

## 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

### **BISTR OH!** 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.

### **BISTR OH!**

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.

### **NEUROH!** **BISTR OH!**

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](http://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

## 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

## Beverages

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

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

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.**

### 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*

