



CULINARY SERVICES

Each season, we partner with farmers to select the finest organic fruits and vegetables for our menu. Our meats, poultry and seafood are hand-selected and freshly prepared for each meal. Quality ingredients inspire my team of chefs and cooks to prepare foods with creative American flavors and regional influences. Our commitment to natural ingredients is just one way that my culinary team is helping Mount Nittany Medical Center move LIFE FORWARD. We sincerely hope you enjoy our quality and service during your stay.

“Inspiration and creativity come from using fresh, quality ingredients every day.”

-Gary Glenn, CEC
Executive Chef & Team Leader

Printed on 100% recycled paper



Culinary Series

BREAKFAST
SIGNATURE HOUSE MENU



BREAKFAST SALAD

Organic low-fat yogurt topped with blueberries, dried cranberries, walnuts and granola

FRESH FRUIT

Banana
Orange
Melon

CEREALS

Old Fashioned Oatmeal
Cream of Wheat
Cream of Rice

Toppings: Brown Sugar, Raisins

Total Whole Grain
Cheerios
Rice Chex
Honey Nut Cheerios
Rice Krispies
Raisin Bran

TOASTED BREADS

Home-style White
Swirl Rye
Hearty Wheat & Berry
English Muffin
Bagel

CHEF'S SIGNATURE ENTREES

Hearty Farmland French Toast

A thick slice of our home-style white bread, grilled with vanilla and cinnamon egg batter

Garden Harvest Eggs in Cassolette

Egg beaters, scrambled with fresh sautéed spinach, asparagus and sweet bell pepper; topped with Wisconsin cheddar cheese and served in a cassolette dish

HOUSE ENTREES

Egg Beaters, plain scrambled
Scrambled Eggs
Cheese Omelet

BREAKFAST SANDWICHES

(Served on a toasted English muffin)

Egg & Cheese Breakfast Sandwich
Ham, Egg & Cheese Breakfast Sandwich

SIDES

Hickory Smoked Bacon
Country Sausage Link
Home Fries

CONDIMENTS

Butter
Margarine
Cream Cheese
Peanut Butter
Grape Jam
Strawberry Preserves
Blackberry Preserves
Orange Marmalade
Maple Syrup
Sugar-Free Syrup
Ketchup
Frank's Hot Sauce
Salt/Pepper

BEVERAGES & MORE

Freshly Ground Coffee: Regular, Decaffeinated

Hot Chocolate

Harney & Sons Teas:
Green Tea, Mild English Tea, Decaf Tea

Creamer
French Vanilla Creamer

Skim Milk, 2% Milk, Soy Milk, Lactose-Free Milk,
Chocolate Milk

Sugar, Splenda, Sweet 'n Low
Equal, Lemon Wedge, Honey