Harvest Café

ALWAYS AVAILABLE—GRAB N’ GO SNACK RACK

OPEN SEVEN DAYS 5:00 AM—3:00 am
Menu & pricing subject to change

Nature’s Bakery Fig Bars................................................................. $1.75
Nature’s Bakery GF Fig Bars.......................................................... $1.75
KIND bars..................................................................................... $2.25
Garuka Bars.................................................................................... $3.25
Planter’s Trail Mix......................................................................... $1.25
Orchard Valley Trail Mix............................................................... $2.00
Orchard Valley Dark Chocolate Almonds................................. $2.00
Rice Krispy Treats.......................................................................... $.95
Tostitos Salsa................................................................................ $.75
Tostitos Tortilla Chips................................................................. $1.50
Vermont Village Organic Applesauce......................................... $.75
Fresh Fruit (bananas) ................................................................. $.50
Fresh Fruit (oranges, pears, plums, apples)............................... $.75
Frito Lay Assorted Chips and Pretzels........................................ $1.00
Organic Doritos (white cheddar)................................................ $1.25
Deep River Chips (BBQ, original)................................................ $1.00
Food Should Taste Good Chips.................................................. $1.50
YOLO Popcorn............................................................................. $1.60
VT Smoke and Cure Sticks.......................................................... $2.00
Assorted Cereal Boxes............................................................... $.75
Kashi Cereals............................................................................... $1.75
Terra Chips................................................................................... $1.50
Stacy’s Pita Chips......................................................................... $1.25
Uglie’s Chips................................................................................ $1.50

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.
# Harvest Café

**ALWAYS AVAILABLE—BEVERAGE COOLER**

**OPEN SEVEN DAYS 5:00 AM—3:00 am**

Menu & pricing subject to change

## BEVERAGE COOLER

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lipton Iced Teas</td>
<td>$1.60 + tax</td>
</tr>
<tr>
<td>Pure Leaf Organic Tea House</td>
<td>$2.50 + tax</td>
</tr>
<tr>
<td>V-8 Fusion</td>
<td>$1.95</td>
</tr>
<tr>
<td>Tropicana 12oz. Juices</td>
<td>$2.00</td>
</tr>
<tr>
<td>Citizen Sweet Sparkling Cider</td>
<td>$2.95</td>
</tr>
<tr>
<td>Schweppes Sparkling Spring Water</td>
<td>$1.40</td>
</tr>
<tr>
<td>Low Sodium V8</td>
<td>$.80</td>
</tr>
<tr>
<td>Champlain Orchards VT Apple Cider</td>
<td>$1.95</td>
</tr>
<tr>
<td>Hood Co. Milk 8oz.</td>
<td>$.50</td>
</tr>
<tr>
<td>Qt. Skim or Regular</td>
<td>$1.75</td>
</tr>
<tr>
<td>Qt. Half &amp; Half</td>
<td>$2.50</td>
</tr>
<tr>
<td>Tropicana Probiotics</td>
<td>$2.00</td>
</tr>
<tr>
<td>Lactaid</td>
<td>$.60</td>
</tr>
<tr>
<td>SILK Soy Milk</td>
<td>$1.75</td>
</tr>
<tr>
<td>Naked Smoothies</td>
<td>$3.50</td>
</tr>
<tr>
<td>Kevita ACV Tonic drinks and/or Kombuchas</td>
<td>$3.75</td>
</tr>
<tr>
<td>Switch Beverages</td>
<td>$1.25</td>
</tr>
<tr>
<td>Bubbly Drinks</td>
<td>$1.50</td>
</tr>
<tr>
<td>Pineapple Juice</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

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SPEEDERS & EARL’S COFFEE

Bigelow Organic Hot Teas........................................................................................................................................ $1.00

Oregon Chai Tea......................................................................................................................................................... $ .95

Small ........................................................................................................................................................................ $1.50

Medium...................................................................................................................................................................... $1.75

Large........................................................................................................................................................................... $2.00

Iced Coffee................................................................................................................................................................. $1.75

Refill (in your own cup)............................................................................................................................................... $1.00
Harvest Café

ALWAYS AVAILABLE—GRAB N’ GO AIR COOLER

OPEN SEVEN DAYS 5:00 AM—3:00 am
Menu & pricing subject to change

GRAB N’ GO AIR COOLER

“Zero Trans Fat” Pies................................................................. $1.75
Cabot Cheese “World’s Best Cheddar” ....................................... $ .60
Regular and 50% Less Fat
Mozzarella Cheese Sticks ............................................................ $ .60
Assorted Cream Cheese ............................................................. $ .55
Echo Pudding............................................................................. $1.70
Flourless Chocolate Cake......................................................... $3.95
Tiramisu..................................................................................... $3.95
Mosaic chocolate cake.............................................................. $3.95
Triple Mousse Cake................................................................. $3.95

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BAKED GOODS

Homemade Cookies.......................................................... $ .80
Homemade Bars.................................................................. $1.00
Scones.............................................................................. $1.00
Danish .............................................................................. $1.50
Assorted Muffins............................................................... $1.00
Assorted Pies...................................................................... $2.00
Bagels.............................................................................. $1.25
Whole Wheat English Muffins.............................................. $ .75

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).

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

OPEN SEVEN DAYS 5:00 AM—3:00 am

(Includes 2 packs of Westminster Crackers)

MONDAY
Minestrone (Wheat, Soy) (Veg) ................................................................. $2.50
Turkey Butternut Chili Stew (Soy) (GF) ................................................. $4.00

TUESDAY
Cream of Broccoli (Milk, Soy) (GF) ....................................................... $2.50
Chicken and Rice (Soy) (GF) ................................................................. $2.50

WEDNESDAY
Corn Chowder (Milk, Soy) (Veg, GF) ..................................................... $2.50
Chicken Gumbo (Soy) (GF) ................................................................. $2.50

THURSDAY
Bean and Kale with Sausage (Soy) (GF) ............................................... $2.50
Chilled Strawberry Soup (Milk) (GF) .................................................. $2.50

FRIDAY
New England Clam Chowder (Milk, Shellfish, Soy) (GF) ...................... $2.50
Vegetable Chili (Wheat) (V) ................................................................. $4.00

V= Vegan GF= Gluten Free, Veg = Vegetarian

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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.
# Off The Grill

**Breakfast Served Monday—Friday 6:00 AM—10:00 AM**

## Eggs Your Way

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Scrambled Egg</td>
<td>$ .75</td>
</tr>
<tr>
<td>1 Scrambled Egg with cheese</td>
<td>$ 1.25</td>
</tr>
<tr>
<td>1 Scrambled Egg with cheese and veggie</td>
<td>$ 2.10</td>
</tr>
<tr>
<td>Scrambled Eggs (2)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Add Cheddar Cheese</td>
<td>$2.00</td>
</tr>
<tr>
<td>Add Vegetables</td>
<td></td>
</tr>
<tr>
<td>With Cheese</td>
<td>$2.85</td>
</tr>
<tr>
<td>Without cheese</td>
<td>$2.35</td>
</tr>
</tbody>
</table>

## Egg Sandwiches On Whole Wheat English Muffin

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg and Cheddar Cheese</td>
<td>$ 2.05</td>
</tr>
<tr>
<td>Egg, Vegetables and Cheddar Cheese</td>
<td>$ 2.30</td>
</tr>
<tr>
<td>Egg, Sausage, and Cheddar Cheese</td>
<td>$ 4.05</td>
</tr>
</tbody>
</table>

## Sausage

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage</td>
<td>$ 1.95</td>
</tr>
</tbody>
</table>

## Home Fries (Soy)

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Fries (Soy)</td>
<td>$ 1.25</td>
</tr>
</tbody>
</table>

## Whole Wheat Bread (Wheat)

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat bread (Wheat)</td>
<td>$.30/slice</td>
</tr>
</tbody>
</table>

## English Muffin (Wheat, Soy)

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>English Muffin (Wheat, Soy)</td>
<td>$.75</td>
</tr>
</tbody>
</table>

## Belgium Waffles with Vermont Maple Syrup

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Belgium Waffle (Wheat, Milk, Eggs) (Veg)</td>
<td>$3.75</td>
</tr>
<tr>
<td>Half Waffle (Wheat, Milk, Eggs) (Veg)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Whole Belgium Waffle with Toppings (choose from chocolate chips, whipped cream, organic berries)</td>
<td>$4.25</td>
</tr>
<tr>
<td>Half Waffle with Toppings</td>
<td>$2.50</td>
</tr>
</tbody>
</table>
Off The Grill

LUNCH MENU SERVED MONDAY—FRIDAY 11:00 AM—3:00 AM

Grilled Cheddar Cheese on VT Bread Co. Whole Wheat Bread (Milk, Wheat, Soy) (Veg) ................ $2.15
Grilled Cheddar Cheese w/ choice of 1 topping (onion or mushroom or peppers) ....................... $2.50
Charbroiled Beef Patty .................................................................................................................. $2.65
Chicken breast— Plain or Satay ................................................................................................... $3.15
Southwest Black Bean Burger (Soy, Wheat) (Veg) ....................................................................... $2.30

Additional Charges:
Extra Pickle Spear ......................................................................................................................... $ .25
Whole Wheat Roll (Soy, Wheat) ..................................................................................................... $ .75
Choice of toppings ........................................................................................................................ $ .50
Extra Cheese .................................................................................................................................. $ .50
On A Roll (Soy, Wheat) ................................................................................................................ $4.75
With Toppings ................................................................................................................................ $5.25
Vegetable of the Day .................................................................................................................... $1.00

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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
Crusts N’ Such I

LUNCH AND DINNER SERVED 7 DAYS A WEEK
Menu & pricing subject to change

Menu for the week of September 6, 2021

WHOLE WHEAT PIZZAS

Cheese (Milk, Wheat) (Veg) ................................................................. Half $1.75, Whole $3.50
Buffalo Chicken w/ Onions, mozzarella cheese and gorgonzola cheese (Milk, Wheat,) ........ Half $2.15, Whole $4.25
Veggie pizza w/ Basil Pesto (Milk, Wheat, Tree nuts) (Veg) ........................................................ Half $2.15, Whole $4.25
(spinach, zucchini, summer squash and onions)

SANDWICHES

MONDAY

Turkey, cranberry mayonnaise, cheddar cheese on a croissant (Milk, Soy, Egg, Wheat) ................................................................. $4.25

WEDNESDAY

Smoked ham, swiss and honey mustard on a croissant roll (Eggs, Milk, Soy, Wheat) ................................................................. $4.25

FRIDAY

Southwest quesadilla made with brown rice, black beans, corn, spinach, pepper jack cheese, and green chili salsa (Milk, Soy, Wheat) (Veg) ................................................................. $4.00

SUNDAY

Smoked ham, Swiss cheese and honey mustard on a croissant roll (Eggs, Milk, Soy, Wheat) ................................................................. $4.25
Chef’s Creation I

LUNCH AND DINNER SERVED 7 DAYS A WEEK
Menu & pricing subject to change

Menu for the week of September 6, 2021

MONDAY

Southwest Chicken Bowl—Chicken thighs, black beans and rice, kale slaw with cilantro-lime dressing and avocado cream (Milk, Soy, Wheat) ...........................................................................................................................................................................$5.95

TUESDAY

Caesar salad—Fresh romaine lettuce, croutons and parmesan cheese tossed in a classic salad dressing (Fish, Milk, Wheat) ...........................................................................................................................................................................$3.95, Add Chicken $5.25

WEDNESDAY

Satay Chicken or VT Soy Tofu (Veg, V) with curry rice and fresh vegetables (Soy, Tree nuts, Wheat) .....................$5.95

THURSDAY

Homemade Macaroni And Cheese (Fish, Milk, Soy, Wheat) .................................................................................................$2.25
Add Broccoli .........................................................................................................................................................................................$2.75
Add Smoked Ham ...................................................................................................................................................................................$3.95

FRIDAY

Tortellini Puttanesca—VT Fresh Pasta Co Tortellini, chopped garlic, chopped onions, capers, black olives with
marinara sauce (Eggs, Milk, Wheat) (Veg) ............................................................................................................................................... $5.25

SATURDAY

Chef’s Choice .........................................................................................................................................................................................Price varies

SUNDAY

Chef’s Choice .........................................................................................................................................................................................Price varies

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