ABOUT YOUR DIET - FULL LIQUID DIET:
This diet may be ordered for patients after surgery or as advancement from clear liquids. It is similar to clear liquids, but includes additional liquids such as cooked thin cereals, milk and milk products, puddings, strained/pureed soups and ice cream.

HOW TO PLACE YOUR ORDER
We are pleased to offer our restaurant-inspired meal selections. Room Service hours are 7:00 a.m. to 6:30 p.m. When you are ready to place your order, or if you have any questions regarding meal service, please call extension 2-FOOD (2-3663) and select option 2 at any time during the greeting. Your meal will be delivered within 45 minutes. Family members may also order for patients from outside the hospital by calling (410) 601-5725.

PLEASE REMEMBER:
Certain tests require a period of fasting prior to the test. If this pertains to you, please plan your meals accordingly.

MENU INFORMATION
Foods containing carbohydrates (cereals, pastas, breads, milk, fruit, and dessert) have assigned values, which are listed in parenthesis on the menu as (g carbs).

- 15 g = 1 Carb exchange

ARE YOUR VISITORS HUNGRY?
Our retail outlets, located on the first floor, offer a wide variety of menu selections for all visitors. Please refer to the panel below for operating hours at each location.

Guest trays are available for breakfast, lunch, and dinner. Please ask your call center attendant for information regarding this program.

The MarketPlace at Sinai
Monday - Friday
6:30 a.m. - 12:00 a.m.
Saturday
8:00 a.m. - 12:00 a.m.
Sunday
9:00 a.m. - 12:00 a.m.
Café Shalom
Monday - Thursday
11:00 a.m. - 7:00 p.m.
Friday
11:00 a.m. - 2:00 p.m.
Saturday & Sunday
Closed
Greenspring Café
Daily
6:30 a.m. - 8:00 p.m.
**BEVERAGES**

**JUICES**
- Orange (15 g carbs)
- Apple (14 g carbs)
- Cranberry (17 g carbs)

**HOT CHOCOLATE**
- Regular (16 g carbs)

**COFFEE**
- Regular or Decaf

**TEA**
- Regular or Decaf
- Iced Tea - Regular or Decaf

**SOUPS**
- All Soups are Pureed & Strained
- Cream of Chicken (14 g carbs)
- Cream of Mushroom (10 g carbs)

**DESSERTS**
- Vanilla Pudding (25 g carbs)
- Chocolate Pudding (24 g carbs)
- Vanilla Ice Cream (14 g carbs)
- Chocolate Ice Cream (14 g carbs)
- Gelatin (17 g carbs)

**CONDIMENTS**
- Sugar Substitute
- Non-Dairy Creamer
- Honey
- Salt

**HOT CEREAL**
- Cream of Rice (18 g carbs)
- Cream of Wheat (14 g carbs)

**BROTHS**
- Beef
- Chicken
- Vegetable

**SIDES**
- Gelatin (17 g carbs)
- Lemon Ice (22 g carbs)

**SODA**
- Cola (23 g carbs)
- Diet Cola
- Lemon Lime (23 g carbs)
- Ginger Ale (23 g carbs)
- Diet Ginger Ale

**MILK**
- Fat Free (12 g carbs)
- 2% (12 g carbs)
- Whole (12 g carbs)
- Lactaid® (13 g carbs)
- Soy (17 g carbs)