

# 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 July 7, 2025*

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

## MONDAY

Southwest Chicken or Tofu Bowl - Chicken thighs, black beans and rice, kale slaw with cilantro-lime dressing and avocado cream (Chicken: Dairy. Tofu: Dairy, Soy) (GF) ..... \$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 VT Spätzle and roasted green cabbage (Chicken: Egg, Dairy. Tofu: Egg, Dairy, Soy) (GF) ..... Chicken or Tofu \$7.25

## WEDNESDAY

Fried Rice with peas, carrots, egg and your choice protein (Soy, Wheat, Egg) ... Chicken or Tofu (Veg) \$6.95

## THURSDAY

Homemade Mac & Cheese (Dairy, Wheat) (Veg) ..... \$4.00

Broccoli Mac & Cheese (Dairy, Wheat) (Veg) ..... \$4.50

## FRIDAY

Roast Pork Chili Verde served over basmati rice with sour cream and cilantro (Dairy) (GF) ..... \$7.25

Seitan Chili Verde served over basmati rice with sour cream and cilantro (Dairy, Wheat, Soy) (Veg) ..... \$7.25

## 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).



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*Menu for the week of July 7, 2025*

## WHOLE WHEAT PIZZAS

- Cheese (Dairy, Wheat) (Veg)..... Half \$2.35, Whole \$4.50
- Local Stonewood Farm Turkey Sausage and Pickled Pepper Pizza with marinara and mozzarella cheese (Dairy, Wheat) ..... Half \$3.15, Whole \$6.25
- Sundried Tomato Pesto (treenut-free), Roasted Red Pepper and Spinach with Mozzarella Cheese (Dairy, Wheat) (Veg)..... Half \$2.65, Whole \$5.25

## 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, Dairy, Wheat) ..... \$5.25

### FRIDAY

- Black Bean Quesadilla with corn, poblano peppers, onion, tomatoes and vegan "Imposter" cheese, served with fire roasted salsa (Wheat) (V)..... \$4.00

### SUNDAY

- "The Rachael" Sandwich with McKenzie turkey, coleslaw, Swiss cheese and a house made Russian dressing on marble rye bread (Eggs, Dairy, 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)..... 8oz. \$2.75, 12oz. \$4.00  
Chicken Chili (GF) .....8oz. \$3.75, 12oz. \$5.00

## TUESDAY

Hearty Vegetable (GF, V, Veg)..... 8oz. \$2.75, 12oz. \$4.00  
Tomato Soup (Dairy) (GF, Veg)..... 8oz. \$2.75, 12oz. \$4.00

## WEDNESDAY

Spicy Corn & Coconut (Treenut (coconut)) (GF, V, Veg)..... 8oz. \$2.75, 12oz. \$4.00  
Chicken Gumbo (Soy) (GF)..... 8oz. \$2.75, 12oz. \$4.00

## THURSDAY

Creamy Chicken & Wild Rice (Dairy) (GF)..... 8oz. \$2.75, 12oz. \$4.00  
Chickpea Lentil (Wheat) (Veg, V)..... 8oz. \$2.75, 12oz. \$4.00

## FRIDAY

Broccoli Cheddar (Dairy) (GF, Veg)..... 8oz. \$2.75, 12oz. \$4.00  
Minestrone (Wheat) (V)..... 8oz. \$2.75, 12oz. \$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.

Menu & pricing subject to change

Grilled Cheddar Cheese (Dairy, Wheat, Soy) (Veg).....	\$2.15
Grilled Cheddar Cheese w/ choice of 1 topping (mushroom, onion, pepper, tomato).....	\$2.50
Hamburger (Soy, Wheat) .....	\$4.25
Cheeseburger (Dairy, Soy, Wheat) .....	\$4.75
Patty Melt (Grilled Cheese with Burger Patty or Chicken Breast) (Dairy, Wheat, Soy) .....	\$5.50
Southwest Black Bean Burger (Soy, Wheat) (Veg).....	\$3.95
Charbroiled Beef Patty.....	\$3.50
Chicken Breast – Plain or Cajun.....	\$3.75
Southwest Black Bean Burger Patty.....	\$3.15

*\*\*All Menu Items Above Include a Pickle Spear\*\**

## Additional Charges:

Extra Pickle Spear.....	\$ .50
Whole Wheat Roll (Soy, Wheat) .....	\$ .75
Choice of toppings.....	\$ .75

*(Mixed Greens, Red Onion, Tomato, Roasted Onion, Mushrooms, Peppers, Jalapeño)*

Extra Cabot Cheddar Cheese.....	\$ .50
Vegetable of the Day.....	\$1.00

Sauces available - Bistro (spicy mayo), Garlic Aioli, Chipotle BBQ

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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 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.....	\$3.00
Garuka Bars.....	\$4.00
Planter's Trail Mix .....	\$1.25
Orchard Valley Trail Mix.....	\$2.25
Orchard Valley Dark Chocolate Almonds.....	\$2.25
Rice Krispy Treats.....	\$.95
Tostitos Salsa.....	\$1.25
Assorted Chips .....	\$1.50 - \$2.75
Fresh Fruit .....	\$.75
YOLO Popcorn.....	\$2.00
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

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## BEVERAGE COOLER

Lipton Iced Teas.....	\$1.75 + tax
Pure Leaf Organic Tea House.....	\$2.25 + tax
V-8 Fusion.....	\$1.95
Tropicana 12oz. Juices.....	\$2.50
Schweppes Sparkling Spring Water.....	\$1.75
Low Sodium V8.....	\$.80
Champlain Orchards VT Apple Cider .....	\$2.75
Hood Co. Milk 8oz. ....	\$.50
Qt. Skim or Regular .....	\$2.25
Qt. Half & Half .....	\$5.00
Lactaid.....	\$.60
SILK Soy Milk.....	\$1.75
Naked Smoothies.....	\$4.25
Kevita ACV Tonic drinks and/or Kombuchas.....	\$4.00
Bubbly Drinks.....	\$1.50
Pineapple Juice.....	\$1.00
Starbucks Cold Brew.....	\$4.00
Pepsi, Diet Pepsi, Pepsi Zero, Mountain Dew, Ginger Ale.....	\$2.00

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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.....	\$2.25
Cabot Cheese "World's Best Cheddar" .....	\$ 1.00
Regular and 50% Less Fat	
Mozzarella Cheese Sticks .....	\$ .60
Assorted Cream Cheese .....	\$ .75
Echo Pudding.....	\$2.00
Flourless Chocolate Cake.....	\$4.25
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

## BAKED GOODS

Cookies.....	\$1.00
Homemade Bars.....	\$1.00
Danish .....	\$1.75
Assorted Muffins.....	\$3.25
Assorted Pies.....	\$3.95
Bagels.....	\$1.75



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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.....	\$1.25
Small .....	\$2.00
Medium.....	\$2.30
Large.....	\$2.70
Iced Coffee.....	\$2.10
Refill (in your own reusable, cup up to 20 oz.).....	\$1.25

**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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