Registered Dietitian/Nutritionist Services

- Your doctor has chosen a diet for you based on your individual medical needs during your hospital stay.
- Nutrition is an important part of your healing, and our dietitians can help answer your nutrition questions at any stage of your journey.
- If you have questions about your personalized diet or anything else related to your nutritional health, please ask your nurse to request a consult with your dietitian.
- After you are discharged, if you are interested in speaking with a dietitian, ask your doctor for a referral to our specialized outpatient dietitians.

In-Room Dining Menu

- Ask your server for our menu featuring daily specials, specific to the diet your doctor has chosen.
- Pre-packaged certified Kosher and gluten-free meals are available by request.
- We source sustainably and locally whenever possible.
- · Remember: Order everything needed to enjoy your meal, including condiments, sides and beverages.

Guest and Visitor Dining Options

BISTROH! to go

Weekdays 10:30 p.m. to 1:30 p.m.

BistrOH! To Go offers quick service with several grab-and-go options. It is located around the corner from BistrOH! and is open overnight.

BISTROH!

Daily 6 a.m. to 8 p.m.

BistrOH!, our medical center cafeteria, offers a wide variety of options for breakfast, lunch and dinner, including chef-inspired entrees, soups, sandwiches, stone-hearth pizzas and a large, fresh salad bar. Family-style meals-to-go are available daily. BistrOH! is located on the first floor of University Hospital, close to the main entrance.



Weekdays 7:30 a.m. to 3 p.m.

NeurOH! BistrOH! features clean-label smoothies that showcase ingredients known to promote brain health. It is located in the lobby of the Brain and Spine Hospital.

Michael D. Bloch Café and Terrace

The Michael D. Bloch Café and Terrace, located on the 14th floor of The James, features freshly made and nutritious entrees, soups, sandwiches and salads. The menus are specifically created to showcase many foods used in cancer research by the American Institute for Cancer Research. Visit **aicr.org** for additional details and discoveries.

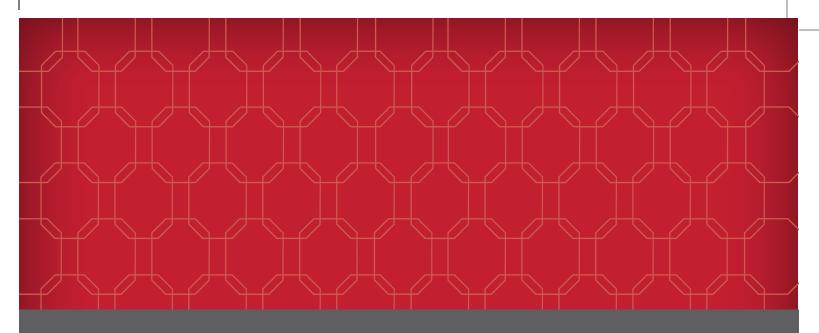
The café is open from 7 a.m. - 7 p.m. weekdays, 10 a.m. - 2 p.m. weekends, and offers a seasonal outdoor dining terrace.

As one of America's top-ranked academic medical centers, our mission is to improve people's lives in Ohio and across the world through innovation in research, education and patient care.

We thank you for selecting us and entrusting our team with your care.

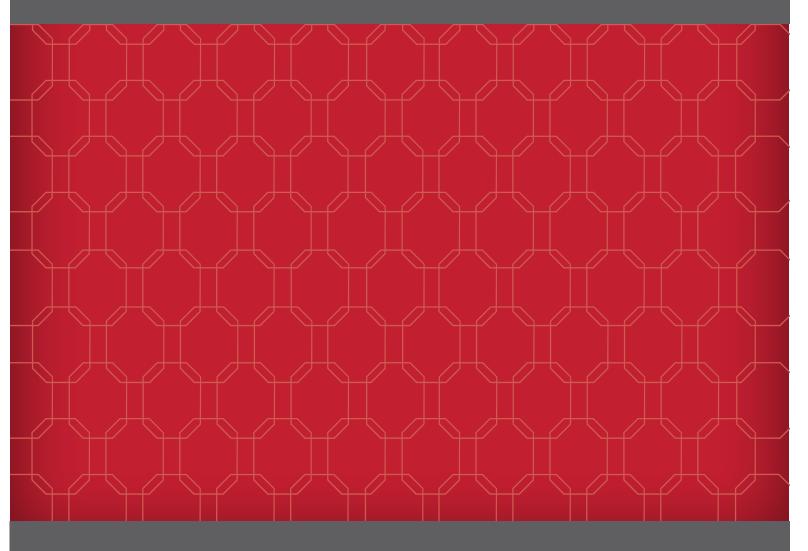






The Ohio State University Wexner Medical Center

In-Room Dining Menu



Our Commitment to You

We care about the foods you eat – good nutrition is critical to your healing. We believe that any diet can include a variety of foods with balance and moderation. We also appreciate the diversity of your tastes and beliefs. With this in mind, we challenged our professionally trained chefs to create a menu that has something for everyone. Our award-winning chefs crafted this specialized menu using fresh, local and natural ingredients to make your dining experiences both healthful and enjoyable.

Thank you for dining with us.

Breakfast Entrées and Sides

French Toast Scrambled Eggs Breakfast Potatoes Turkey Sausage Hardwood Smoked Bacon

Oatmeal or Cream of Wheat® with Brown Sugar or Craisins®

Mixed Fresh Fruit
Apple Slices
Peaches in Light Syrup
Applesauce
Fresh Apple, Banana, Orange or Pear

Dannon® Light & Fit® Yogurt Oikos® Greek Yogurt Cottage Cheese Hard-Boiled Egg

White or Wheat Toast Toasted Bagel Toasted English Muffin Seasonal Muffin

Cheerios® Honey Nut Cheerios® Frosted Mini Wheats® Rice Chex® Total Raisin Bran®



MyChart Bedside

available in most areas of the medical center

MyChart Bedside is a tablet-based application that gives you and your family a more interactive way to participate in your stay. With MyChart Bedside, you can

- Order your meals using Order My Meal.
- Learn your food's carbohydrate content, which is listed in grams (g) next to each food on the tablet and the paper ticket that comes with every meal
- Access, review and learn more about your current health concerns and medications, and view your most recent vital signs.
- Access educational materials and learn more about your condition.
- Send messages to your care team.
- Use the tablet for education and entertainment through the internet.

Lunch and Dinner Entrées and Sides

All-Day Dining options also available at this time

Entrees

Chicken Tenders available in select locations
Fire-Braised Chicken Breast
Grilled Wild-Caught Salmon
Penne Pasta with Pesto or Marinara

Sides

Broccoli Carrots Corn Peas

Brown Rice Buttered Noodles Macaroni and Cheese Dinner Roll

Daily Soup Special see your tablet or ask your server for details

Create Your Own Salad - Entrée or Side

Romaine Lettuce Spinach Spinach and Romaine Blend

Fire-Braised Chicken Breast Grilled Wild-Caught Salmon Sliced Turkey Sliced Ham Hard-Boiled Egg

Grated Parmesan Cheese Shredded Colby Jack Cheese

Craisins®
Croutons
Red Onions
Shredded Carrots
Tomatoes

Salad Dressings

Balsamic Vinaigrette
Caesar
French regular or fat-free
Golden Italian regular or fat-free
Oil and Red Wine Vinegar
Ranch regular or fat-free
Raspberry Vinaigrette

Please order everything needed to enjoy your meal, including condiments, sides and beverages.

All-Day Dining

Hot Items

Cheese or Chicken Quesadilla Homestyle Chicken and Noodles over Mashed Potatoes Mashed Potatoes with Chicken or Beef Gravy

Signature Salads

Soups and Broths

Beef Broth Chicken Broth Vegetable Broth Chicken Noodle Soup Cream of Chicken Soup Cream of Tomato Soup

Signature Salads

Entrée Chicken Caesar Entrée Chef Caesar Side House Side Garden Side Kale Garden Side

Build Your Own Sandwich

Whole Wheat Bun White Bread Wheat Bread

Black Bean Burger Fire-Braised Chicken Breast Hamburger

Turkey Ham Roast Beef (deli style) Chicken Salad Tuna Salad Bacon

American Cheese Provolone Cheese Lettuce Onion Pickle Spear

Tomato

Pantry

Lay's® Potato Chips Baked Lay's® Potato Chips Baked BBQ Lay's® Potato Chips Uncrustables® Peanut Butter and Jelly Sandwich

Fresh Apple, Orange, Pear or Banana Mixed Fresh Fruit Applesauce Peaches in Light Syrup

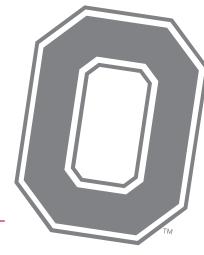
Cottage Cheese Yogurt *Greek* and *Light & Fit*®

Dessert

Chocolate Ice Cream Strawberry Ice Cream Vanilla Ice Cream Frozen Custard Orange Sherbet

Chocolate Chunk Cookie
Oatmeal Raisin Cookie
Sugar-Free Chocolate Chip Cookie
Sugar-Free Lemon Cookie

Vanilla Pudding Chocolate Pudding Sugar-Free Vanilla Pudding Sugar-Free Chocolate Pudding Gelatin *regular or sugar-free*



Beverages

Black Tea regular and decaf Green Tea regular Swiss Miss® Hot Cocoa regular and sugar-free Iced Tea regular and decaf

Folgers® Coffee regular and decaf

Apple, Grape, Orange, Prune or Campbell's® Tomato Juice

Coca-Cola® regular and caffeine-free Diet Coke® regular and caffeine-free Sprite® Sprite Zero® Orange Fanta Zero® Minute Maid® Light Lemonade Seagram's® Ginger Ale Gatorade® 2%, Skim, Whole or Chocolate Milk Chocolate Silk® Vanilla Silk® Lactaid® Ensure® Enlive® Ensure® Clear

Glucerna®

Seasonal Smoothies see your tablet or ask your server for details

Depending on the diet your doctor has picked, some of the items on this menu may not be available.