

Main Street Café

Menu for the week of January 6, 2020

MONDAY

Soup—Roasted Garlic and Cauliflower	\$2.50
Soup— Green Curry Chicken	\$2.50
Stew—Corn and Bean.....	\$4.00
Shrimp or pork filled tacos served with spicy southwestern slaw in soft tortilla shell with sour cream, salsa and guacamole. Gluten free taco available	
One pork	\$2.75 or two \$4.95
One shrimp.....	\$3.25 or two \$5.25

Quesadillas

House roasted chicken with roasted red peppers, caramelized Onions and maple cheddar on a whole wheat wrap.....	\$5.25
Whole wheat wrap filled with artichoke hearts, spinach, garlic, feta and Vermont cream cheese.....	\$4.75

TUESDAY

Soup—Mulligatawny	\$2.50	
Soup— Carrot Ginger	\$2.50	
Stew—Pollo Spezzatino.....	\$4.00	
Ginger Chicken served on mixed greens with cranberries, peaches, red onions, almonds and blackberry vinaigrette		\$5.95

Panini:

House roasted chicken, smoked bacon, tomato, Spinach, cheddar cheese and garlic mayonnaise	\$5.25
Seitan with corn, black beans, red and green peppers, Onions, and diced tomatoes served in a sundried Tomato wrap with tofu cilantro dipping sauce	\$4.75

WEDNESDAY

Soup—Corn Chowder*	\$2.50
Soup—Chicken Gumbo	\$2.50
Stew—Vegetable Chili	\$4.00
Stir-fry broccoli, pea pods, onions, carrots, red cabbage and mushroom with house made hoisin sauce	
..... plain	\$4.25
..... Tofu	\$5.25
..... Chicken	\$5.95

Pizzas:

#1 Pesto Cheese with diced tomatoes	\$3.00
#2 Hawaii with Vermont ham, pineapple, tomato sauce, garlic and mozzarella cheese	\$3.75
#3 Mozzarella cheese with tomato sauce.....	\$2.75

THURSDAY

Soup—Bean and Kale with Sausage	\$2.50
Soup—Red Pepper Bisque.....	\$2.50
Stew—Turkey Butternut Chili.....	\$4.00
Noodle Bowl with broccoli, pea pods, Bok Choy, carrots, Mushrooms, and onions, sautéed with red curry broth Served over rice noodles	
Choice of: chicken, shrimp or tempeh	\$5.95

Pizzas:

#1 Thai chicken with red curry paste satay sauce, red peppers, red cabbage and chopped cilantro	\$3.75
#2 Basil pesto, diced roasted eggplant and tomatoes, drizzled with Alfredo sauce topped with mozzarella cheese.....	\$3.25
#3 Mozzarella cheese with tomato sauce.....	\$2.75

FRIDAY

Soup—New England Clam Chowder*.....	\$2.50	
Soup—Chicken Tortilla*.....	\$2.50	
Stew—Hearty Vegetable.....	\$4.00	
VT fresh tortellini sautéed with your choice of either: Shrimp, Vegetables or Plan with a hint of garlic and fresh basil with house made marinara sauce and finished with a drizzle of pesto oil		\$6.25

Panini:

Whole wheat wrap filled with black pepper roasted turkey, brie cheese and apricot preserve	\$5.25
Fish of the Day.....	\$6.25

* 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.

OPEN MONDAY—FRIDAY 6:30 AM—2:00 PM

MENU & PRICING SUBJECT TO CHANGE



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Main Street Café

Menu for the week of January 6, 2020, Cont.

ALWAYS AVAILABLE

Assorted Chips	\$1.00—\$1.50
Planter's Trail Mix	\$0.95
VT Smoked and Cure Sticks.....	\$1.75
Fresh Fruit	\$0.50—\$0.75
Cheese	\$0.60
Assorted Bars and Cookies	\$0.80—\$1.50
Assorted Muffins, Scones and Pastries	\$1.00—\$1.25
Grab n Go Sandwiches.....	\$3.50—\$4.75
Green Mountain Greek Yogurt.....	\$1.50
Hummus and Pretzels	\$2.95
Guacamole and Pretzels	\$2.95

ASSORTED BEVERAGES

Speeder and Earls Coffee	\$1.50—\$2.00
Aqua Vitea Kombucha	\$3.95
Bottled Juices	\$1.35
Naked Smoothies	\$3.45
Seltzers.....	\$1.40—\$1.50
Pure Leaf Tea.....	\$1.60—\$2.50
Starbucks Cold Brew	\$3.50

BREAKFAST MENU

Two Scrambled Eggs with Cheddar	\$1.50
With Pepper Jack Cheese	\$2.00
Cheese Omelet (with two eggs fold with choice of Cheddar or Pepper jack Cheese)	\$2.00
Create your own Omelet or Scrambled	\$3.75
(two eggs plus your choice of five ingredients: spinach, onions, peppers, mushrooms, tomatoes, sausage, ham, cheese-cheddar or pepper jack)	
Each Additional Topping	\$0.25
Breakfast Wrap (two scrambled eggs with choice of five toppings, see list above)	\$3.75
Whole Belgium Waffle with VT Maple Syrup ...	\$3.75
Half	\$2.00
Whole Belgium Waffle with Toppings and Maple Syrup (choose from chocolate chips, whipped cream, organic berries).....	\$4.25
Half	\$2.50
Additional VT Maple Syrup	\$0.75

OPEN MONDAY—FRIDAY 6:30 AM—2:00 PM

MENU & PRICING SUBJECT TO CHANGE



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER