

# Extended Stay 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: 11/26/25

Menu Item	Ingredients
<b>Breakfast Entrées</b>	
Egg & Chz Breakfast Burrito	egg, liquid, whole, w/citric acid, includes cage free, fresh   milk, skim *   base, cream, culinary, minor's   oil, canola   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   cheese, cheddar, mild, pre-shredded, feathered   tortilla wrap, flour, 10", ole mexican
B.E.C Breakfast Burrito	egg, liquid, whole, w/citric acid, includes cage free, fresh   milk, skim *   base, cream, culinary, minor's   oil, canola   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
Chz 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 Omel	egg, fresh, cage free   spinach, fresh   mushroom button fresh; 1/10 lb   milk, whole *   cheese, provolone, loaf, sliced, .75 oz   oil, canola
Breakfast Scramble Bowl	egg, liquid, whole, w/citric acid, includes cage free, fresh   milk, skim *   base, cream, culinary, minor's   oil, canola   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   sausage link, turkey, 1 oz, rtc, frozen *menu less   cheese, cheddar, mild, pre-shredded *
<b>Entrée Salads</b>	
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
<b>Handhelds</b>	

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	salt, kosher   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
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
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
Southwest Beef Soft Tacos	beef, ground, 80/20, raw *menu more   peppers, bell, green, fresh, diced, small, 1/4"   onions, yellow, fresh, small diced, 1/4"   garlic cloves, peeled, fresh, chopped   spice, chili powder *   spice, cumin, ground   spice, pepper, black, ground, fine   sauce, marinara, canned   salt, kosher   juice, lime, fresh pressed   tortilla wrap, flour, 6", ole mexican   lettuce, iceberg, fresh, shredded   cheese, cheddar, mild, pre-shredded, feathered   tomatoes, fresh, small diced, 1/4" *
<b>Entrees</b>	
Southwestern Veg Bowl	water, hot   broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *   oil, canola   rice, white, long grain, parboiled, dry   lime fresh; 1/48 ct   salt, kosher   water, tap   juice, lime, fresh pressed   cilantro, fresh, chopped   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   peppers, bell, green, fresh, julienne sliced   onion yellow fresh, 1c slice=115gm   peppers, bell, red, fresh, julienne sliced *   seasoning, chile margarita, salt free, spiceology, bulk   spice, cumin, ground   oil, canola   juice, lime, fresh pressed   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   bread, texas toast, sliced, 1.5 oz, local   cooking spray, allergen free, food release, vegalene   cheese, provolone, loaf, sliced, .75 oz   cheese, cheddar, mild, pre-sliced, .75 oz
Loaded Baked Potato	potatoes, baker 100 count, fresh   cheese, cheddar, mild, pre-shredded, feathered   bacon bits, real, cooked, 1/2"   sour cream, real   chives, fresh, chopped

Menu Item	Ingredients
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
Chx Tenders 3oz	chicken, tender, breaded, fc, 3 oz, curate, frozen
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, pieces, 1"
<b>Sides</b>	
Tater Tots	potatoes, tater tots, frozen