

Ginger Cafe

Grab-n-go Breakfast Menu

7:30AM
9:00 AM

MONDAY

Meat Fried Rice (W, E, M, SO)
Veggie Fried Rice (P, SE, SO, TN, V, GF)
Sliced Portuguese Sausage (M, GF)

TUESDAY

Breakfast Sandwiches*

- English Muffin (W, M, E, SO)
- Bagel (W, M, E, SE)
- Croissant (W, M, E, SE, SO, TN)
- Pancakes (W, M, E, SO)
- French Toast (W, E, M, SO)

Pancakes

- Plain (W, E, M, SO, VEG)
- Banana (W, E, P, SO, VEG)**
- Blueberry (W, E, M, P, SO, VEG)**

Pork Sausage Patties (GF)

WEDNESDAY

Breakfast Meat Frittata (E, M, SO, GF)
Veggie Frittata (E, M, SO, GF, VEG)
Meat Burrito (W, M, E, SO)
Veggie Burrito (VEG, M, E, SO, GF)
Breakfast Ham (GF)

THURSDAY

French Toast (W, E, M, SO, VEG)
Veggie Potatoes O'Brien (VEG, M, GF)
Meat Potatoes O'Brien (M, GF)
Chicken Sausage (GF)

FRIDAY

Biscuits with Sausage Gravy (M, W, SO)
Biscuits with Vegetarian Gravy (M, W, SO, VEG)

SATURDAY

Breakfast Muffin (W, E, SO, VEG)
Bacon (GF)

SUNDAY

Veggie Breakfast Casserole (M, SO, GF, VEG)
Meat Breakfast Casserole (E, M, GF)
Pork Sausage (GF)

Always Available

Hot Cereal

- Cream of Rice (V, GF)
- Cream of Wheat (V, W)
- Oatmeal (W, V)

Hard Boiled Egg (E, GF)

Fresh Fruit (V, GF)

Bagels

- Blueberry (W, V)
- Plain (W, SE, V)
- Everything (W, SE, V)
- Wheat (W, V)

English Muffin (W, SO, V)

Scrambled Eggs (E, GF)

Steamed Rice (V, GF)

Yogurt Parfait

- Greek Yogurt (M, VEG)
- Yoplait Flavors (M, F)***

Parfait Toppings

- Granola (V, GF)
- Honey
- Fruit Varieties

Our Mission

To inspire healthy eating amongst staff and patients by serving delicious, creative, locally sourced food prepared daily with personal care from the heart of the hospital.

ALLERGEN INDEX

GF: Gluten free	E: Eggs	P: Peanuts
V: Vegan	F: Fish	W: Wheat
Veg: Vegetarian	SF: Shellfish	SO: Soybeans
M: Milk	TN: Tree Nuts	SE: Sesame

*rotating schedule

**available occasionally

***may include Kosher gelatin which can be derived from beef or fish sources