

BETTER MEALS, BETTER HEALING AT TGH



Chef Geoffrey Zakarian; Dr. Tanuja Sharma, Medical Director, double board certified in Family Medicine and Integrative Medicine

Tampa General Hospital has partnered with **Iron Chef Geoffrey Zakarian (GZ)** to bring fresh, flavorful and healing meals to patients. With a menu inspired by the Mediterranean diet, you can enjoy chef-crafted dishes that support your recovery – when and how you want them.

Look for blue text throughout the menu for quick tips and insights from Dr. Sharma! These short blurbs highlight the health benefits and unique features of select dishes to help you make informed, nourishing choices.

ENTREES

Perfect pancakes

Pure maple syrup, berries, grass-fed butter



Greek Sunday morning

Full-fat Greek yogurt, fresh fruit, homemade granola, honey, fresh mint

Greek yogurt is a tasty, protein-packed snack or breakfast option that helps keep your bones strong, boosts digestion and gets your bowels moving – perfect for recovery after surgery or certain medications.

Bayshore avocado toast

Cilantro, olive oil, lime

Creamy avocado delivers heart-healthy fats as well as fiber and vitamins, while zesty cilantro provides antioxidants, vitamins and digestive support. Adding a squeeze of lime helps to keep blood sugar steady, making this a delicious and smart choice for diabetic and cardiac patients.

OPTION:

Add hard-boiled or scrambled egg



Sausage sweet potato hash

Onions, sweet potatoes, bell pepper, pork sausage, eggs (vegetarian version available upon request)

A hearty, nutrient-rich dish that pairs antioxidant-packed veggies rich in vitamin C and vitamin A with minimally processed protein and omega-3-rich eggs to support energy and immunity.

Egg white frittata

Goat cheese, onions, Kalamata olives, baby spinach, arugula

A protein-packed, flavorful start to your day, with heart-healthy olives and a pop of fresh greens – an easy and tasty way to get your daily green veggies. It's a perfect dish for patients aiming for recovery, heart health or weight management.



Scrambled eggs

Traditional, low cholesterol or egg whites available

CEREALS & YOGURTS

Full-fat Greek yogurt or cottage cheese

OPTIONAL TOPPINGS:

Golden raisins, honey, berries, walnuts, homemade granola

Protein-rich Greek yogurt and cottage cheese support muscle and bone health, antioxidant-packed berries strengthen immunity and walnuts provide omega 3s for heart health. It's a creamy and crunchy blend of flavor and wellness.

Cereal

Ask your team about daily selections



Raspberry chia overnight oats

BREAKFAST

SIDES



Steel cut oats

OPTIONAL TOPPINGS:
Bananas, berries, pecans
and Medjool dates

This dish is a heart-healthy start loaded with soluble fiber, antioxidant-rich berries and potassium-packed banana. Pecans add brain-boosting fats, while dates — earth's natural sweetener — deliver lasting energy with iron and magnesium. It's a perfect fuel for diabetic and cardiac patients.



Roasted fingerling potatoes

Protein options:

- Pork sausage
- Antibiotic-free chicken apple sausage links
- Uncured applewood bacon



Whole & fresh fruit

Apple, banana, Mandarin oranges,
mixed berries, applesauce

BAKERY ITEMS

H&H New York bagels

Plain, everything and gluten-free

English muffin

Served with grass-fed butter

Sourdough bread

Fresh or toasted

LUNCH AND DINNER

ENTREES

Grilled gulf snapper

Salsa verde, lemon

Lean, omega-3-rich snapper with zesty salsa and olives — heart healthy, anti-inflammatory and full of flavor. It's an excellent choice for our heart patients.



Citrus chicken tagine

Harissa, apricots, olives
RECOMMENDED SIDE:
Rice pilaf

A healing, nutrient-rich dish with antioxidant apricots, heart-healthy olives and anti-inflammatory harissa. This dish will help support healing and immunity.

Salade Niçoise

Red wine vinaigrette,
garlic aioli

A vibrant, protein-packed salad with tuna, eggs, fresh veggies and olives. This colorful dish is rich in antioxidants; it's a heart healthy, anti-inflammatory choice that nourishes and energizes you — a tasty way to sneak a rainbow of veggies into your day.



Greek salad

Traditional Greek salad, feta, dried herbs
This crisp, refreshing salad is packed with antioxidants, fiber and heart-healthy fat. Feta adds flavor, protein, calcium and gut-friendly probiotics. It nourishes the heart, helps manage blood sugar and strengthens bones.



Mezze platter

Baba ghanoush, hummus, feta, olives, crudités, za'atar pita

A plant-based dream! This dish is loaded with plant protein (hummus), healthy fats (olives) and multiple veggies for antioxidant and immune benefits.

Pasta limone

Spaghetti, Parmesan, spinach, fresh basil

Twirl into a bowl of bright lemon spaghetti and vibrant, tender spinach, which is rich in lutein and zeaxanthin, helping to support eye health and protect against inflammation. Delicious and nourishing in every bite!



HANDHELDS

GZ's ugly burger

Brioche bun, Gruyère, pickled onions, Bibb lettuce, signature sauce

In accordance with food safety standards, all meat will be cooked to the recommended internal temperature of 155°F.



Honey mustard chicken kebab

Parsley, fresh lemon

RECOMMENDED SIDE:
Herbed quinoa



Pork chop with braised apples

Fresh herbs, jus



Bistro hanger steak

Caramelized shallots, lemon parsley gremolata

In accordance with food safety standards, all meat will be cooked to the recommended internal temperature of 155°F.



Herbed falafel pita

Tzatziki, pickled cabbage slaw, lettuce



Tuna salad tartine

Toasted sourdough, capers, tapenade, garlic aioli, fresh dill

GZ's beef Bolognese

Mezze rigatoni, grated Parmesan



SOUPS

GZ's signature chicken noodle

This comforting, nourishing option will aid in hydration and may help ease respiratory symptoms and provide immune-boosting nutrients. The warm broth can soothe sore throats while providing protein, vegetables and fluids to promote recovery.



Butternut squash and apple

This dish is a delicious way to load up on vitamins A and C, potassium, fiber, and antioxidants. The beta carotene in butternut squash helps maintain healthy vision and supports your immune system. This soup is also easy to swallow and digest and is great for patients post-surgery, with dysphagia, or with digestive, dental or oral issues.



Cucumber melon white gazpacho

This cold soup is refreshing, nutritious and silky smooth, as it combines vegetables with high water content, low calories, and a rich supply of vitamins, minerals and antioxidants – and it's great for patients who need a boost in their hydration.



Vegetable chili

This warm, nutrient-dense dish is rich in fiber, vitamins and antioxidants, as well as anti-inflammatory phytochemicals from vegetables and chili peppers. It's suitable for all populations, especially diabetics, cardiac patients and those needing a hearty meal that is easy to eat.



SIDES



Grilled lemon broccolini

This side combines the health benefits of brassica vegetables with citrus. Broccolini provides glucosinolates, phenolic acids, flavonoids, vitamins, and fiber-supporting antioxidant, anti-inflammatory and chemopreventive activity.



Orange sweet potato puree

Orange sweet potato is naturally high in beta carotene, which supports healthy vision and immune function. It's also rich in fiber, potassium and polyphenols, supporting digestive health and offering antioxidant and anti-inflammatory benefits. And puree is well accepted across all age groups and is great for our pediatric patients too.



Herbed quinoa

Quinoa is a plant-based high-protein option that is rich in fiber, vitamins, minerals and essential amino acids. And it's great for patients with gluten intolerance and cardiometabolic risk.



Honey-glazed carrots

Carrots have high levels of carotenoids (including beta carotene), which support healthy vision and immune function. These cooked carrots increase the bioavailability of carotenoids, making it easier for the body to absorb them.



Fragrant rice pilaf



Shoestring fries with rosemary



Bibb lettuce salad

DESSERTS



Apple crumble

Spiced apple filling, streusel topping, vanilla ice cream



Orange olive oil cake

Raspberry sauce, coconut whipped cream



Chocolate mousse

Raspberries, mini chocolate chips



Seasonal fruit plate

Honey, lime juice, fresh mint

Dr. Sharma's mindful mix

Dates, Brazil nuts, walnuts, dark chocolate, dried apricots, Parmesan

Enjoy a superfood snack plate combining nutrient-dense foods with evidence-based health benefits. Dates and dried apricots provide dietary fiber, supporting digestive and cardiovascular health and energy. Brazil nuts are a leading source of selenium, which is essential for antioxidant defense, thyroid health and immune function. Regular intake has been shown to improve lipid profiles. Dark chocolate is rich in polyphenols, which have demonstrated antioxidant, anti-inflammatory and vasodilatory effects and may support cardiovascular and neurovascular health.



Milkshakes

- Florida strawberry
- Vanilla bean
- Double chocolate

All milkshakes are served with fresh vanilla bean coconut whipped cream



Smoothies

- Triple berry banana
- Pineapple mango
- Chocolate almond cherry
- Power greens

OPTION:
Add unsweetened protein powder to any smoothie



Smoothies are a convenient, nutrient-rich way to increase daily fruit and vegetable intake. They provide dietary fiber, vitamin C, and a spectrum of antioxidants and polyphenols, which help immune function, cardiovascular health and glycemic control. Smoothies retain fiber during processing, thereby supporting glycemic control and digestive health. Aim for a minimum of five servings per day (with three vegetables and two fruits), which is associated with the lowest risk of total mortality, cardiovascular disease and cancer.

DRINKS

Coffee:

Regular and decaf

Milk:

Whole
Lactose-free

Juice:

Orange*
Apple*
Prune*

Tractor organic craft beverages:

Watermelon mint*
Pineapple passion fruit*
Unsweetened iced tea*
Lemonade

Other:

Sugar-free lemonade
Carbonated seltzer water

*No sugar added



More about the Mediterranean diet

The Mediterranean way of eating is more than just delicious — it's a vibrant, science-backed approach to better health.

Nearly every item on this menu reflects the principles of the Mediterranean diet, which has been shown to:

- Reduce systemic inflammation
- Improve heart and metabolic health
- Lower the risk of chronic diseases like diabetes, cancer and neurodegenerative conditions

Why it works:

This diet is rich in:

- **Polyphenols** from colorful fruits, vegetables, herbs and olive oil
- **Monounsaturated fats** from nuts, seeds and olives
- **Dietary fiber** from whole grains and legumes

Together, these nutrients help nourish your gut, support your immune system and promote long-term wellness.

Enjoy your meal — and your journey toward better health!

For more information, scan the QR code.

Diet Office: (813) 844-DIET (3438)

