

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 March 18, 2024

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 Mac & Cheese (Milk, Wheat) (Veg)\$3.75

Maple Butternut Squash with Sage Mac & Cheese (Milk, Wheat) (Veg)\$4.25

Southwest Chicken Mac & Cheese - chicken, fire roasted corn & peppers, chipotle powder, pepper jack cheese, cilantro, scallions and tortilla crumbles (Milk, Wheat)\$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 ChoicePrice varies

SUNDAY

Chef's ChoicePrice 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).



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Crusts N' Such I

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

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Menu for the week of March 18, 2024

WHOLE WHEAT PIZZAS

| | |
|---|---------------------------|
| Cheese (Milk, Wheat) (Veg)..... | Half \$2.15, Whole \$4.25 |
| Philly Cheesesteak Pizza with shaved steak, peppers, onions, mozzarella cheese, garlic butter base (Milk, Wheat)..... | Half \$2.85, Whole \$5.75 |
| Spinach Artichoke Pizza with spinach artichoke spread and mozzarella cheese (Milk, Wheat) (Veg)..... | Half \$2.50, Whole \$5.00 |

SANDWICHES

MONDAY

| | |
|---|--------|
| Thai Sesame Chicken Wrap with a Superfood Slaw (Soy, Sesame, Wheat) | \$5.25 |
|---|--------|

WEDNESDAY

| | |
|---|--------|
| "The Rachael" Sandwich with McKenzie turkey, coleslaw, Swiss cheese and a house made Russian dressing on marble rye bread (Eggs, Milk, Wheat) | \$5.25 |
|---|--------|

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

| | |
|---|--------|
| "The Rachael" Sandwich with McKenzie turkey, coleslaw, Swiss cheese and a house made Russian dressing on marble rye bread (Eggs, Milk, Wheat) | \$5.25 |
|---|--------|

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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

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

(Includes 2 packs of Westminster Crackers)

MONDAY

| | |
|--|--------|
| Shiitake Mushroom Barley (Wheat, Soy) (V)..... | \$4.00 |
| Chicken Chili (GF) | \$5.00 |

TUESDAY

| | |
|---|--------|
| Sausage, Bean & Kale (Soy) | \$4.00 |
| Tomato Basil Soup (Milk) (GF, Veg)..... | \$4.00 |

WEDNESDAY

| | |
|---|--------|
| Vegetarian Corn Chowder (Milk, Soy) (GF, Veg) | \$4.00 |
| Chicken Gumbo (Soy) (GF)..... | \$4.00 |

THURSDAY

| | |
|--|--------|
| Mulligatawny (Milk, Tree Nuts (coconut)) (GF)..... | \$4.00 |
| Hot & Sour Soup (Soy, Wheat, Sesame) (Veg, V)..... | \$4.00 |

FRIDAY

| | |
|---|--------|
| New England Clam Chowder (Milk, Shellfish, Soy) (GF)..... | \$4.00 |
| Curried Apple Butternut Bisque (Soy, Tree Nuts (coconut)) (GF)..... | \$4.00 |

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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 |

Egg Sandwiches On Whole Wheat English Muffin (Served Tues., Thurs., Fri., & Sun.)

| | |
|---|---------|
| Egg and Cheddar Cheese..... | \$ 2.75 |
| Egg, Vegetables and Cheddar Cheese..... | \$ 3.25 |
| Egg, Sausage, and Cheddar Cheese | \$ 5.00 |

Egg Sandwiches On Biscuit (Served Mon., Wed., & Sat.)

| | |
|---|---------|
| 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

Menu and pricing subject to change

| | |
|--|---------|
| "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

Menu and pricing subject to change

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

Menu and pricing subject to change

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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