

The Jeannine Rainbolt

Healthy Hearth

Welcome to the Healthy Hearth where our culinary team believes that providing wholesome, nourishing fare throughout the treatment process will positively impact your overall vitality and recovery. The menu at the Healthy Hearth was designed in collaboration with Cari Miles, RD/LD, both to meet patients' nutritional requirements while they undergo treatment and in consideration of their diverse nutritional needs. Moreover, every menu item is made fresh from scratch and therefore, can be modified to accommodate unique demands. Menu items are also coded so patients can make informed decisions and stay within dietary guidelines; for instance, bland, gluten-free, and low and high fiber menu items are clearly denoted. We at the Healthy Hearth consider ourselves to be an integral component of your healthcare journey at the Stephenson Cancer Center, and we want you to think of us as your culinary care team.

KEY

BLAND *Does not contain herbs and spices, typically lower fat and low acid*

GLUTEN FREE *Does not contain gluten*

PHYTONUTRIENT *Rich in plant foods*

LOW FIBER *Two grams of fiber or less per serving*

HIGH FIBER *Five grams of fiber or more per serving*

SOFT *Foods that are blended, chopped, ground or mashed*

FATIGUE *Healthy, nutrient dense foods; easy to chew and swallow*

HIGH CALORIE *Snacks and sides with 300 or more calories per serving; Meals with 500 or more calories per serving*


LOW CALORIE *Snacks and sides with less than 300 calories per serving; Meals with less than 500 calories per serving*


NAUSEA *Bland foods that are low in fiber*

LET FOOD BE YOUR MEDICINE.

HIPPOCRATES

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BREAKFAST

Hearty Start

Two eggs any style, Turkey Sausage or Bacon, Hash Browns, choice of Honey Whole Wheat Toast, Texas Toast, or Biscuit

High Calorie

5.29

Biscuit Sandwich

One egg any style, Bacon, Smoked Gouda Cheese, Pesto Mayo

Low Calorie, Low Fiber

4.59

Breakfast Wrap

Scrambled Eggs, Monterrey Jack Cheese, Choice of Turkey Sausage or Bacon, Jalapeños and Hash Browns in a Whole Wheat Flour Tortilla served with Salsa

High Calorie, High Fiber

5.29

Croissant Sandwich

One egg any style, Ham, Choice of Cheese, Flaky Croissant

High Calorie, Low Fiber

4.79

Biscuits & Gravy

Two Buttermilk Biscuits, covered with Creamy Sausage Gravy

High Calorie, Soft

4.29

Steel-Cut Oatmeal

With Fresh Berries

Low Calorie, High Fiber,

Phytonutrient, Bland, Soft, Fatigue

5.29



DAILY BREAKFAST SPECIALS

Monday

French Toast with Warm Maple Syrup and Fresh Fruit

High Calorie, High Fiber, Soft

5.69

Tuesday

Breakfast Bowl: Hash Browns, Chorizo, Scrambled Eggs, Shredded Cheddar Cheese, and Salsa

High Calorie, Gluten Free, Soft

5.59

Wednesday

Buttermilk Pancakes of the Day with a choice of Turkey Sausage, Bacon, or Ham

High Calorie, Soft

5.59

Thursday

Biscuit Tower: Open Faced Biscuit topped with Sausage, Fried Eggs, and Hash Browns covered with Creamy Sausage Gravy

High Calorie, High Fiber

5.59

Friday

Quiche of the Day: Flaky Crust filled with Egg and Chef's Choice of Fillings, served with Fresh Fruit

High Calorie, Soft

6.29

A LA CARTE ITEMS

BAGEL & CREAM CHEESE 1.99

Low Calorie, Low Fiber, Bland, Nausea

Cinnamon Raisin

Blueberry

Everything

Plain

FRUIT SALAD 2.49 *LC, LF, GF, P, F*

TEXAS TOAST 1.49 *LC, LF, B, N*

EGG 1.29 *LC, LE, B, GF, S, F, N*

BACON 2.49 *LC, LF, GF*

TURKEY SAUSAGE 2.29 *LC, LF, GF, S, F*

WHEAT BREAD 1.49 *LC, B, P*

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SALADS

Caesar

Chopped Romaine, House-Made Croutons, and Parmesan Cheese with Yogurt Caesar Dressing on the side
+ Add 8 oz. Grilled Chicken Breast \$2.95,
4 oz. Salmon Fillet \$4.25

Low Calorie, Phytonutrient

4.99

Greek

Spring Mix tossed together with Artichokes, Kalamata Olives, Grape Tomatoes, Feta Cheese, Pepperoncinis, and Cucumbers with Lemon Vinaigrette on the side
+ Add 8 oz. Grilled Chicken Breast \$2.95,
4 oz. Salmon Fillet \$4.25

Low Calorie, High Fiber, Gluten Free, Phytonutrient

5.99

Nourish Bowl

Spring Mix topped with Chickpeas, Shredded Carrots, Grape Tomatoes, Cucumbers, Avocado, Red Onions, and Hummus with Lemon Vinaigrette on the side

High Calorie, High Fiber, Bland, Phytonutrient, Gluten Free

5.99

HOUSE-MADE SALAD DRESSING OPTIONS

Yogurt Caesar, Lemon Vinaigrette, Chipotle Ranch, Buttermilk Ranch, Green Goddess, Maple Balsamic Vinaigrette *Gluten Free*

SOUP

Served with a slice of Cheesy Bread

Chicken Noodle

Low Calorie, Low Fiber, Bland, Soft, Nausea

2.49 / 3.99

Creamy Tomato Basil

Low Calorie, Low Fiber, Gluten Free, Soft

2.49 / 3.99

**Complimentary Beef and Chicken Broth Always Available*

Southwest Crispy Chicken

Chopped Romaine tossed with Black Bean and Corn Salsa, Grape Tomatoes, Shredded Monterey Jack Cheese, Crispy Chicken Tenders, and Tortilla Strips with Chipotle Ranch on the side

High Calorie, High Fiber, Phytonutrient

7.99

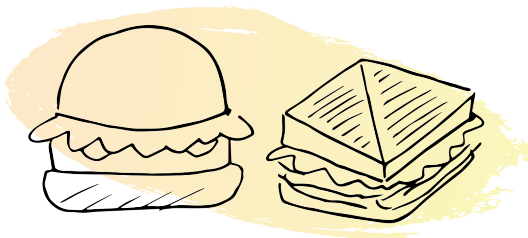
Strawberry Spinach Salad

Spinach, Fresh Strawberries, Candied Pecans, Blue Cheese Crumbles with Maple Balsamic Vinaigrette on the side

+ Add 8 oz Grilled Chicken Breast \$2.95,
4 oz Salmon Fillet \$4.25

High Calorie, High Fiber, Phytonutrient, Gluten Free

5.99



BURGERS

Includes Side of Your Choice
**Veggie Patty or Turkey Patty Available*

The Earth Burger

Grilled Marinated Portobello Mushroom, Fontina Cheese, Spinach, Roasted Tomato, and Pesto Mayo, served on a Whole Wheat

High Calorie, High Fiber, Phytonutrient

8.49

Black & Blue Burger *

Beef Patty, Bacon, Blue Cheese, Mixed Greens, Tomato, Red Onion, and Mayo, served on a Whole Wheat Bun

High Calorie

8.29

Queso Burger *

Beef Patty, Fried Jalapeños, and Gouda Queso, on a Whole Wheat Bun served with Tortilla Chips and Salsa

High Calorie, High Fiber

7.99

HEALTHY HEARTH FAVORITE

Cheeseburger*

Beef Patty topped with melted American cheese, Lettuce, Tomato, Pickle, Red Onion, and Mustard, served on a Whole Wheat Bun

High Calorie

7.29

SANDWICHES

Includes Side of Your Choice

Pulled Pork Sandwich

Tender Slow Cooked Pulled Pork, Hickory Sauce, and Fried Jalapeños served on Texas Toast

High Calorie, Low Fiber

6.79

Turkey Avocado

Turkey Breast, Mixed Greens, Tomato, Avocado, Cheddar Cheese, and Pesto Mayo, on a Whole Wheat Wrap or locally Baked Honey Whole Wheat Toast

High Calorie, High Fiber

7.99

Chicken Ciabatta

Grilled Chicken Breast with Gruyère, Tomato, Spinach, and Stone Ground Mustard on Ciabatta Bread

High Calorie

7.99

Roast Beef with Horseradish

Grilled Roast Beef with Horseradish Sour Cream, Gruyère Cheese and Red Onion on Ciabatta Bread

High Calorie

7.99

Tuna Melt

Tuna Salad with Bacon, Gruyère, and Cheddar on locally Baked Honey Whole Wheat Toast

High Calorie, Fatigue

7.99

The Green Goddess

Fresh Mozzarella, Cucumber, Spinach, Avocado, and Green Goddess dressing, served on locally Baked Honey Whole Wheat Toast

High Calorie, High Fiber, Phytonutrient

7.49

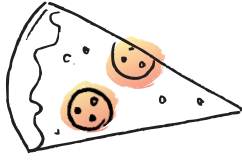
Grilled 3 Cheese

Melted American, Cheddar and Swiss Cheese on Buttered Texas Toast

High Calorie, Low Fiber

5.49





PIZZA

Classic Cheese

Our red sauce with Mozzarella and Parmesan Cheese

High Calorie

5.89

Pepperoni

Classic Cheese Pizza topped with Thinly Sliced Pepperoni

High Calorie

6.25

The Mighty Meatball

Our red sauce with House-Made Meatballs, Parmesan Cheese, Mozzarella Cheese, and Red Onion

High Calorie, High Fiber

6.99

The Great White

White Pizza topped with Diced Chicken, Bacon, Spinach, Diced Tomato, Mozzarella Cheese and Parmesan Cheese

High Calorie

6.99

The Santorini

Kalamata Olive Tapenade, Sliced Tomato, Parmesan Cheese, Mozzarella Cheese, and Pesto

High Calorie, High Fiber

6.99



ENTREES

Meatloaf

Beef and Pork Meatloaf topped with Mushroom Demi-Glace, served with Roasted Vegetable-Potato Mash and Steamed Seasonal Vegetables

High Calorie, High Fiber, Soft, Fatigue

8.49

Roasted Veggie Quesadilla

Seasonal Vegetables with Red Bell Peppers, Red Onions, Mushrooms, Feta Cheese, Cilantro Pesto, inside a Grilled Whole Wheat Tortilla served with Salsa

High Calorie, High Fiber, Phytonutrient, Fatigue

7.29

Beef Nachos

House Fried Tortilla Chips topped with Seasoned Ground Beef, Black Beans, Diced Tomatoes, Fried Jalapeños and our signature Gouda Sauce served with Salsa

High Calorie, High Fiber

8.29

Chicken Pot Pie

Chicken, Onions, Carrots, and Peas in a thick savory Broth over Roasted Vegetable-Potato Mash with a Biscuit Crust

High Calorie, High Fiber, Soft, Fatigue

8.99

Grilled Salmon

Seasoned Salmon Fillet served with 3-grain Veggie Pilaf and a Tomato Capser Chutney

High Calorie, High Fiber, Soft, Fatigue

8.99

Pasta Primavera Bake

Roasted Seasonal Vegetables tossed with Penne Pasta and White Sauce Baked to perfection in our Hearth Oven served with Cheesy Bread

High Calorie, High Fiber

6.99



**HEALTHY HEARTH
FAVORITE**

Garlic Ginger Chicken

Garlic Ginger Chicken baked to perfection served on a bed of seasoned Grilled Spinach, our Asian Broccoli Slaw and Cheesy Bread

High Calorie, High Fiber

8.29

SIDES

2.49



Smoked Gouda Mac & Cheese *HC, LF, S*
3-Grain Veggie Pilaf *LC, B, P, S, F*
Asian Broccoli Slaw *LC, P*
Fruit Salad *LC, LF, GF, P, F*
Roasted Vegetable-Potato Mash *LC, HF, B, GF, P, S, F*
Steamed Seasonal Vegetables *LC, LF, GF, P, S*
Side Strawberry Spinach Salad 2.99 *HF, GF, P*

Side Caesar Salad *LC, LF, P*
Side Greek Salad 2.99 *LC, GF, P*
Fries *HC, HF*
Chips 1.49
Cheesy Bread *HC, LF*
Cup of Soup



AMAZING DESSERTS

CUPCAKES 3.29

Chocolate Fudge *High Calorie*
Strawberries & Cream *High Calorie, Low Fiber*
Reese's with Peanut Butter
Buttercream *High Calorie*
Angel Food with Mixed Berry
Compote *Low Calorie, Low Fiber*

COOKIES 1.49

Chocolate Chip *Low Calorie, Low Fiber*
Triple Chocolate *High Calorie*
Oatmeal Craisin *High Calorie, Low Fiber*
Peanut Butter *High Calorie, Low Fiber*

DESSERT OF THE WEEK

A Selection of Desserts from the Baker

Hello Dollie 2.99 *High Calorie*
Lemon Bar 2.29 *High Calorie, Soft*
Brownie 2.49 *High Calorie, Soft*
Muffin 2.99 *High Calorie, Low Fiber*
Apple Turnover 2.95 *High Calorie*
Cinnamon Roll 2.25 *High Calorie, Low Fiber*
Cake by the Slice (prices vary)

BEVERAGES

FOUNTAIN DRINKS 1.89

H2OU BOTTLED WATER 2.49

STARBUCKS COFFEE

Tall \$1.85 / Grande \$2.10 /
Venti \$2.45

HOT TEA 1.49

HINT WATER 1.79

JAMBA JUICE SMOOTHIE

12 oz. \$3.75 / 16 oz. \$4.75

NAKED JUICES 3.50

SIGNATURE

Honey Ginger
Lemonade

\$1.99

Low Calorie, Nausea

