

# Chef's Creation I

LUNCH AND DINNER SERVED DAILY STARTING AT 11:00 A.M.

Menu and pricing subject to change

*Menu for the week of May 29, 2023*

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

## MONDAY

Southwest Chicken Bowl — Chicken thighs, black beans and rice, kale slaw with cilantro-lime dressing and avocado cream (Milk, Soy, Wheat) .....\$6.95

## TUESDAY

Paprikash—chicken or tofu in a rich, flavorful, and creamy paprika – infused sauce with onions, red bell peppers, garlic, chicken stock, paprika, yogurt and served with spätzle and roasted green cabbage (Chicken: Egg, Milk. Tofu: Egg, Milk, Soy).....Chicken or Tofu \$7.25

## WEDNESDAY

Satay Chicken or VT Soy Tofu (Veg, V) with curry rice and fresh vegetables (Soy, Tree nuts, Wheat).....\$6.95

## THURSDAY

Homemade Macaroni And Cheese (Milk, Wheat) .....\$3.75

Add Broccoli.....\$4.25

Southwest Chicken — chicken, fire roasted corn & peppers, chipotle powder, pepper jack cheese, cilantro, scallions, and tortilla crumbles .....\$4.95

## FRIDAY

Tortellini Puttanesca—VT Fresh Pasta Co Tortellini, chopped garlic, chopped onions, capers, black olives with marinara sauce (Eggs, Milk, Wheat) (Veg) ..... \$6.95

## SATURDAY

Chef's Choice .....Price varies

## SUNDAY

Chef's Choice .....Price varies

V= Vegan GF= Gluten Free, Veg = Vegetarian

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!**



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# Crusts N' Such I

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*Menu for the week of May 29, 2023*

## WHOLE WHEAT PIZZAS

Cheese (Milk, Wheat) (Veg).....	Half \$2.15, Whole \$4.25
Buffalo Chicken w/ Onions, mozzarella cheese and gorgonzola cheese (Milk, Wheat,) .....	Half \$2.85, Whole \$5.75
Veggie Pizza w/ Basil Pesto (Milk, Wheat, Tree nuts) (Veg)..... (spinach, zucchini, summer squash and onions)	Half \$2.50, Whole \$5.00

## SANDWICHES

### MONDAY

Thai Sesame Chicken Wrap with a Superfood Slaw (Soy, Sesame, Wheat) .....	\$5.25
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### WEDNESDAY

"The Rachael" Sandwich with MacKenzie turkey, cole slaw, Swiss cheese and a house made Russian dressing on marble rye bread (Eggs, Milk, Wheat) .....	\$5.25
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### FRIDAY

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

"The Rachael" Sandwich with MacKenzie turkey, cole slaw, swiss cheese and a house made Russian dressing on marble rye bread (Eggs, Milk, Wheat) .....	\$5.25
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# Soups

SOUPS SERVED DAILY STARTING AT 11:00 A.M.

(Includes 2 packs of Westminster Crackers)

## MONDAY

- Shiitake Mushroom Barley (Wheat, Soy) (V).....\$3.00
- Chicken & Rice (Soy) (GF).....\$3.00

## TUESDAY

- Cuban Black Bean (Soy) (GF, Veg, V) .....\$3.00
- Tomato Basil Soup (Milk) (GF, Veg).....\$3.00

## WEDNESDAY

- Corn Chowder (Milk, Soy) (Veg, GF) .....\$3.00
- Chicken Gumbo (Soy) (GF).....\$3.00

## THURSDAY

- Sausage, Bean & Kale Soup (Soy) (GF).....\$3.00
- Hot & Sour Soup (Soy, Wheat, Sesame) (Veg, V).....\$3.00

## FRIDAY

- New England Clam Chowder (Milk, Shellfish, Soy) (GF).....\$3.00
- West African Peanut Soup (Peanuts) (GF, Veg, V) .....\$3.00

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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.**



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# Off The Grill

LUNCH AND DINNER SERVED DAILY STARTING AT 11:00 A.M.

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.....	\$3.15
Chicken breast– Plain or Cajun.....	\$3.15
Southwest Black Bean Burger (Soy, Wheat) (Veg).....	\$2.75
Additional Charges:	
Extra Pickle Spear.....	\$ 1.00
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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# Off The Grill

BREAKFAST SERVED DAILY FROM 6:00 AM - 10:00 AM

## EGGS YOUR WAY

1 Scrambled Egg.....	\$ 1.25
1 Scrambled Egg with cheese.....	\$ 1.75
1 Scrambled Egg with veggie.....	\$ 1.75
1 Scrambled Egg with cheese and veggie.....	\$ 2.25
2 Scrambled Egg.....	\$ 2.50
2 Scrambled Egg with cheese.....	\$ 3.50
2 Scrambled Egg with veggie.....	\$ 3.00
2 Scrambled Egg with cheese and veggie.....	\$ 4.00
<b>Egg Sandwiches On Whole Wheat English Muffin (Served Tues., Thurs., Fri., &amp; Sun.)</b>	
Egg and Cheddar Cheese.....	\$ 2.75
Egg, Vegetables and Cheddar Cheese.....	\$ 3.25
Egg, Sausage, and Cheddar Cheese .....	\$ 5.00
<b>Egg Sandwiches On Biscuit (Served Mon., Wed., &amp; Sat.)</b>	
Egg and Cheddar Cheese.....	\$ 3.50
Egg, Vegetables and Cheddar Cheese.....	\$ 4.00
Egg, Sausage, and Cheddar Cheese .....	\$ 5.95
Sausage .....	\$ 2.25
Home Fries, Full Order (Soy) .....	\$1.95
Home Fries, Half Order (Soy) .....	\$1.00
Whole wheat bread (Wheat) .....	\$.50/slice
English Muffin (Wheat, Soy) .....	\$1.00



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# Harvest Café

ALWAYS AVAILABLE - GRAB N' GO SNACK RACK

OPEN DAILY FROM 5:00 AM - 3:00 AM

Menu & pricing subject to change

Nature's Bakery Fig Bars.....	\$2.00
KIND bars.....	\$2.25
Garuka Bars.....	\$4.00
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
Assorted Chips .....	\$1.00 - \$2.75
Fresh Fruit .....	\$.75
YOLO Popcorn.....	\$1.60
VT Smoke and Cure Sticks.....	\$2.50
Assorted Cereal Boxes.....	\$.75
Assorted Cereal Boxes (Large).....	\$1.75

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# Harvest Café

ALWAYS AVAILABLE - BEVERAGE COOLER

OPEN DAILY FROM 5:00 AM - 3:00 AM

Menu and 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.....	\$2.50
Schweppes Sparkling Spring Water.....	\$1.50
Low Sodium V8.....	\$ 1.00
Champlain Orchards VT Apple Cider .....	\$1.95
Hood Co. Milk 8oz. ....	\$.50
Qt. Skim or Regular .....	\$1.75
Qt. Half & Half .....	\$2.50
Lactaid.....	\$.60
SILK Soy Milk.....	\$1.75
Naked Smoothies.....	\$3.95
Kevita ACV Tonic drinks and/or Kombuchas.....	\$3.95
Bubbly Drinks.....	\$1.50
Pineapple Juice.....	\$1.00
Starbucks Cold Brew.....	\$3.50

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# Harvest Café

ALWAYS AVAILABLE - GRAB N' GO AIR COOLER

OPEN DAILY FROM 5:00 AM - 3:00 AM

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"Zero Trans Fat" Pies.....	\$2.20
Cabot Cheese "World's Best Cheddar" .....	\$ 1.00
Regular and 50% Less Fat	
Mozzarella Cheese Sticks .....	\$ .60
Assorted Cream Cheese .....	\$ .55
Echo Pudding.....	\$1.70
Flourless Chocolate Cake.....	\$3.95
Champlain Orchard 2- Pack Turnovers.....	\$7.50
Champlain Orchards 6- Pack Cider Donuts.....	\$8.00
Chocolate Peanut Butter Torte.....	\$4.25
Lemon Italian Cream Cake.....	\$4.25

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# Harvest Café

ALWAYS AVAILABLE - BAKED GOODS

OPEN DAILY FROM 5:00 AM - 3:00 AM

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## BAKED GOODS

Cookies.....	\$ 0.80
Homemade Bars.....	\$1.00
Danish .....	\$1.75
Assorted Muffins.....	\$3.25
Assorted Pies.....	\$2.25
Bagels.....	\$1.50

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# Harvest Café

ALWAYS AVAILABLE - Speeder & Earl's Coffee

OPEN DAILY 5:00 AM - 3:00 AM

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## SPEEDERS & EARL'S COFFEE

Bigelow Organic Hot Teas.....	\$1.00
Oregon Chai Tea.....	\$ .95
Small .....	\$1.80
Medium.....	\$2.10
Large.....	\$2.40
Iced Coffee.....	\$2.10
Refill (in your own cup).....	\$1.00

**YOU CANNOT USE THE CAFÉ PAPER HOT CUPS FOR YOUR REFILLS**

**YOU CAN USE YOUR OWN GLASS, POTTERY, STAINLESS OR PLASTIC MUGS FOR YOUR REFILLS.**



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