blueberry).....	15-20	♥
Banana Bread.....	25	
Croissant.....	30	🥄
Cinnamon Roll.....	45	♥
Pecan Roll.....	45	
Glazed Donut.....	35	
Biscuit.....	30	🥄

### YOGURT

Strawberry Yogurt Parfait w/Granola.....	35	♥	*
Blueberry Yogurt.....	30	♥	
Vanilla Yogurt.....	30	♥	
Lite Blueberry Yogurt.....	15	♥	
Lite Strawberry Yogurt.....	15	♥	
Lemon Custard Greek Yogurt.....	25	♥	*
Strawberry Greek Yogurt.....	25	♥	*
Aronia Berry Greek Yogurt.....	25	♥	*
Lite Vanilla Greek Yogurt.....	10	♥	
Lite Peach Greek Yogurt.....	10	♥	

## BREAD, CHEESE & VEGGIES

**Bread — 15-50 carbohydrates** ♥  
(whole wheat, white, rye bread, white or wheat hamburger bun, flatbread, 45 calorie wheat)

**Cheese — 0 carbohydrates** 🥄  
(Swiss, cheddar, provolone, pepper jack, American)

**Vegetables — 0 carbohydrates** ♥ \*  
(lettuce, tomato, pickle slices, red onion, cucumber slices, olives, jalapeno, mushroom, red pepper, roasted red pepper, banana peppers)



## LUNCH & DINNER

### MERCY GRILL GRAMS OF CARBOHYDRATES

Visit the Bread, Cheese & Veggies section for options. Add bacon to any Mercy Grill item.

Marinated Chicken Breast.....	0	♥
Hamburger.....	0	♥
Turkey Burger.....	10	♥
Mini Corn Dogs.....	20	🥄
BBQ Pork.....	5	
Battered Fish.....	15	🥄
Quesadilla (cheese, vegetable, chicken).....	40	🥄
Turkey Flatbread Melt.....	30	🥄
Roast Beef Flatbread Melt.....	30	🥄
Turkey Club Sandwich.....	35	🥄
Grilled Cheese Sandwich.....	30-40	🥄

(add ham or turkey)

### SANDWICH SHOP

Visit the Bread, Cheese & Veggies section for options.

Meat.....	0-25	🥄
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(sliced smoked turkey, sliced ham, sliced roast beef, pepperoni, tuna salad, chicken salad, egg salad, peanut butter (w/ jelly), bacon)

### SOUP KETTLE

Homemade Chicken Noodle Soup.....	15	♥
Broccoli Cheese Soup.....	15	🥄
Homemade Chili.....	15	♥
Broth.....	0	♥

(chicken, beef, vegetable, low sodium beef, low sodium chicken)

Cream of Chicken.....	15	
Cream of Tomato.....	15	
Low Sodium Cream of Tomato.....	10	♥
Crackers (saltine, low sodium saltine, wheat, club).....	5	♥

### FROM THE GARDEN GRAMS OF CARBOHYDRATES

Cottage Cheese & Fruit Plate (fresh or soft).....	20	
Vanilla Yogurt & Fruit Plate (fresh or soft).....	45	♥ *
Classic Chef Salad (or vegetarian).....	10	🥄
Asian Salad (chicken, shrimp, salmon).....	20	♥
Taco Salad (chicken, beef, shrimp, salmon).....	15	
Build-Your-Own Salad.....	10-30	♥ *

**Vegetable** (carrot, cucumber, red onion, broccoli, red pepper, green pepper, celery, mushroom, tomato, mandarin oranges, salsa, black olives, roasted red peppers, banana peppers)

**Meat** (marinated chicken breast, turkey, ham, roast beef, salmon, shrimp, hard boiled egg, bacon, taco meat, black beans)

**Cheese** (cheddar, American, pepperjack, Swiss, provolone)

### FLATBREAD PIZZA

Cheese Pizza.....	60	🥄
Tomato, Fresh Basil & Mozzarella.....	60	🥄
Pepperoni.....	60	🥄
Deluxe.....	60	🥄

(pepperoni, onion, green pepper, olive, mushroom, tomato)

Veggie.....	60	🥄
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(onion, green pepper, mushroom, olive, tomato)

### SEAFOOD & FISH

Pan-Seared Shrimp.....	0	♥
Lemon Garlic Shrimp.....	0	🥄
Oven Roasted Salmon.....	0-5	♥
Steamed Cod.....	0	♥

(w/ honey mustard glaze)

### FAMILY FAVORITES

Breaded Chicken Strips.....	20	🥄
Grilled Marinated Chicken Breast.....	0	♥
Grilled Chicken w/Pesto & Tomato.....	0	♥
Grilled Southwestern Chicken Breast.....	0	♥
Ham Steak (w/ pineapple sauce).....	0-10	🥄
Homemade Macaroni & Cheese.....	30	🥄
Hearty Beef Pot Roast.....	5	♥
Roasted Turkey (w/ gravy).....	0-5	♥
Meatloaf.....	10	
Lasagna Roll Up.....	30	♥

- Daily Specials - available 11 am–1 pm & 4:30–6:30 pm—ask the Nutrition Assistant for the available options



## SIDES DISHES

### COLD SIDES GRAMS OF CARBOHYDRATES

Mixed Green Salad (w/cucumbers & tomatoes).....	5	♥ *
Cottage Cheese.....	5	🥄 *
Gelatin (cherry, tropical, orange, strawberry).....	15	♥
Sugar-Free Gelatin (strawberry, orange).....	0	♥
Dinner Roll (white, wheat).....	20	♥
Italian Pasta Salad.....	10	

### HOT SIDES

Mashed Potatoes.....	20	♥
Roasted Sweet Potatoes.....	20	♥
Baked Potato.....	30	♥
Tater Tots.....	25	♥
Steamed Rice.....	20	♥
Southwestern Beans & Rice.....	25	♥
Steamed Broccoli.....	5	♥
Steamed Green Beans.....	5	♥
Steamed Carrots.....	5	♥ *
Steamed Corn.....	15	♥ *
Gravy (beef, chicken).....	5	♥

## FRUIT



### GRAMS OF CARBOHYDRATES

Applesauce.....	15	♥
Apple (sliced).....	15	♥ *
Banana.....	30	♥
Cantaloupe.....	10	♥
Fruit Cocktail.....	15	♥
Fresh Fruit Cup.....	15	♥
Grapes.....	15	♥
Mandarin Oranges.....	15	♥
Orange (peeled).....	15	♥
Peaches.....	15	♥
Pears.....	15	♥
Pineapple.....	15	♥
Stewed Prunes.....	20	♥
Strawberries.....	10	♥
Raisins.....	35	♥



# DESSERT

GRAMS OF CARBOHYDRATES		
Angel Food Cake .....	30	♥
Warm Apple Crisp .....	40	♥ *
Chocolate Cream Pie .....	35	
NY Style Cheesecake .....	35	
Peanut Butter Chocolate Cake.....	25	
Cookie ( <i>chocolate chip, sugar, oatmeal raisin</i> )	20-25	
Italian Ice ( <i>lemon, strawberry</i> ).....	20	♥
Sherbet ( <i>raspberry</i> ).....	35	♥
Ice Cream ( <i>vanilla, chocolate, strawberry</i> ) .....	15	♥
Pudding ( <i>chocolate, vanilla, butterscotch, tapioca</i> )	25	♥
Low Calorie Pudding ( <i>chocolate, vanilla</i> ) .....	15	♥
Popsicle ( <i>grape, cherry, orange, sugar free</i> ) .....	0-20	♥
Milkshake ( <i>vanilla, chocolate, strawberry</i> )	60-70	
Low-Calorie Orange Sorbet.....	10	♥



# BEVERAGES

HOT BEVERAGES			GRAMS OF CARBOHYDRATES
Coffee ( <i>regular, decaf</i> ) .....	0	♥	
Hot Black Tea ( <i>regular, decaf</i> ).....	0	♥	
Hot Green Tea ( <i>regular, decaf</i> ).....	0	♥	
Hot Chocolate .....	25	♥	
Reduced Calorie Hot Chocolate.....	10	♥	

  

COLD BEVERAGES			GRAMS OF CARBOHYDRATES
Milk ( <i>skim, 2%, whole, skim chocolate</i> ) ...	15-20	♥	
Lactose Free Milk .....	10	♥	
Soy Vanilla Milk.....	15	♥	
Iced Tea ( <i>regular or decaf</i> ) .....	0	♥	
Lemonade.....	65	♥	
Sugar-Free (lemonade, raspberry ice) .....	0	♥	

  

JUICE			GRAMS OF CARBOHYDRATES
Apple, Orange, Cranberry.....	15	♥	
Grape .....	20	♥	
Prune .....	25	♥	
Tomato.....	5	♥	
V8 ( <i>regular, low sodium</i> ) .....	5	♥	



# SNACKS

GRAMS OF CARBOHYDRATES		
Baked Chips .....	25	♥
Hummus w/Pretzels .....	35	
Tortilla Chips w/Salsa .....	20	
Relish Plate.....	5	♥
Cheese & Cracker Plate .....	15	
Meat & Cheese Plate .....	0	
String Cheese.....	0	
Cheddar Cheese Stick .....	0	
Cheesy Flatbread .....	60	
Yogurt Smoothie ( <i>tropical, mixed berry</i> ).....	30	♥
Apple Slices w/Yogurt Dip.....	20	♥
Granola Bar .....	20	
Club Crackers.....	5	



# CONDIMENTS

BBQ Sauce - 10	Honey - 10
Butter - 0	Hot Sauce - 0
Cinnamon - 0	Jelly - 10
Cream Cheese - 0	Jelly, Low Calorie - 5
Cream Cheese, Lite - 0	Ketchup x2 - 5
Creamer - 0	Lemon Wedge - 0
Creamer, Non Dairy - 0	Margarine - 0
Crouton - 5	Mayonnaise - 0
Dill Spread - 0	Mayonnaise, Lite - 5
Dressing, 1000 Island x2 - 5	Mustard - 0
Dressing, Asian - 15	Oil & Vinegar - 0
Dressing, Blue Cheese x2 - 5	Parmesan Cheese - 0
Dressing, Caesar - 0	Peanut Butter - 5
Dressing, Fat Free Italian - 0	Pepper - 0
Dressing, French - 5	Raisins - 35
Dressing, Honey Mustard - 10	Relish - 5   Salt - 0
Dressing, Italian - 0	Sour Cream - 0
Dressing, Light French - 15	Splenda - 0   Sugar - 5
Dressing, Light Ranch - 5	Sugar, Brown - 15
Dressing, Ranch x2 - 5	Sweet & Sour Sauce - 10
Dressing, Raspberry	Syrup - 25
Vinaigrette - 10	Syrup, Sugar Free - 5
Equal - 0	Tartar Sauce - 0
Herb Seasoning - 0	