

Master Menu Nutrition Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location.

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Breakfast Entrées								
Texas Toast French Toast	215	2.6	0.5	35	12	419	2	227
Pancakes	168	2.4	0.9	33	4	519	1	88
Sliced Banana Topping	53	0.2	0.1	13	1	1	2	211
Blueberry Topping	20	0.1	0.0	5	0	0	1	27
Strawberry Topping	12	0.1	0.0	3	0	0	1	58
Spring Harvest Avocado Toast	276	18.1	2.8	26	8	514	9	621
Egg & Chz on WW English Muff	256	11.6	5.0	25	13	394	3	171
B.E.C on WW English Muffin	356	18.8	7.6	24	22	744	3	260
S.E.C on WW English Muffin	539	36.4	14.5	27	25	825	3	244
Egg & Chz on English Muffin	391	19.6	8.6	33	20	458	1	214
B.E.C on English Muffin	478	26.2	10.8	33	26	772	1	307
Egg Potato & Veg Skillet	225	11.9	3.8	21	9	99	2	457
Curried Tofu Scramble	215	11.8	1.3	9	19	103	6	343
Breakfast Sides								
Breakfast Potatoes	127	4.7	0.4	20	2	124	2	348
Cottage Chz	81	1.2	0.7	3	14	459	0	97
Hard Fried Egg	70	4.9	1.4	0	6	63	0	61
Hard Boiled Egg (cold)	68	4.7	1.4	0	6	55	0	55
Scrambled Eggs	156	11.5	4.6	2	10	140	0	138
Egg Whites	70	0.9	0.1	1	13	202	0	198
Low Chol Scrambled Egg	69	0.9	0.1	2	11	223	0	195
Bacon	44	3.3	1.1	0	3	157	0	46
Pork Sausage Patty	178	16.8	5.9	1	5	316	0	0
Turkey Bacon	18	1.4	0.5	0	1	64	0	11
Turkey Sausage	35	2.5	0.8	0	4	140	0	48

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Beef Broth 6floz	12	0.8	0.8	2	0	617	0	2
Chx Broth 6floz	16	0.8	0.0	2	0	617	0	2
Veg Broth 6floz	16	0.0	0.0	4	0	291	0	42
Fruits								
Apple	68	0.2	0.0	18	0	1	3	140
Applesauce	49	0.1	0.0	13	0	2	1	87
Banana	105	0.4	0.1	27	1	1	3	422
Fruit Cup	34	0.2	0.0	9	1	8	1	167
Grapes	54	0.1	0.0	14	1	2	1	150
Orange	97	0.2	0.0	24	2	0	5	373
Mandarin Oranges	34	0.0	0.0	9	1	5	1	123
Peaches	40	0.0	0.0	10	1	4	1	115
Pears	52	0.1	0.0	14	0	4	2	100
Stewed Prunes	66	0.1	0.0	17	1	1	2	199
Cereals								
Apple Cinn Cream of Wheat	125	0.5	0.1	27	3	86	2	71
Cream of Wheat	98	0.4	0.1	20	3	9	1	34
Cream of Rice	84	0.0	0.0	20	1	110	0	19
Grits	105	0.5	0.1	22	2	6	1	42
Oatmeal	107	1.8	0.3	19	4	8	3	105
Cheerios	72	1.3	0.3	14	2	97	2	123
Frosted Mini Wheats	100	0.5	0.0	24	2	0	3	70
Raisin Bran	110	0.5	0.0	28	3	120	4	160
GF Rice Chex	73	0.2	0.1	17	1	160	0	35
Rice Krispies	100	0.0	0.0	22	2	125	0	20
Sugar & Brown Sugar Topping	50	0.0	0.0	13	0	2	0	9
Sweet N Low Sugar Substitute	17	0.0	0.0	4	0	0	0	0
Cinnamon	3	0.0	0.0	1	0	0	1	6
Raisins	27	0.0	0.0	7	0	2	0	67
Yogurts								
Lt Peach Yogurt	77	0.3	0.2	15	5	74	0	261

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
LF Strawberry Yogurt	112	0.8	0.4	23	4	56	0	180
LF Van Yogurt	75	0.4	0.0	15	2	38	0	120
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188
Plain FF Greek Yogurt	60	0.0	0.0	4	11	43	0	188
Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188
Fruit & Yogurt Parfait	135	3.6	0.3	23	4	48	3	271
Bakery								
Blueberry Muffin	134	1.4	0.3	29	2	268	0	3
Bagel	180	1.0	0.0	36	6	280	1	60
WW English Muffin	120	1.0	0.0	23	5	230	3	90
Plain English Muffin	150	1.0	0.0	30	5	180	1	60
WW Bread	70	0.5	0.0	13	4	150	2	0
Rye Bread	109	1.4	0.3	20	4	253	2	70
White Bread	75	0.8	0.0	15	3	131	1	25
Soups								
Chx Ndle Soup 12floz	203	7.2	1.1	26	9	874	3	347
Chx Ndle Soup 6floz	102	3.6	0.5	13	5	437	1	173
Three Bean Chili Soup 12floz	300	6.6	0.6	48	15	470	17	1006
Three Bean Chili Soup 6floz	150	3.3	0.3	24	8	235	8	503
Tomato Basil Soup 12floz	133	9.1	1.3	13	2	424	6	569
Tomato Basil Soup 6floz	67	4.5	0.6	7	1	212	3	285
Veg Soup 12floz	83	1.1	0.1	18	2	753	4	368
Veg Soup 6floz	41	0.5	0.1	9	1	377	2	184
Beef Broth 6floz	12	0.8	0.8	2	0	617	0	2
Chx Broth 6floz	16	0.8	0.0	2	0	617	0	2
Veg Broth 6floz	16	0.0	0.0	4	0	291	0	42
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0
Dinner Roll	75	1.3	0.4	13	2	128	1	45
Cornbread	229	8.8	2.8	36	3	223	1	5
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50
Seasonal Broth (flavors may vary by hospital)								

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Delight Pho Broth	11	0.1	0.0	2	1	325	1	67
Thai Lemongrass Broth	10	0.0	0.0	2	1	345	0	68
Tomato Basil Broth	11	0.1	0.0	2	1	305	1	86
Spicy Tortilla Broth	11	0.1	0.0	2	1	325	1	84
Side Salads								
Caesar Sld	33	1.4	0.3	4	2	68	1	163
Garden Sld	16	0.2	0.0	3	1	12	1	194
Vegetables & Hummus	214	9.6	1.3	25	9	454	8	370
Entrée Salads								
Mediterranean Sld	145	4.8	1.6	21	6	679	4	428
Caesar Sld	100	4.7	0.9	12	5	233	2	300
Garden Sld	32	0.4	0.1	7	2	25	3	389
Cottage Chz & Fruit Plate	187	1.6	0.8	30	16	472	3	506
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267
Grilled Salmon 3oz	206	11.8	1.5	1	23	54	0	595
Tofu 1/4c	48	3.0	0.4	1	5	4	0	76
Chickpeas	231	10.6	0.9	27	8	498	7	298
Salad Dressings								
Balsamic Vinaigr	57	4.7	0.5	5	0	190	0	0
Caesar	152	16.2	2.5	1	1	284	0	0
French	120	11.0	1.5	5	0	250	0	0
Italian	21	1.9	0.3	1	0	128	0	10
Ranch	45	4.5	0.5	1	0	120	0	0
Oil & Balsamic Vinegar	175	18.9	2.6	2	0	3	0	11
Honey Dijon Balsamic Vinaigr	139	10.9	0.8	11	0	33	0	12
Handhelds								
Mediterranean Wrap VEGAN	318	11.7	3.8	46	8	768	7	359
Turkey Club Sandwich	560	21.7	8.2	46	48	1405	8	948
Chx Salad on WW Bread	392	12.6	2.8	28	40	503	4	320
Egg Salad on White Bread	241	8.1	1.7	31	11	417	1	119
Tuna on White Bread	275	8.1	1.1	30	20	611	1	193

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Peanut Butter & Jelly	412	18.6	3.5	48	13	417	3	232
Caprese Melt	565	29.8	12.7	48	26	955	2	258
Chz Quesadilla	429	24.9	13.7	36	19	770	1	95
Chicken Quesadilla	524	28.6	14.5	36	34	864	1	271
Beef Patty	260	17.1	6.5	0	25	72	0	293
White Bun	210	2.5	0.0	39	7	350	1	0
WW Bun	190	3.0	1.0	34	7	380	3	170
Veg Burger on WW Bun	350	9.0	2.0	52	20	820	8	520
Veg Burger on White Bun	377	9.2	1.1	57	20	790	6	350
Grilled Chx on WW Bun w/L&T	330	7.6	2.1	35	31	526	3	500
Grilled Chz Sandwich	314	16.1	8.4	26	17	536	3	176
Lettuce Leaf	1	0.0	0.0	0	0	2	0	15
Sliced Tomato	2	0.0	0.0	1	0	1	0	32
Red Sliced Onions	5	0.0	0.0	1	0	1	0	18
Sliced American Chz	52	4.4	2.6	1	3	237	0	19
Sliced Cheddar Chz	86	7.1	4.0	1	5	139	0	16
Sliced Mozzarella Chz	63	4.2	2.4	1	5	142	0	40
Sliced Pepper Jack Chz	79	6.4	4.1	0	5	128	0	17
LF Sliced Swiss Chz	65	4.3	2.8	1	6	85	0	15
Ketchup	10	0.0	0.0	3	0	95	0	24
Mustard	3	0.2	0.0	0	0	63	0	9
Lt Mayonnaise	37	3.7	0.6	1	0	102	0	0
Sour Cream	56	5.5	2.9	1	1	9	0	35
Medium Salsa	9	0.1	0.0	2	0	230	1	89
Pico de Gallo	7	0.1	0.0	2	0	21	0	71
BBQ Sauce	48	0.1	0.0	11	0	283	0	87
Cholula Sauce	3	0.1	0.0	0	0	137	0	8
Pasta								
Rotini Pasta w/Alfredo	851	43.3	12.9	84	30	1244	5	395
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267
Meatball Marinara	347	16.9	5.9	25	23	366	2	339

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Rotini Pasta w/Marinara	568	11.7	1.6	96	18	924	10	765
Pasta Primavera	454	17.6	1.5	62	14	64	7	597
Entrees								
Roasted Salmon 3oz	166	7.8	1.2	0	23	344	0	556
Baked Cod 4oz	85	0.5	0.1	2	17	330	1	256
Chx Marsala	243	7.9	2.4	13	26	622	1	487
Southwestern Carnitas Bowl	431	14.2	4.2	48	27	640	7	820
Rst Turkey w/Chx Gravy 3oz	108	2.0	0.5	2	20	330	0	189
Beef Pot Roast w/Gravy 3oz	202	12.6	5.0	2	19	145	0	150
Meatloaf w/Demi Glace 3oz	250	13.9	4.1	10	20	405	1	247
Vegetable Lasagna	274	13.3	6.6	24	15	418	2	327
Veg Stir Fry	204	3.9	0.5	38	5	227	3	381
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267
Grilled Salmon 3oz	206	11.8	1.5	1	23	54	0	595
Tofu 1/4c	48	3.0	0.4	1	5	4	0	76
Chickpeas	231	10.6	0.9	27	8	498	7	298
Sides								
Asparagus	33	1.3	0.1	5	3	61	2	240
Broccoli	29	0.3	0.1	6	2	29	2	273
Carrots	30	0.1	0.0	7	1	67	2	204
Corn	93	2.8	0.3	18	2	1	2	211
Green Beans	25	0.2	0.0	6	1	1	3	144
Baked Potato	211	0.2	0.1	49	4	11	3	887
Baked Sweet Potato	136	0.2	0.1	31	3	54	5	717
Roasted Potatoes Wedges	78	0.7	0.1	17	2	110	2	462
Mashed Potatoes	100		0.4	18	2	65	2	305
Macaroni & Chz	233	12.2	4.5	22	9	410	1	143
White Rice	106	0.3	0.1	23	2	72	1	50
Cilantro Lime Rice	142	2.3	0.2	27	2	124	1	75
Pinto Beans	96	1.9	0.2	16	5	332	5	328

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0
Dinner Roll	75	1.3	0.4	13	2	128	1	45
Cornbread	229	8.8	2.8	36	3	223	1	5
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50
Beef Gravy	6	0.1	0.1	1	0	95	0	0
Chicken Gravy	7	0.1	0.0	1	0	95	0	0
Veg Demi Glace	7	0.0	0.0	2	0	45	0	7
Desserts								
Angel Food Cake w/Strawber	156	5.2	5.0	26	2	142	1	91
Brownie	176	5.1	2.3	31	2	136	1	125
Carrot Cupcake	398	18.7	11.1	54	5	389	0	72
Mini Apple Pie	405	14.1	7.6	68	5	340	3	157
Choc Chip Cookie	166	7.7	4.1	24	2	126	1	52
Oatmeal Raisin Cookie	159	6.7	3.9	23	2	135	1	67
Sugar Cookie	164	7.2	3.7	23	2	141	0	18
Banana Pudding Parfait	153	6.4	3.7	23	0	131	0	17
Choc Pudding	179	6.9	3.5	31	1	214	1	76
Van Pudding	151	4.7	1.7	27	0	210	0	23
SF Choc Pudding	70	3.5	2.0	14	1	115	2	140
SF Van Pudding	60	3.0	1.5	11	0	105	1	0
Cherry Gelatin	77	0.0	0.0	18	2	95	0	3
Citrus Gelatin	77	0.0	0.0	18	2	95	0	3
Lemon Gelatin	77	0.0	0.0	18	2	95	0	3
Lime Gelatin	77	0.0	0.0	18	2	95	0	3
Orange Gelatin	77	0.0	0.0	18	2	95	0	3
SF Citrus Gelatin	10	0.0	0.0	1	2	8	0	2
Choc Ice Cream	130	6.0	4.0	17	2	35	1	200
Strawberry Ice Cream	130	7.0	4.0	15	2	35	0	110
Vanilla Ice Cream	134	7.2	4.1	15	2	36	0	113
Cherry Italian Ice	86	0.0	0.0	22	0	1	0	2
Lemon Italian Ice	77	0.0	0.0	20	0	1	0	2

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Orange Sherbet	110	0.0	0.0	26	0	20	0	40
Grape Popsicle	70	0.0	0.0	17	0	10	0	0
Orange Popsicle	70	0.0	0.0	17	0	10	0	0
Cherry Popsicle	70	0.0	0.0	17	0	10	0	0
SF Cherry Popsicle	12	0.0	0.0	3	0	6	0	6
SF Grape Popsicle	12	0.0	0.0	3	0	6	0	6
SF Orange Popsicle	12	0.0	0.0	3	0	6	0	6
Beverages								
Decaf Coffee 6flox	0	0.0	0.0	0	0	5	0	4
Coffee 6flox	0	0.0	0.0	0	0	5	0	2
Decaf Hot Tea 6flox	2	0.0	0.0	0	0	6	0	44
Hot Tea 6flox	2	0.0	0.0	0	0	6	0	44
Hot Cocoa 6flox	79	1.8	1.7	15	1	193	1	148
SF Hot Cocoa 6flox	24	0.2	0.1	5	1	139	1	172
Water 8flox	0	0.0	0.0	0	0	7	0	2
Bottled Water	0	0.0	0.0	0	0	5	0	0
Cool Blue Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Lemon Lime Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Fruit Punch Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Orange Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Glac Cherry Gatorade 8flox	53	0.0	0.0	14	0	107	0	33
Glac Frz Gatorade 8flox	53	0.0	0.0	15	0	107	0	33
Lime Cucumber Gatorade 8flox	56	0.0	0.0	14	0	108	0	32
Orange Gatorlyte 8flox	20	0.0	0.0	6	0	196	0	140
Watermelon Gatorlyte 8flox	24	0.0	0.0	6	0	196	0	140
Glac Frz Gatorade Zero 8flox	2	0.0	0.0	1	0	108	0	32
Cherry Gatorade Zero 8flox	0	0.0	0.0	0	0	160	0	50
Skim Milk 8flox	83	0.2	0.1	12	8	103	0	382
2% Milk 8flox	122	4.8	3.1	12	8	115	0	342
Whole Milk 8flox	149	7.9	4.6	12	8	105	0	322
Choc Skim Milk 8flox	120	0.2	0.1	22	8	179	0	396

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Lact Free Milk 8floz	77	0.2	0.1	11	8	95	0	354
Van Almond Milk	30	2.5	0.0	1	1	130	0	35
Choc Soy Milk 8floz	170	4.5	1.0	25	8	90	3	450
Van Soy Milk 8floz	150	4.5	0.5	18	8	70	2	370
Apple Juice	58	0.1	0.0	14	0	9	0	156
Cran Juice	57	0.0	0.0	14	0	5	0	15
Grape Juice	68	0.1	0.0	17	0	6	0	118
Orange Juice	59	0.1	0.0	14	1	2	0	216
Prune Juice	81	0.0	0.0	20	1	5	1	313
V8 Juice	30	0.0	0.0	6	1	95	1	600
Cherry Bubly	0	0.0	0.0	0	0	0	0	0
Mango Bubly	0	0.0	0.0	0	0	0	0	0
Iced Tea 8floz	0	0.0	0.0	0	0	7	0	2
Lemon Crystal Lt 8floz	3	0.0	0.0	1	0	37	0	56
Rasp Crystal Lt 8floz	2	0.0	0.0	1	0	11	0	2
Coke	90	0.0	0.0	25	0	30	0	0
Pepsi	100	0.0	0.0	26	0	20	0	5
Diet Coke	0	0.0	0.0	0	0	25	0	0
Diet Pepsi	0	0.0	0.0	0	0	25	0	20
Caffeine Free Diet Cola	2	0.0	0.0	0	0	9	0	17
Ginger Ale	80	0.0	0.0	21	0	25	0	0
Shasta Ginger Ale	70	0.0	0.0	17	0	24	0	0
Canada Dry Ginger Ale	80	0.0	0.0	21	0	30	0	0
Schweppes Ginger Ale	80	0.0	0.0	21	0	40	0	0
Diet Ginger Ale	0	0.0	0.0	0	0	15	0	0
Shasta Diet Ginger Ale	0	0.0	0.0	0	0	30	0	0
Canada Dry Zero Ginger Ale	0	0.0	0.0	0	0	75	0	0
Schweppes Zero Ginger Ale	0	0.0	0.0	0	0	70	0	0
Sprite	90	0.0	0.0	24	0	40	0	0
Starry	90	0.0	0.0	23	0	20	0	20
Diet Sprite	0	0.0	0.0	0	0	25	0	0

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Starry Zero	0	0.0	0.0	0	0	25	0	45