



Healthy **TEAM** Healthy U

OHSU 3rd Floor Café

Breakfast:

- 🌳 Vegetable Omelet with wholegrain toast, and fresh fruit
- 🌳 Kashi cereal with nonfat milk, kefir or yogurt, and fresh fruit
- 🌳 Steel-cut Oatmeal with nonfat milk, nuts, and fresh fruit

Lunch:

- 🌳 Grilled Chicken Sandwich on Whole Wheat Bun w/o Cheese
- 🌳 Thursday DuJour Chicken or Shrimp and Quinoa Spinach Wrap
- 🌳 Daily Salad Bar
- 🌳 Steamed Vegetables

Grab and Go:

- 🌳 Buzzito Wraps
- 🌳 Indian Life Vegetarian Snacks and Entrees
- 🌳 Gretchen's Vegetable/Hummus Plate
- 🌳 Gretchen's Greek Yogurt Parfait w/Peaches
- 🌳 Fresh Fruit Cup
- 🌳 Vegetarian Bento
- 🌳 Vegan, Salmon, Tuna, & Quinoa Sushi
- 🌳 Tofu, Shrimp, & Vegan Salad Rolls

Snacks:

- 🌳 Fresh Fruit
- 🌳 Nancy's Yogurt and Kefir
- 🌳 KIND Bars
- 🌳 Mott's Applesauce
- 🌳 Just Fruit Strips
- 🌳 Snack Club Dry Roasted Edamame
- 🌳 Snack Club Cashews
- 🌳 Snack Club Almonds
- 🌳 Snack Club Pistachios
- 🌳 POP Corners

Drinks:

- 🌳 Bottled water
- 🌳 Sparkling Water or Club Soda
- 🌳 Kombucha
- 🌳 Nancy's Kefir
- 🌳 Fat Free Milk
- 🌳 Pure Leaf Unsweetened Iced Tea
- 🌳 Harney and Sons Hot Tea
- 🌳 Coffee, Black or with Nonfat Milk
- 🌳 Runa Zero Teas
- 🌳 Stumptown Cold Brew, w/o Cream