

Chef's Creation II

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

Menu & pricing subject to change

Menu for the week of March 25, 2024

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

MONDAY

Taco Bowl - Taco beef or fajita-seasoned tofu, black beans, corn and rice, kale slaw with cilantro lime dressing, salsa verde and tortilla strips (Soy, Wheat)\$6.95

TUESDAY

Tom Kha Brothy Noodle Bowl flavored with chicken stock, lemongrass, ginger, coconut milk, cilantro, and chilies. Served with rice noodles, shitake mushrooms, tomato, cilantro, scallion, lime, and Thai chili sauce with the choice of Chicken, Beef, or Tofu. (Fish, Soy, Sesame, Tree Nut).....Tofu \$5.95, Chicken or Beef \$6.95

WEDNESDAY

Cheese Ravioli with Vermont Fresh sun-dried tomato pesto, white wine, served with fresh spinach tossed with balsamic vinaigrette, walnuts, Vermont apples and Gorgonzola cheese (Eggs, Milk, Tree nuts, Wheat) (Veg)\$7.25

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

Greek salad with falafel, romaine lettuce mixed with mesclun greens tossed in a lemon vinaigrette and garnished with black olives, feta, red onion, cucumber, and a tzatziki sauce (Eggs, Milk, Soy, Wheat) (Veg)\$5.50

SATURDAY & 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 II

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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

"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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WEDNESDAY

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

Coyote quesadilla with tomatoes, refried beans and smoked cheddar with guacamole/sour cream on the side (Milk, Soy, Wheat)	\$4.00
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SUNDAY

Thai Sesame Chicken Wrap with a Superfood Slaw (Soy, Sesame, 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:	
Kimchi.....	\$1.00
Extra Pickle Spear.....	\$.50
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 SEVEN DAYS 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 Cereals Boxes (Large).....	\$1.75

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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.....	\$1.75 + 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

OPEN SEVEN DAYS 5:00 AM - 3:00 AM

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"Zero Trans Fat" Pies.....	\$2.25
Cabot Cheese "World's Best Cheddar"	\$ 1.00
Regular and 50% Less Fat	
Mozzarella Cheese Sticks	\$.60
Assorted Cream Cheese	\$.55
Echo Pudding.....	\$2.00
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 SEVEN DAYS 5:00 AM - 3:00 AM

MENU & 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 & pricing subject to change

SPEEDERS & EARL'S COFFEE

Bigelow Organic Hot Teas.....	\$1.00
Oregon Chai Tea.....	\$ 1.25
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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