

# Main Street Cafe

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

*Menu for the week of October 10, 2022*

**OPEN MONDAY—FRIDAY 6:30 AM—2:00 PM**

(Menu & pricing subject to change.)

## ASSORTED SNACKS

Assorted Chips.....	\$1.00—\$1.75
Planter's Trail Mix.....	\$1.25
Fig Bars (GF).....	\$2.00
Cheez- It Crackers.....	\$0.50
VT Smoked and Cure Sticks (GF).....	\$2.50
Fresh Fruit.....	\$0.75
Assorted Bars and Cookies.....	\$1.00—\$4.00
Assorted Muffins, Scones and Pastries.....	\$1.00—\$1.25
Grab n Go Sandwiches.....	\$4.25—\$5.25
Green Mountain Greek Yogurt.....	\$1.75
Hummus and Pretzels.....	\$3.25
Guacamole and Tortilla Rolls.....	\$3.25
Cabot Cheddar Cheese.....	\$1.00
Fruit & Yogurt Parfait.....	\$3.99
Untapped Maple Cookie.....	\$2.25

## ASSORTED BEVERAGES

Freshly Brewed Organic Iced Tea & Coffee.....	\$1.75
Speeder and Earls Coffee.....	\$1.50—\$2.00
Aqua Vitea Kombucha.....	\$4.50
Bottled Juices.....	\$2.00—\$2.50
Naked Smoothies.....	\$3.95
Hood Milk-Skim, Whole, Chocolate.....	\$0.50
Seltzers.....	\$1.50
Pure Leaf Tea.....	\$3.00
Starbucks Cold Brew.....	\$4.00

**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!**



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# Soups

SERVED MONDAY— FRIDAY 11:00 AM — 2:00 PM

(Includes 2 packs of Westminster Crackers)

## MONDAY

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

## TUESDAY

Chicken & Rice Soup (Soy) (GF) .....	\$2.50
Tomato Basil Soup (Milk) (GF, Veg).....	\$2.50

## WEDNESDAY

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

## THURSDAY

Sausage, Bean & Kale Soup (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).

**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.**



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# Cook To Order

BREAKFAST MENU SERVED MONDAY — FRIDAY 6:30 AM—9:00 AM

## EGGS YOUR WAY

Two Scrambled Eggs .....	\$2.00
With Cabot Cheddar or Pepper Jack Cheese .....	\$2.50
Cheese Omelet (two eggs folded with choice of Cheddar or Pepper jack Cheese).....	\$2.50
Create your own Omelet or Scrambled.....	\$4.25

### Choose five ingredients:

spinach, onions, peppers, mushrooms, tomatoes, sausage, ham, cheddar or pepper jack cheese

Each Additional Topping.....	\$0.25
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Breakfast Wrap (Wheat, Soy, Egg, Milk) (two scrambled eggs with choice of five toppings, see listed above) .....	\$4.25
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## BELGIUM WAFFLES WITH VERMONT MAPLE SYRUP

Whole Belgium Waffle (Wheat, Milk, Egg) (Veg).....	\$3.75
Half Waffle (Wheat, Milk, Egg) (Veg).....	\$2.00
Whole Belgium Waffle with Toppings (choose from chocolate chips, whipped cream, organic berries)....	\$4.25
Half Waffle with Toppings.....	\$2.50
Additional VT Maple Syrup.....	\$0.75

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# Cook To Order

*Menu for the week of October 10, 2022*

LUNCH MENU SERVED MONDAY—FRIDAY 11:00 AM—2:00 PM

## MONDAY-TACOS

Shrimp (Shellfish) or pork filled tacos served with spicy southwestern slaw in a soft tortilla shell with sour cream, salsa and guacamole (Soy, Wheat) Gluten free taco available upon request  
.....One Pork \$3.25, Two Pork \$5.95, One Shrimp \$3.50, Two Shrimp \$6.75

## TUESDAY— KOREAN BBQ BOWL

Turmeric brown rice with steamed edamame, sesame stir fry vegetables, kimchi, Gochuchang Korean BBQ sauce with choice of honey cumin tofu or Asian braised Beef (Soy, Wheat)  
.....Tofu \$5.50, Beef \$7.25

## WEDNESDAY— ASIAN STIR FRY

Stir-fry broccoli, pea pods, onions, carrots, red cabbage and mushroom sautéed with hoisin sauce served over brown rice, option to add protein ( Soy, Tree nuts, Wheat)  
.....Vegetable \$4.25, Tofu \$5.50, Chicken \$5.95

## THURSDAY— NOODLE BOWL

Noodle Bowl with broccoli, pea pods, Bok Choy, carrots, mushrooms, and onions, sautéed with red curry broth served over rice noodles (Shellfish, Soy) (GF)  
.....Tempeh \$5.50, Chicken \$5.95, Shrimp \$6.75

## FRIDAY—TORTELLINI

VT fresh tortellini with a hint of garlic and fresh basil with house made marinara sauce and finished with a drizzle of pesto oil (Milk, Tree nut, Wheat)  
.....Plain \$6.25, Vegetable \$6.50, or Shrimp \$7.25

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# Crusts N' Such

*Menu for the week of October 10, 2022*

**SERVED MONDAY—FRIDAY 11:00 AM—2:00 PM**

(All items served with our house made salad.)

## **MONDAY—SANDWICHES**

Meatball Parmesan Sandwich with 4 meatballs covered in tomato sauce and mozzarella cheese, toasted to perfection & garnished with parsley (Milk, Soy, Wheat) .....\$5.75

Eggplant Parmesan Casserole with breaded and oven baked eggplant covered in tomato sauce and mozzarella cheese, toasted to perfection & garnished with parsley (Milk, Wheat) (Veg) .....\$5.75

## **TUESDAY—PANINI**

House roasted chicken, smoked bacon, tomato, spinach, cheddar cheese and garlic mayonnaise (Egg, Milk, Soy, Wheat) .....\$5.75

Seitan with corn, black beans, red & green peppers, onions and diced tomatoes in a tomato wrap with cilantro tofu dipping sauce (Soy, Wheat) (V) .....\$5.75

## **WEDNESDAY—PIZZA/PANINI**

Pork Banh Mi Sandwich on a baguette with roast pork loin, pickled carrots, kimchi, cilantro, and hoisin sriracha mayonnaise (Soy, Wheat, Egg) .....\$5.75

Mozzarella with tomato sauce (Milk, Wheat) (Veg) .....\$3.00

## **THURSDAY—PIZZAS**

Thai chicken with red curry paste, satay sauce, red peppers, cilantro, red cabbage and mozzarella cheese (Milk, Shellfish, Soy, Wheat) .....\$4.25

Basil pesto, diced roasted eggplant and tomatoes, drizzled with Alfredo sauce topped with mozzarella cheese (Milk, Tree nuts, Wheat) (Veg) .....\$3.75

Mozzarella with tomato sauce (Milk, Wheat) (Veg) .....\$3.00

## **FRIDAY—FRESH FISH & PANINI**

Fresh Fish of the day (Changes Weekly) .....\$7.25

Peppered Turkey Panini with Apricot, Brie Cheese, served in a whole wheat wrap (Milk, Soy, Wheat) .....\$5.75

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