

Beyond the Menu Ingredient 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. Last revised: 9/30/26

Menu Item	Ingredients
Egg & Chz Breakfast Burrito	egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's cooking spray, allergen free, food release, vegalene tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped tortilla wrap, flour, 10", ole mexican cheese, cheddar, mild, pre-shredded, feathered
B.E.C Breakfast Burrito	egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's cooking spray, allergen free, food release, vegalene bacon, sliced, raw, 18/22, frozen *menu more tortilla wrap, flour, 10", ole mexican cheese, cheddar, mild, pre-shredded, feathered sauce, salsa, picante, mild, bulk
Tofu Breakfast Burrito	tofu, extra firm, including liquids oil, canola spinach, fresh onion red fresh mushroom button fresh; 1/10 lb peppers, bell, red, fresh, diced, small, 1/4" sauce, soy, less sodium, gluten free, lee kum kee, bulk * spice, curry powder tortilla wrap, flour, 10", ole mexican
Cheese Omelet	cheese, cheddar, mild, pre-shredded, feathered egg, liquid, whole, w/citric acid, includes cage free, fresh cooking spray, allergen free, food release, vegalene
Mediterranean Omelet	tomatoes, fresh, small diced, 1/4" * peppers, red, roasted, whole, canned, drained, diced, 1/4" egg, fresh, cage free cheese, feta, crumbled basil, fresh, leaf oil, canola
Mushroom Spinach & Chz Omelet	egg, fresh, large, cage free, hfac, pasteurized, deb-el milk, whole * cooking spray, allergen free, food release, vegalene spinach, fresh mushroom button fresh; 1/10 lb cheese, provolone, pre-sliced, .5 oz, great lakes
Breakfast Scramble Bowl	oil, canola onions, yellow, fresh, small diced, 1/4" potatoes, diced, peeled, roasted, fc, 5/8" salt, kosher spice, pepper, black, ground, fine parsley, fresh, chopped egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's cooking spray, allergen free, food release, vegalene sausage patty, turkey, rtc, 1.5 oz, butterball, frozen cheese, cheddar, mild, pre-shredded *
Turkey Cobb Sld	bacon, turkey, sliced, raw, frozen *menu less lettuce, romaine, fresh, chopped, 1/2" cheese, cheddar, mild, pre-shredded, feathered tomatoes, fresh, small diced, 1/4" * egg, hard cooked, includes cage free, diced turkey, breast, skinless, reduced sodium, fc *menu less

Menu Item	Ingredients
Chx Caesar Wrap	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola lettuce, romaine, fresh, chopped, 1/2" cheese, parmesan, pre-shredded, fancy salad dressing, caesar, creamy, bulk tortilla wrap, flour, 10", ole mexican tomatoes, fresh, each slice
BLT Sandwich with Pesto	salt, kosher basil, fresh, chopped mayonnaise, regular, kraft, bulk bacon, sliced, raw, 18/22, frozen *menu more bread, sourdough, slice, 1.5 oz local lettuce, leaf, individual leaf, fresh tomatoes, fresh, each slice lemon, fresh, zested
Patty Melt	beef patty, 20% fat, raw, 5.3 oz, frozen bread, white, slice, 1 oz, local cheese, swiss, pre-sliced, .5 oz oil, canola onion yellow fresh, 1c slice=115gm
Southwest Beef Soft Taco	tomatoes, plum, whole, peeled, canned, including liquids * oil, olive onions, yellow, fresh, diced, fine * garlic cloves, peeled, fresh, minced salt, kosher spice, oregano, dried, crumbled sugar, granulated basil, fresh, chopped beef, ground, 80/20, raw *menu more onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" garlic cloves, peeled, fresh, chopped juice, lime, fresh pressed spice, chili powder * salt, kosher spice, cumin, ground spice, pepper, black, ground, fine tortilla wrap, flour, 6", ole mexican lettuce, iceberg, fresh, shredded cheese, cheddar, mild, pre-shredded, feathered tomatoes, fresh, small diced, 1/4" *
Chicken Soft Taco	chicken, breast, boneless, skinless, nae, 4 oz, koch, raw spice, pepper, white, ground * spice, cumin, ground oil, canola juice, lime tortilla wrap, flour, 6", ole mexican lettuce, iceberg, fresh, shredded tomatoes, fresh, small diced, 1/4" * cheese, cheddar, mild, pre-shredded, feathered
Southwestern Veg Bowl	water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * oil, canola rice, basmati, long grain, dry * water, tap salt, kosher cilantro, fresh, chopped juice, lime, fresh pressed lime fresh; 1/48 ct oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" garlic cloves, peeled, fresh, chopped beans, pinto, low sodium, canned, drained, rinsed water spice, cumin, ground spice, chili powder * spice, paprika, smoked salt, kosher spice, pepper, black, ground, fine cilantro, fresh, chopped sauce, hot, louisiana * juice, lime, fresh pressed oil, canola onion yellow fresh, 1c slice=115gm peppers, bell, green, fresh, julienne sliced peppers, bell, red, fresh, julienne sliced * juice, lime, fresh pressed seasoning, chile margarita, salt free, spiceology, bulk spice, cumin, ground tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped cilantro, fresh, chopped
Macaroni & Chx Bowl	sauce, cheese, white, rtu, frozen * water pasta, macaroni, elbow, dry * cheese, cheddar, mild, pre-shredded, feathered basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola
Grilled Mac & Chz Sandwich	sauce, cheese, white, rtu, frozen * water pasta, macaroni, elbow, dry * cheese, cheddar, mild, pre-shredded, feathered cooking spray, allergen free, food release, vegalene bread, texas toast, sliced, 1.5 oz, local cheese, provolone, pre-sliced, .5 oz, great lakes cheese, cheddar, mild, pre-sliced, .5 oz

Menu Item	Ingredients
Loaded Baked Potato	potatoes, baker 100 count, fresh cheese, cheddar, mild, pre-shredded, feathered bacon bits, real, cooked, 1/2" sour cream, real onions, green, scallion, bunch, fresh, sliced, 1/4"
Chili Cheese Baked Potato	potatoes, baker 100 count, fresh beans, kidney, dry beans, navy, dry beans, black, dry water spice, bay leaf * salt, kosher peppers, bell, green, fresh, diced, small, 1/4" peppers, bell, red, fresh, diced, small, 1/4" onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped oil, canola tomatoes, roma, fresh, small diced, 1/4" spice, chili powder * spice, oregano, dried, crumbled spice, pepper, red chili, crushed, flakes salt, kosher cilantro, fresh, chopped onions, green, scallion, bunch, fresh, sliced, 1/4" cheese, cheddar, mild, pre-shredded, feathered
Brocc/Chickpea Baked Potato	potatoes, baker 100 count, fresh broccoli, fresh beans, garbanzo, low sodium, canned, drained, rinsed oil, canola juice, lemon, fresh pressed * salt, kosher seasoning, greek freak mediterranean, salt free, spiceology, bulk beans, garbanzo, low sodium, canned, drained, rinsed oil, canola juice, lemon, fresh pressed * salt, kosher seasoning, greek freak mediterranean, salt free, spiceology, bulk
Cheese Pizza	pizza, cheese, 5", deep dish, tony's, frozen
Pepperoni Pizza	pizza, cheese, 5", deep dish, tony's, frozen pepperoni, pre-sliced
Veggie Pizza	pizza, cheese, 5", deep dish, tony's, frozen mushrooms, button, fresh, sliced onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4"
Chx Tenders 3oz	chicken, tender, breaded, fc, 3 oz, curate, frozen
Tater Tots	potatoes, tater tots, frozen