



Recipe of the Month Peach Smoothie

For an 8 oz glass:

Ingredients

- ice cubes
- natural fruit syrup

Option to add fresh fruit like banana, assorted blueberries or yogurt.

Directions

1. Pour 4oz of ice cubes, 4oz natural fruit syrup, fresh fruits or yogurt in the blender. Blend until consistency is like a puree.
2. Transfer in a glass and garnish with whipped cream and mint leaves.
3. Serve cold immediately.

Calories per 8oz serving: **163**

Natural Fruit Smoothie in five fruit flavors, now available at the



Moffitt Café Bites

September 2010

Cafe Summer Promo continues

Monday

15% discount on
Hot Sandwiches
from 2:00pm – 7:00pm

Tuesday

15% discount on
Hot Entrees
from 2:00pm – 7:00pm

Wednesday

15% discount on
Pizza slices
from 2:00pm – 7:00pm

Thursday

15% discount on
**Grab N Go
salads & sandwiches**
from 2:00pm – 7:00pm

Friday

15% discount on
Rice Bowls
from 2:00pm – 7:00pm

Limited time only!

Follow Us!



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www.facebook

SEPTEMBER is ... National 5 A day month!

Use these easy fun tips to help you eat a colorful variety of fruits and vegetables everyday as recommended by the Centers for Disease Control and Prevention.

Stir low fat or fat free granola into a bowl of low-fat or fat-free yogurt. Tops with **sliced apples** or **berries**.

Have fruit as a mid-morning snack.

Add **strawberries**, **blueberries** or **bananas** to your pancakes, cereal, oatmeal, or toast.

Top toasted whole-grain bread with peanut butter and **sliced bananas**.

Add vegetables like bell peppers, **broccoli**, **spinach**, mushrooms or **tomatoes** to your egg or egg white omelet.

Canned, dried and frozen fruits and **vegetables** are also good options. Look for fruit without added sugar or syrups and **vegetables** without added salt, butter, or cream sauces.

Check out our grab and go station for freshly made gourmet salads and our fruit stand for fresh fruits.

To our valued customers

We thank you for your patience during our café construction. Newly renovated Cafe will be opening in October 2010.

Moffitt Café

Located on the **2nd floor** of the **main hospital**

The main café offers a wide variety of menu options throughout the day including traditional entrees, pizza, hearty soups and freshly made salads and sandwiches.

Monday to Friday
Weekends/Holidays

6:30 AM to 7 PM
7:00 AM to 4:30 PM

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Moffitt Café Express



Located next to **2nd floor Moffitt elevators**
Moffitt Café Express proudly brews Peet's Coffee and offers a full line of espresso based beverages, decadent pastries and light meal options.

Monday to Sunday
Holidays

6 AM to 11 PM
6 AM to 8 PM

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920 Express

Located on the **9th Floor, Moffitt Wing (M-920)** of the Main Hospital. A convenient meal option for anyone in a hurry with a great selection of salads, sandwiches, pastries and Peet's delicious coffee and espresso beverages



Monday to Friday 7 AM to 2 PM

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Want to skip lines and save 15%?



Go to Food2Go.ucsf.edu to register and get the discount on specialty salads, sandwiches, snacks, and beverages.

Pick-up locations and hours:

Moffitt Café Express	10AM to 10 PM
920 Express	10 AM to 2 PM