

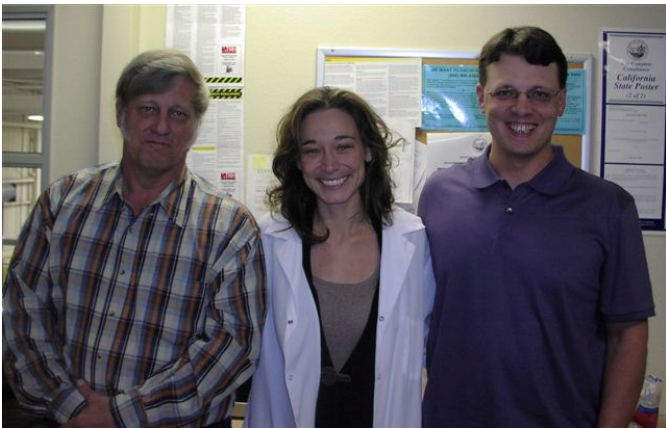
# MERRITT CAFÉ

“striving for food quality”



We strive for food quality! We use fresh ingredients that are carefully selected, with an emphasis on healthy eating. Our reputable vendor, Bay Cities Produce Company, founded in 1947 by Albert Del Masso, provides us excellent quality produce with the highest safety standards. Our primary focus is patient and customer satisfaction, food safety, and providing fresh and healthy food. Please, take a look at some of the actions we are doing.

Celebrating our long-lasting partnership with  
**Bay Cities Produce Company**



Above photo: Dominique Parker, Registered Dietitian, ABSMC with Steve and Vince Del Masso, during a recent visit to Bay Cities Produce.

## LOCAL, IN-SEASON PRODUCE

We understand the connection between health and nutrition; therefore we bring fresh California-grown fruits and vegetables. Our long-term partner in food excellence, **Bay Cities Produce**, a company based in San Leandro, California, provides a full line of fresh, frozen, and prepared fruits and vegetables, and dairy, supplied by many local producers.

## FEATURED ORGANIC PRODUCE

Some of the produce we feature on our menus is organic. Several studies found organic methods of agriculture to be more environmentally-friendly than conventional ones. A few studies indicate that organic produce contains higher levels of certain nutrients. Some of the organic items we provide include: arugula and bottled tea.

## HORMONE-FREE MILK & YOGURT

Bay Cities Produce provides milk (and yogurt) from cows **not treated** with rbST. Recent studies have linked consumption of dairy from cows treated with growth hormones (“recombinant bovine growth hormone” – rBGH or “recombinant bovine somatotropin” – rbST) to various health concerns. These hormones are administered to cows to increase their milk production. Studies revealed they also increase levels of growth factor (IGF-1). This practice was banned from New Zealand, Australia, Canada, Japan, and the European Union.

## TRANS-FAT FREE PASTRIES

The negative impact of *trans* fat on human health has been well-established: artificial trans fat raises HDL cholesterol and lowers LDL cholesterol, with long-reaching cardiovascular repercussions. California is the first state in the U.S. to place a legislative ban on *trans* fats, effective for baked goods starting January 2011. Our pastries are already *trans* fat free.

## **WHOLE FOODS**

We focus on providing high-quality nutrition, which is reflected also in the choice of grains and legumes that we offer. The benefits of these foods go beyond their fiber content; whole foods contain components that act synergistically, reason why it is so important to have a significant amount of daily dietary intake from whole foods.

## **DEEP FRY OIL RECYCLED FOR BIODIESEL FUEL**

Our “waste vegetable oil” is not wasted! It is recycled for use by cars running on biodiesel fuel. We care about our customers, as much as we care about the environment! We also use high-quality, non GM canola oil.

## **FILTERED WATER**

Clean water is important: filtering water removes large particles and contaminants from water, rendering it more pure. Using re-usable containers helps reduce the associated waste. The filtered water unit is located in the cafeteria dining room.

## **MENU OPTIONS**

Part of our efforts to provide quality is also reflected in the increased availability of vegetarian and vegan options.

## **WELLNESS MENU**

Our menu features healthful options every day. Each Wednesday we feature a “Wellness Menu”, as a weekly way to embrace sound nutrition.

## **RECYCLING PROGRAM**

We started a recycling program which is our first step in an effort to reduce waste. We believe we can make a difference in our community with these programs, to help save us energy, reduce pollution, conserve resources, save landfill space, and create jobs. Apart from the long-term benefits of good environmental stewardship, these programs

may help provide healthier surroundings for our communities.



## **BAY CITIES PRODUCE**

*For the past 30 years, Alta Bates Summit Medical Center and Bay Cities Produce have partnered in providing excellence through food quality. Our patients appreciate the freshness and variety of produce included on the menus every day. Bay Cities Produce is our trusted provider of locally grown, high-quality, fresh produce. Their well-established reputation in supplying conventional and organic fruits and vegetables is a guarantee for quality. We trust them, as our patients trust us to provide high-quality food. Together, we strive to bring the local and seasonal options that you want to see on your plate.*

***Bay Cities is our reputable, local, long-term partner in food excellence.***

PLEASE SEE OUR MENU BELOW.

# MERRITT CAFÉ

## LUNCH & DINNER MENU

### **SUNDAY JANUARY 29**

BROCCOLI/CHEDDAR CHEESE SOUP	(Beef Stock)	\$1.70
PARMESAN CRUSTED CHICKEN		\$3.95
ITALIAN MIXED VEGETABLES		\$1.50
BUTTERED FETTUCINI		\$1.00

### **MONDAY JANUARY 31**

#### *“CHICKEN AND BEEF FAJITA BAR”*

BASIL TOMATO RICE SOUP	(Chicken Stock)	\$1.70
VEGETABLE BARLEY SOUP	(Vegetable Stock)	\$1.70
CHICKEN PICATA		\$3.95
GREEN BEANS		\$1.50
RICE PILAF		\$1.00
<i>GRILLE WORKS SPECIAL: TURKEY/HAM SWISS MELT</i>		<i>\$4.25</i>

### **TUESDAY FEBRUARY 1**

#### *“PASTA BAR”*

LENTIL SOUP	(Vegetable Stock)	\$1.70
CHICKEN WILD RICE SOUP	(Chicken Stock)	\$1.70
BEEF FLANK STEAK		\$4.50
BROCCOLI		\$1.50
ROASTED RED POTATOES		\$1.00
<i>GRILLE WORKS SPECIAL: PHILLY CHEESE STEAK</i>		<i>\$4.25</i>

### **WEDNESDAY FEBRUARY 2**

#### *“ROASTED VEGETABLE BAR”*

VEGETABLE SOUP	(Vegetable Stock)	\$1.70
BEEF NOODLE SOUP	(Beef Stock)	\$1.70
ROSEMARY/GARLIC BAKED CHICKEN		\$3.95
ROASTED MIXED VEGETABLES		\$1.50
GARLIC MASHED POTATOES		\$1.00
<i>GRILLE WORKS SPECIAL: REUBEN SANDWICH</i>		<i>\$4.25</i>

### **THURSDAY FEBRUARY 3**

#### *“CARVING STATION” ROAST BEEF & ROAST TURKEY w/ MASHED POTATOES N’ GRAVY*

TURKEY N’ RICE SOUP	(Chicken Stock)	\$1.70
SPLIT PEA SOUP	(Vegetable Stock)	\$1.70
BEEF N’ BROCCOLI		\$4.50
STIR FRIED VEGETABLES		\$1.50
PARSLIED POTATOES		\$1.00
<i>GRILLE WORKS SPECIAL: CHICKEN, ONION, N’ JACK CHEESE</i>		<i>\$4.25</i>

### **FRIDAY FEBRUARY 4**

#### *“OYSTERS PO’ BOY SANDWICH*

BREAD BOWL CHOWDER		\$2.95
BOSTON CLAM CHOWDER	(Clam Stock)	\$1.95
MINISTRONE SOUP	(Vegetable stock)	\$1.70
POTATO CRUSTED COD w/ CHIVE BURRE BLANC		\$3.95
WHITE N’ WILD RICE		\$1.00
ZUCCHINI COINS N’ TOMATOES		\$1.50
<i>GRILLE WORKS SPECIAL: TUNA MELT</i>		<i>\$4.25</i>

### **SATURDAY FEBRUARY 5**

CREAM OF MUSHROOM SOUP	(Chicken Stock)	\$1.70
ORANGE GLAZED PORK LOIN		\$3.95
BROCCOLI		\$1.50
ROASTED POTATOES		\$1.00

CAFÉ HOURS: MONDAY – FRIDAY 6:30 AM– 7:00 PM

WEEKENDS – HOLIDAYS 7:00 AM – 2:00 PM

ENJOY YOUR MEAL AND HAVE A NICE DAY

WEEK 2