

Harvest Café

Menu for the week of December 13, 2021

If you do not see this week's menus, please try caching your browser

ALWAYS AVAILABLE—GRAB N' GO SNACK RACK

OPEN SEVEN DAYS 5:00 AM—3:00 am

Menu & pricing subject to change

Nature's Bakery Fig Bars.....	\$1.75
Nature's Bakery GF Fig Bars.....	\$1.75
KIND bars.....	\$2.25
Garuka Bars.....	\$3.25
Planter's Trail Mix	\$1.25
Orchard Valley Trail Mix.....	\$2.00
Orchard Valley Dark Chocolate Almonds.....	\$2.00
Rice Krispy Treats.....	\$.95
Tostitos Salsa.....	\$.75
Tostitos Tortilla Chips.....	\$1.50
Vermont Village Organic Applesauce.....	\$.75
Fresh Fruit (bananas)	\$.50
Fresh Fruit (oranges, pears, plums, apples).....	\$.75
Frito Lay Assorted Chips and Pretzels.....	\$1.00
Organic Doritos (white cheddar).....	\$1.25
Deep River Chips (BBQ, original).....	\$1.00
Food Should Taste Good Chips.....	\$1.50
YOLO Popcorn.....	\$1.60
VT Smoke and Cure Sticks.....	\$2.00
Assorted Cereal Boxes.....	\$.75
Kashi Cereals.....	\$1.75
Terra Chips.....	\$1.50
Stacy's Pita Chips.....	\$1.25
Uglie's Chips.....	\$1.50

We do our best to support a healthy planet as well as healthy employees. That is why 60% of our food purchases last year were sustainable



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Harvest Café

ALWAYS AVAILABLE—BEVERAGE COOLER

OPEN SEVEN DAYS 5:00 AM—3:00 am

Menu & pricing subject to change

BEVERAGE COOLER

Lipton Iced Teas.....	\$1.60 + tax
Pure Leaf Organic Tea House.....	\$2.50 + tax
V-8 Fusion.....	\$1.95
Tropicana 12oz. Juices.....	\$2.00
Citizen Sweet Sparkling Cider.....	\$2.95
Schweppes Sparkling Spring Water.....	\$1.40
Low Sodium V8.....	\$.80
Champlain Orchards VT Apple Cider	\$1.95
Hood Co. Milk 8oz.	\$.50
Qt. Skim or Regular	\$1.75
Qt. Half & Half	\$2.50
Tropicana Probiotics.....	\$2.00
Lactaid.....	\$.60
SILK Soy Milk.....	\$1.75
Naked Smoothies.....	\$3.50
Kevita ACV Tonic drinks and/or Kombuchas.....	\$3.75
Switch Beverages.....	\$1.25
Bubbly Drinks.....	\$1.50
Pineapple Juice.....	\$1.00

We do our best to support a healthy planet as well as healthy employees. That is why 60% of our food purchases last year were sustainable



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER



Harvest Café

ALWAYS AVAILABLE—Speeder & Earl's Coffee

OPEN SEVEN DAYS 5:00 AM—3:00 am

Menu & pricing subject to change

SPEEDERS & EARL'S COFFEE

Bigelow Organic Hot Teas.....	\$1.00
Oregon Chai Tea.....	\$.95
Small	\$1.50
Medium.....	\$1.75
Large.....	\$2.00
Iced Coffee.....	\$1.75
Refill (in your own cup).....	\$1.00



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Soups

OPEN SEVEN DAYS 5:00 AM—3:00 am

(Includes 2 packs of Westminster Crackers)

MONDAY

Shiitake Mushroom Barley (Wheat, Soy) (V).....	\$2.50
Turkey Butternut Chili Stew (Soy) (GF).....	\$4.00

TUESDAY

Potato Leek Soup (Milk, Soy) (GF, Veg).....	\$2.50
Tomato Basil Soup (Milk) (GF, Veg).....	\$2.50

WEDNESDAY

Corn Chowder (Milk, Soy) (Veg, GF)	\$2.50
Chicken Gumbo (Soy) (GF).....	\$2.50

THURSDAY

Split Pea Soup w/ Ham (Soy) (GF).....	\$2.50
Cream of Mushroom Soup (Milk) (GF, Veg).....	\$2.50

FRIDAY

New England Clam Chowder (Milk, Shellfish, Soy) (GF).....	\$2.50
Pumpkin, Black Bean, & Poblano Soup (Soy) (V)	\$2.50

V= Vegan GF= Gluten Free, Veg = Vegetarian

Refer to our Master Ingredient Book located at the entrance of each café for a more detailed ingredient & allergen list. Highlighted on this menu are the top 8 allergens (Peanuts, Tree nuts, Wheat, Fish, Shellfish, Soy, Dairy, Eggs).

We do our best to support a healthy planet as well as healthy employees. That is why 60% of our food purchases last year were sustainable!

All Gluten Free soups are prepared without gluten, in accordance with the FDA definition of gluten free. The University of Vermont Medical Center is not a gluten free facility.



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Crusts N' Such I

LUNCH AND DINNER SERVED 7 DAYS A WEEK

Menu & pricing subject to change

Menu for the week of December 13, 2021

WHOLE WHEAT PIZZAS

Cheese (Milk, Wheat) (Veg).....	Half \$1.75, Whole \$3.50
Buffalo Chicken w/ Onions, mozzarella cheese and gorgonzola cheese (Milk, Wheat,)	Half \$2.15, Whole \$4.25
Veggie pizza w/ Basil Pesto (Milk, Wheat, Tree nuts) (Veg).....	Half \$2.15, Whole \$4.25
(spinach, zucchini, summer squash and onions)	

SANDWICHES

MONDAY

Turkey, cranberry mayonnaise, cheddar cheese on a croissant (Milk, Soy, Egg, Wheat)	\$4.25
---	--------

WEDNESDAY

Smoked ham, swiss and honey mustard on a croissant roll (Eggs, Milk, Soy, Wheat)	\$4.25
--	--------

FRIDAY

Southwest quesadilla made with brown rice, black beans, corn, spinach, pepper jack cheese, and green chili salsa (Milk, Soy, Wheat) (Veg)	\$4.00
---	--------

SUNDAY

Smoked ham, Swiss cheese and honey mustard on a croissant roll (Eggs, Milk, Soy, Wheat)	\$4.25
---	--------



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Chef's Creation I

LUNCH AND DINNER SERVED 7 DAYS A WEEK

Menu & pricing subject to change

Menu for the week of December 13, 2021

MONDAY

Southwest Chicken Bowl—Chicken thighs, black beans and rice, kale slaw with cilantro-lime dressing and avocado cream (Milk, Soy, Wheat)\$5.95

TUESDAY

Caesar salad—Fresh romaine lettuce, croutons and parmesan cheese tossed in a classic salad dressing (Fish, Milk, Wheat)\$3.95, Add Chicken \$5.25

WEDNESDAY

Satay Chicken or VT Soy Tofu (Veg, V) with curry rice and fresh vegetables (Soy, Tree nuts, Wheat).....\$5.95

THURSDAY

Homemade Macaroni And Cheese (Fish, Milk, Soy, Wheat)\$2.25

Add Butternut Squash\$2.75

Add Smoked Ham.....\$3.95

FRIDAY

Tortellini Puttanesca—VT Fresh Pasta Co Tortellini, chopped garlic, chopped onions, capers, black olives with marinara sauce (Eggs, Milk, Wheat) (Veg) \$5.25

SATURDAY

Chef's ChoicePrice varies

SUNDAY

Chef's ChoicePrice varies

V= Vegan GF= Gluten Free, Veg = Vegetarian

Refer to our Master Ingredient Book located at the entrance of each café for a more detailed ingredient & allergen list. Highlighted on this menu are the top 8 allergens (Peanuts, Tree nuts, Wheat, Fish, Shellfish, Soy, Dairy, Eggs).

We do our best to support a healthy planet as well as healthy employees. That is why 60% of our food purchases last year were sustainable!



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Off The Grill

BREAKFAST SERVED MONDAY—FRIDAY 6:00 AM—10:00 AM

EGGS YOUR WAY

1 Scrambled Egg.....	\$.75
1 Scrambled Egg with cheese.....	\$ 1.25
1 Scrambled Egg with cheese and veggie.....	\$ 2.10
Scrambled Eggs (2).....	\$1.50
Add Cheddar Cheese.....	\$2.00
Add Vegetables	
With Cheese	\$2.85
Without cheese.....	\$2.35

Egg Sandwiches On Whole Wheat English Muffin

Egg and Cheddar Cheese.....	\$ 2.05
Egg, Vegetables and Cheddar Cheese.....	\$ 2.30
Egg, Sausage, and Cheddar Cheese	\$ 4.05
Sausage	\$ 1.95
Home Fries (Soy)	\$1.25
Whole wheat bread (Wheat)	\$.30/slice
English Muffin (Wheat, Soy)	\$.75

BELGIUM WAFFLES WITH VERMONT MAPLE SYRUP

Whole Belgium Waffle (Wheat, Milk, Eggs) (Veg).....	\$3.75
Half Waffle (Wheat, Milk, Eggs) (Veg)	\$2.00
Whole Belgium Waffle with Toppings (choose from chocolate chips, whipped cream, organic berries).....	\$4.25
Half Waffle with Toppings.....	\$2.50



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Off The Grill

LUNCH MENU SERVED MONDAY—FRIDAY 11:00 AM—3:00 AM

Grilled Cheddar Cheese on VT Bread Co. Whole Wheat Bread (Milk, Wheat, Soy) (Veg).....	\$2.15
Grilled Cheddar Cheese w/ choice of 1 topping (onion or mushroom or peppers).....	\$2.50
Charbroiled Beef Patty.....	\$2.65
Chicken breast— Plain or Satay.....	\$3.15
Southwest Black Bean Burger (Soy, Wheat) (Veg).....	\$2.30
Additional Charges:	
Extra Pickle Spear.....	\$.25
Whole Wheat Roll (Soy, Wheat)	\$.75
Choice of toppings.....	\$.50
Extra Cheese.....	\$.50
On A Roll (Soy, Wheat)	\$4.75
With Toppings.....	\$5.25
Vegetable of the Day.....	\$1.00

V= Vegan GF= Gluten Free, Veg = Vegetarian

Refer to our Master Ingredient Book located at the entrance of each café for a more detailed ingredient & allergen list. Highlighted on this menu are the top 8 allergens (Peanuts, Tree nuts, Wheat, Fish, Shellfish, Soy, Dairy, Eggs).

We do our best to support a healthy planet, as well as healthy employees. That is why 60% of our food purchases last year were sustainable



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Harvest Café

ALWAYS AVAILABLE—GRAB N' GO AIR COOLER

OPEN SEVEN DAYS 5:00 AM—3:00 am

Menu & pricing subject to change

GRAB N' GO AIR COOLER

"Zero Trans Fat" Pies.....	\$1.75
Cabot Cheese "World's Best Cheddar"	\$.60
Regular and 50% Less Fat	
Mozzarella Cheese Sticks	\$.60
Assorted Cream Cheese	\$.55
Echo Pudding.....	\$1.70
Flourless Chocolate Cake.....	\$3.95
Tiramisu.....	\$3.95
Mosaic chocolate cake.....	\$3.95
Triple Mousse Cake.....	\$3.95

We do our best to support a healthy planet as well as healthy employees. That is why 60% of our food purchases last year were sustainable



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Harvest Café

ALWAYS AVAILABLE—BAKED GOODS

OPEN SEVEN DAYS 5:00 AM—3:00 AM

MENU & PRICING SUBJECT TO CHANGE

BAKED GOODS

Homemade Cookies.....	\$.80
Homemade Bars.....	\$1.00
Scones.....	\$1.00
Danish	\$1.50
Assorted Muffins.....	\$1.00
Assorted Pies.....	\$2.00
Bagels.....	\$1.25
Whole Wheat English Muffins.....	\$.75

Refer to our Master Ingredient Book located at the entrance of each café for a more detailed ingredient & allergen list. Highlighted on this menu are the top 8 allergens (Peanuts, Tree nuts, Wheat, Fish, Shellfish, Soy, Dairy, Eggs).

We do our best to support a healthy planet as well as healthy employees. That is why 60% of our food purchases last year were sustainable



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER