

# Crusts N' Such

Menu for the week of March 18, 2024

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

(All items served with house made salad)

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

## MONDAY - PIZZA

- BBQ chicken, cilantro, red onion and cheddar cheese (Milk, Wheat) .....\$4.25
- Mushroom, spinach, roasted garlic and olive oil with smoked mozzarella (Milk, Wheat) (Veg).....\$3.75
- Mozzarella with tomato sauce (Milk, Wheat) (Veg).....\$3.00

## TUESDAY - PIZZA

- Fajita Chicken, Green bell peppers, red onion, garlic, with a roasted garlic parsley base, mozzarella cheese (Milk, Wheat) .....\$4.25
- Pizza sauce, roasted red peppers, Kalamata olives, artichokes, feta cheese, garlic, mozzarella cheese (Milk, Wheat) (Veg).....\$3.75
- Mozzarella with tomato sauce (Milk, Wheat) (Veg).....\$3.00

## WEDNESDAY

- South Western Black Bean & Corn Stuffed Potato with Pepper Jack cheese and chopped cilantro sour cream (Milk) (GF, Veg).....\$5.75
- Whole wheat wrap with house roasted Italian beef, radicchio, arugula, almond asiago pesto and parmesan cheese (Milk, Soy, Tree Nuts, Wheat) .....\$5.75

## THURSDAY

- Tuna Melt Sandwich - Creamy and crunchy house made tuna salad with tomato and Swiss cheese served on a baguette (Fish, Milk, Egg, Wheat) .....\$5.75
- Veggie Pizza with roasted zucchini, diced tomatoes, scallions, roasted garlic, sun-dried tomato pesto and mozzarella cheese (Milk, Soy, Tree Nuts, Wheat) (Veg).....\$3.25

## FRIDAY— FISH & PANINI

- Fish of the day (Changes weekly).....\$7.25
- Roasted turkey, avocado and tomatoes with house made ranch dressing (Milk, Soy, Wheat).....\$5.75

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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# Cook To Order

*Menu for the week of March 18, 2024*

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

## MONDAY - COCONUT CURRY

Coconut Chicken Curry with chicken thighs, coconut milk, diced tomatoes, carrot, cauliflower, Yukon gold potatoes, onion, spinach, ginger, curry, cilantro served over a bed of rice Served with a Raita Sauce (Tree Nuts, Soy, Milk) (GF) .....Tofu \$5.50, Chicken \$5.95

## TUESDAY - PORK LOIN

Fennel crusted pork loin served with a red wine demi-glace gravy, braised greens and parmesan basil polenta (creamy corn meal) (Milk, Soy, Wheat) .....\$7.25

## WEDNESDAY - ZITI

Ziti tossed with roasted garlic, diced tomatoes, spinach, artichokes, olive oil and white wine, finished with basil pesto drizzle (Wheat, Tree Nuts, Milk, Egg) .....White Beans (Vegetarian) \$5.25, Meatballs(3) \$5.95

## THURSDAY - GENERAL TSO'S

Asian style chicken breast or tofu, finished with General Tso sauce, and served on braised greens with red cabbage, finished with mandarin oranges and roasted cashews (Fish, Soy, Tree Nuts, Wheat) .....Tofu \$7.25, Chicken \$7.25

## FRIDAY - BEEF STEW

Tender chunks of beef cooked with aromatics and herbs in a savory sauce served with a warm, buttery biscuit (Wheat) (GF without the biscuit) .....\$7.25

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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

SERVED 11:00 AM — 2:00 PM

(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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# Cook To Order

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

## EGGS YOUR WAY

Two Scrambled Eggs .....	\$2.50
With Cabot Cheddar or Pepper Jack Cheese .....	\$3.00
Cheese Omelet (two eggs folded with choice of Cheddar or Pepper Jack Cheese).....	\$3.50
Create your own Omelet or Scrambled with five toppings (see below).....	\$4.75
Breakfast Wrap (Wheat, Soy, Egg, Milk) (two scrambled eggs with choice of five toppings, see listed below) .....	\$4.75

### Choose five ingredients:

Tomato, mushroom, black beans, spinach, onions, red peppers, green peppers, pork sausage

Each Additional Topping.....	\$0.50
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## PIZZA YOUR WAY

Breakfast Bagel Pizza (Wheat, Soy, Egg, Milk) or Pepper Pizza with two scrambled eggs and choice of five toppings (see below).....	\$4.75
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### Choose five ingredients:

Goat cheese, cheddar, pepper jack, mozzarella, parmesan, guacamole, pesto, tomato sauce, tomato, spinach, black beans, mushrooms, red onion, broccoli, pork sausage. Each additional topping.....\$0.50

## BELGIAN WAFFLES WITH VERMONT MAPLE SYRUP

Whole Belgian Waffle (Wheat, Milk, Egg) (Veg).....	\$4.50
Half Waffle (Wheat, Milk, Egg) (Veg).....	\$2.25
Whole Belgian Waffle with Toppings (choose from chocolate chips, whipped cream, organic berries)....	\$5.50
Half Waffle with Toppings.....	\$2.75
Additional VT Maple Syrup.....	\$1.00

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# Main Street Cafe

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

(Menu & pricing subject to change)

ALWAYS AVAILABLE

## ASSORTED SNACKS

Assorted Chips.....	\$1.00 - \$2.75
Planter's Trail Mix.....	\$1.25
Fig Bars (GF).....	\$2.00
Cheez – Its 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 and Pastries.....	\$2.25 - \$3.25
Grab n' Go Sandwiches.....	\$4.25 - \$5.25
Green Mountain Greek Yogurt.....	\$2.25
Hummus and Pretzels.....	\$3.25
Guacamole and Tortilla Rolls.....	\$3.25
Cabot Cheddar Cheese.....	\$1.00
Fruit & Yogurt Parfait.....	\$3.99
Untapped Waffle Cookies.....	\$2.25

## ASSORTED BEVERAGES

Freshly Brewed Organic Iced Tea & Coffee.....	\$2.10
Speeder and Earls Coffee.....	\$1.80 - \$2.40
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 - \$2.00
Pure Leaf Tea.....	\$3.00
Starbucks Cold Brew.....	\$4.00

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