# Main Street Cafe

*ALWAYS AVAILABLE*

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

(Menu & pricing subject to change.)

## ASSORTED SNACKS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Chips</td>
<td>$1.00—$1.50</td>
</tr>
<tr>
<td>Planter’s Trail Mix</td>
<td>$1.25</td>
</tr>
<tr>
<td>Fig Bars (GF)</td>
<td>$1.75</td>
</tr>
<tr>
<td>Bear Naked Granola Bites (GF)</td>
<td>$1.85</td>
</tr>
<tr>
<td>Pepperidge Farm Goldfish Crackers</td>
<td>$0.50</td>
</tr>
<tr>
<td>VT Smoked and Cure Sticks (GF)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>$0.50—$0.75</td>
</tr>
<tr>
<td>Assorted Bars and Cookies</td>
<td>$0.80—$1.50</td>
</tr>
<tr>
<td>Assorted Muffins, Scones and Pastries</td>
<td>$1.00—$1.25</td>
</tr>
<tr>
<td>Grab n Go Sandwiches</td>
<td>$3.50—$4.75</td>
</tr>
<tr>
<td>Green Mountain Greek Yogurt</td>
<td>$1.75</td>
</tr>
<tr>
<td>Hummus and Pretzels</td>
<td>$2.95</td>
</tr>
<tr>
<td>Guacamole and Tortilla Rolls</td>
<td>$2.95</td>
</tr>
<tr>
<td>Cabot Cheddar Cheese</td>
<td>$0.75</td>
</tr>
<tr>
<td>Fruit &amp; Yogurt Parfait</td>
<td>$3.99</td>
</tr>
</tbody>
</table>

## ASSORTED BEVERAGES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly Brewed Organic Iced Tea &amp; Coffee</td>
<td>$1.75</td>
</tr>
<tr>
<td>Speeder and Earls Coffee</td>
<td>$1.50—$2.00</td>
</tr>
<tr>
<td>Aqua Vitea Kombucha</td>
<td>$3.95</td>
</tr>
<tr>
<td>Bottled Juices</td>
<td>$1.35</td>
</tr>
<tr>
<td>Naked Smoothies</td>
<td>$3.45</td>
</tr>
<tr>
<td>Hood Milk-Skim, Whole, Chocolate</td>
<td>$0.50</td>
</tr>
<tr>
<td>Seltzers</td>
<td>$1.40—$1.50</td>
</tr>
<tr>
<td>Pure Leaf Tea</td>
<td>$1.60—$2.50</td>
</tr>
<tr>
<td>Starbucks Cold Brew</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

*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!*
Soups
SERVED MONDAY— FRIDAY 11:00 AM — 2:00 PM
(Includes 2 packs of Westminster Crackers)

MONDAY
Roasted Garlic and Cauliflower Soup (Milk, Soy) (GF) (V).................................................................$2.50

TUESDAY
Mulligatawny (Chicken, curry, vegetables, coconut) (Tree Nuts) (GF)......................................................$2.50

WEDNESDAY
Vegetarian Corn Chowder (Milk, Soy) (GF) ..................................................................................................$2.50

THURSDAY
Bean and Kale with Sausage (Soy) (GF)........................................................................................................$2.50

FRIDAY
New England Clam Chowder (Milk, Shellfish, Soy) (GF) .............................................................................$2.50

V= Vegan GF= Gluten Free, Veg = Vegetarian

Refer to our Master Ingredient Book located at the entrance of each café for a more detailed ingredient & allergen list. Highlighted on this menu are the top 8 allergens (Peanuts, Tree nuts, Wheat, Fish, Shellfish, Soy, Dairy, Eggs).

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.
EGGS YOUR WAY
Two Scrambled Eggs .................................................................................................................................. $1.50
With Cabot Cheddar or Pepper Jack Cheese .................................................................................................. $2.00
Cheese Omelet (two eggs folded with choice of Cheddar or Pepper jack Cheese)........................................ $2.00
Create your own Omelet or Scrambled........................................................................................................ $3.75

Choose five ingredients:
spinach, onions, peppers, mushrooms, tomatoes, sausage, ham, cheddar or pepper jack cheese
Each Additional Topping................................................................................................................................. $0.25
Breakfast Wrap (Wheat, Soy) (two scrambled eggs with choice of five toppings, see listed above) .............. $3.75

BELGIUM WAFFLES WITH VERMONT MAPLE SYRUP
Whole Belgium Waffle (Wheat, Milk) (Veg) .................................................................................................. $3.75
Half Waffle (Wheat, Milk) (Veg) .................................................................................................................. $2.00
Whole Belgium Waffle with Toppings (choose from chocolate chips, whipped cream, organic berries)........ $4.25
Half Waffle with Toppings ............................................................................................................................ $2.50
Additional VT Maple Syrup ........................................................................................................................... $0.75

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Cook To Order
Menu for the Week of September 7, 2020
LUNCH MENU SERVED MONDAY—FRIDAY 11:00 AM—2:00 PM

MONDAY—CLOSED LABOR DAY

Waldorf Salad with cumin walnuts, raisins, cranberries, cherries, celery, and pickled red onions tossed with a honey sweetened creamy lemon-yogurt dressing (Egg, Tree nuts, Milk) (GF) .................................................................Plain $3.95, Tofu $4.95, Chicken $5.95

TUESDAY

Fennel crusted pork loin served with a red wine demi-glace gravy, braised greens and parmesan basil polenta (creamy corn meal) (Milk, Soy, Wheat) .................................................................$5.95

WEDNESDAY

Ziti tossed with roasted garlic, diced tomatoes, spinach, artichokes, olive oil and white wine, finished with basil pesto drizzle (Wheat, Tree Nuts, Milk) ............................White Beans (Vegetarian) $4.50, Meatballs (3) $5.95

THURSDAY

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 $4.75, Chicken $5.95

FRIDAY

House roasted chicken sautéed with tomatoes, caramelized red onions, Jamaican spices, and three bean medley, with sautéed kale over brown rice (GF) .................................................................$5.95

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Crusts N’ Such

Menu for the Week of September 7, 2020

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

(All items served with house made salad)

MONDAY—PIZZA— CLOSED LABOR DAY
BBQ chicken, cilantro, red onion and cheddar cheese (Milk, Wheat) ........................................ $3.75
Mushroom, spinach, roasted garlic and olive oil with smoked mozzarella (Milk, Wheat) (Veg) .......... $3.25
Mozzarella with tomato sauce (Milk, Wheat) (Veg) ........................................................................... $2.75

TUESDAY—PIZZA
Roasted cauliflower, red onions, garlic, ground pork with sage, and chopped apples (Milk, Wheat) .... $3.75
Green chilies, black beans, diced tomato, chopped cilantro, diced sweet potatoes, diced avocado and pepper jack cheese (Milk, Wheat) (Veg) ............................................................................................. $3.25
Mozzarella with tomato sauce (Milk, Wheat) (Veg) ........................................................................... $2.75

WEDNESDAY
South Western Black Bean & Corn Stuffed Potato with Pepper Jack cheese and chopped cilantro sour cream (Milk) (GF, Veg) .......................................................................................................................... $4.25
Whole wheat wrap with house roasted Italian beef, radicchio, arugula, almond asiago pesto and parmesan cheese (Milk, Soy, Tree nut, Wheat) ............................................................................................................. $5.50

THURSDAY—QUESADILLAS
House baked salmon with mango, cilantro, sunflower pesto and Manchego cheese (Fish, Milk, Soy, Wheat) ........................................................................................................................................... $5.95
Roasted zucchini, diced tomatoes, scallions, mozzarella, roasted garlic and sun-dried tomato pesto (Milk, Soy, Tree nuts, Wheat) (Veg) ................................................................................................................ $4.75

FRIDAY— FISH & PANINI
Fish of the day (Changes weekly) ........................................................................................................ $6.25
Roasted turkey, avocado and tomatoes with house made ranch dressing (Milk, Soy, Wheat) .......... $5.25

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