## 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
Chicken Gumbo (Soy) (GF)..............................................................................$2.50
Vegetable Chili Stew (Wheat) (V).................................................................$4.00

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.
Cook To Order

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

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 14, 2020
LUNCH MENU SERVED MONDAY—FRIDAY 11:00 AM—2:00 PM

MONDAY-TACOS
Shrimp (Shellfish) or pork filled tacos served with spicy southwestern slaw in a soft tortilla shell with sour cream, salsa and guacamole (Soy, Wheat) Gluten free taco available upon request

......................................................One Pork $2.75, Two Pork $4.95, One Shrimp $3.25, Two Shrimp $5.25

TUESDAY– KOREAN BBQ BOWL
Turmeric brown rice with steamed edamame, sesame stir fry vegetables, kimchi, Gochuchang Korean BBQ sauce with choice of honey cumin tofu or Asian braised Beef (Soy, Wheat) ...............Tofu $4.95, Beef $5.95

WEDNESDAY– ASIAN STIR FRY
Stir-fry broccoli, pea pods, onions, carrots, red cabbage and mushroom sautéed with hoisin sauce served over brown rice, option to add protein (Fish, Soy, Tree nuts, Wheat) .....Vegetable $4.25, Tofu $4.95, Chicken $5.95

THURSDAY– NOODLE BOWL
Noodle Bowl with broccoli, pea pods, Bok Choy, carrots, mushrooms, and onions, sautéed with red curry broth served over rice noodles (Shellfish, Soy) (GF) ..........................Tempeh $5.75, Chicken $5.95, Shrimp $6.75

FRIDAY
VT fresh tortellini with a hint of garlic and fresh basil with house made marinara sauce and finished with a drizzle of pesto oil (Milk, Tree nut, Wheat) ..................Plain $4.95, Vegetables $5.25, Shrimp $6.75

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Crusts N’ Such
Menu for the week of September 14, 2020
SERVED MONDAY—FRIDAY 11:00 AM—2:00 PM
(All items served with our house made salad.)

MONDAY—QUESADILLAS
House roasted chicken with roasted red peppers, caramelized onions and maple cheddar on a whole wheat wrap (Milk, Soy, Wheat) .................................................................$5.25

Whole wheat wrap filled with artichoke hearts, spinach, garlic, feta and Vermont cream cheese (Milk, Soy, Wheat) (Veg) ............................................................................................................$4.75

TUESDAY—PANINI
House roasted chicken, smoked bacon, tomato, spinach, cheddar cheese and garlic mayonnaise (Egg, Milk, Soy, Wheat) ......................................................................................................................$5.25

Seitan with corn, black beans, red & green peppers, onions and diced tomatoes in a tomato wrap with cilantro tofu dipping sauce (Soy, Wheat) (V) ............................................................................................................$4.75

WEDNESDAY—PIZZAS
Pesto with diced tomato and mozzarella cheese (Milk, Tree nuts, Wheat) (Veg) .............................................$3.00

Hawaiian with Vermont ham, pineapple, tomato sauce, garlic and mozzarella cheese (Milk, Wheat) ..............$3.75

Mozzarella with tomato sauce (Milk, Wheat) ..............................................................................................................$2.75

THURSDAY—PIZZAS
Thai chicken with red curry paste, satay sauce, red peppers, cilantro, red cabbage and mozzarella cheese (Milk, Shellfish, Soy, Wheat) ..........................................................................................$3.75

Basil pesto, diced roasted eggplant and tomatoes, drizzled with Alfredo sauce topped with mozzarella cheese (Milk, Tree nuts, Wheat) (Veg) .................................................................$3.25

Mozzarella with tomato sauce (Milk, Wheat) (Veg) .................................................................................................$2.75

FRIDAY—FRESH FISH & PANINI
Fresh Fish of the day.................................................................................................................................$6.25

Peppered Turkey Panini with Apricot, Brie Cheese, served on a whole wheat wrap (Milk, Soy, Wheat) .................................................................$5.25

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