Harvest Café
Menu for the week of January 10, 2022
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 ............................................................................................................................. $0.95
Tostitos Salsa .................................................................................................................................... $0.75
Tostitos Tortilla Chips ...................................................................................................................... $1.50
Vermont Village Organic Applesauce .............................................................................................. $0.75
Fresh Fruit (bananas) ....................................................................................................................... $0.50
Fresh Fruit (oranges, pears, plums, apples) ...................................................................................... $0.75
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 .................................................................................................................... $0.75
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

University of Vermont MEDICAL CENTER
UVMHealth.org/MedCenter
# Harvest Café

**ALWAYS AVAILABLE—BEVERAGE COOLER**

**OPEN SEVEN DAYS 5:00 AM—3:00 am**

Menu & pricing subject to change

## BEVERAGE COOLER

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

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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) (GF, 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).

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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.
Crusts N’ Such I

LUNCH AND DINNER SERVED 7 DAYS A WEEK
Menu & pricing subject to change

Menu for the week of January 10, 2022

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
Chef’s Creation I

LUNCH AND DINNER SERVED 7 DAYS A WEEK
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Menu for the week of January 10, 2022

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 (Milk, Soy, Wheat) .................................................................................. $2.75
Add Butternut Squash ........................................................................................................................................ $3.25
Add Smoked Ham ................................................................................................................................................ $4.50

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 Choice ........................................................................................................................................... Price varies

SUNDAY
Chef’s Choice ........................................................................................................................................... Price varies

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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
## Speeders & Earl’s Coffee

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bigelow Organic Hot Teas</td>
<td>$1.00</td>
</tr>
<tr>
<td>Oregon Chai Tea</td>
<td>$0.95</td>
</tr>
<tr>
<td>Small</td>
<td>$1.50</td>
</tr>
<tr>
<td>Medium</td>
<td>$1.75</td>
</tr>
<tr>
<td>Large</td>
<td>$2.00</td>
</tr>
<tr>
<td>Iced Coffee</td>
<td>$1.75</td>
</tr>
<tr>
<td>Refill (in your own cup)</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

Always available—Speeder & Earl’s Coffee

Open Seven Days 5:00 AM—3:00 am

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Off The Grill

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

Grilled Cheddar Cheese (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 Cajun...................................................................................................... $3.15
Southwest Black Bean Burger (Soy, Wheat) (Veg)........................................................................ $2.30
Additional Charges:
Extra Pickle Spear....................................................................................................................... $ .50
Kimchi........................................................................................................................................ $ .75
Whole Wheat Roll (Soy, Wheat) .................................................................................................. $ .75
Choice of toppings....................................................................................................................... $ .50
Extra Cheese.............................................................................................................................. $ .50
With Toppings............................................................................................................................ $5.25

Vegetable of the Day................................................................................................................... $1.00

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ALWAYS AVAILABLE—GRAB N’ GO AIR COOLER

OPEN SEVEN DAYS 5:00 AM—3:00 am
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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

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BAKED GOODS

Homemade Cookies..............................................................................................................$ .80
Homemade Bars.....................................................................................................................$1.00
Scones......................................................................................................................................$1.00
Danish ......................................................................................................................................$1.50
Assorted Muffins...................................................................................................................$1.00- $3.25
Assorted Pies..........................................................................................................................$2.00
Bagels......................................................................................................................................$1.25
Whole Wheat English Muffins.................................................................................................$ .75

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