Harvest Café Chef's Creation Week 1

Menu for the week of October 26, 2026

Lunch and Dinner Served Daily Starting at 11:00 am

Monday

Southwest Chicken or Tofu Bowl - Chicken Thighs or Tofu, black beans and rice, kale slaw with cilantro-lime dressing and avocado cream **(Chicken: Dairy. Tofu: Dairy, Soy)** **(GF)** $6.95

Tuesday

Jamaican Jerk Bowl with Chicken or Tofu - Served over brown rice, black beans, roasted plantains, creamy slaw and a spiced maple glaze **(Dairy, Egg, Soy)** **(GF)** $7.25

Samosa Hand Pie with potato, cauliflower, onion, peas, carrots, tomato paste and curry spices **(Egg, Wheat)** **(Veg)** $5.25

Wednesday

Chicken or Portabella Mushroom Fajitas served with peppers, onions, salsa, sour cream and fiesta rice on two flour tortillas **(Dairy, Wheat)** ..... Chicken or Portabella Mushroom **(Veg)** $7.25

Thursday

Chicken or Tofu Butter Chicken served with Basmati rice, roasted cauliflower and naan bread **(Dairy, Soy, Wheat)** **(Veg)** ..... Chicken or Tofu **(Veg)** $7.25

Friday

Roasted 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, Soy, Wheat) (Veg)** $7.25

Breaded Fish Nuggets - Battered pollock served with lemon, tartar sauce, rice and classic coleslaw **(Dairy, Fish, Wheat)** $8.00

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 9 allergens:
Dairy, Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nut, Wheat.

We do our best to support a healthy planet, as well as well as healthy employees.

Menu and pricing subject to change.

University of Vermont Health

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Harvest Café Crusts N' Such

Menu for the week of October 26, 2026

Lunch and Dinner Served Daily Starting at 11:00 am

Wednesday & Sunday

Chicken Caesar Wrap - Grilled chicken, kale, carrot, red cabbage, parmesan cheese and Caesar dressing in a whole wheat wrap served with a pickle **(Dairy, Egg, Fish, Soy, Wheat)** $5.25

Quesadillas Served Daily

Spicy BBQ Chicken Quesadilla - BBQ Chicken, red onion, jalapeños and cheddar cheese in a whole wheat wrap **(Dairy, Wheat)** $6.25

Seitan and Shitake Mushroom - Seasoned seitan, shitake mushrooms, green peppers, red onion, spices and cheddar cheese in a whole wheat wrap **(Dairy, Wheat)** **(Veg)** $5.25

Vegan Black Bean - Black bean spread, corn, tomatoes, green chilis and imposter cheese (vegan) in a whole wheat wrap **(Tree Nut (Coconut), Wheat)** **(V)** $4.50

Cheese Quesadilla - Cheddar cheese in a whole wheat wrap **(Dairy, Wheat)** **(Veg)** $3.75

Sauce Choices

Fire Roasted Salsa or Chipotle Sour Cream **(Dairy)**

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Harvest Cafe Soups

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Lunch and Dinner Served Daily Starting at 11:00 am

Monday

Curried Apple Butternut Bisque **(Tree Nut (coconut)) (Veg, V, GF)** ..... 8 oz. $2.75, 12oz. $4.00

Chicken Chili **(GF)** ..... 8 oz. $3.75, 12oz. $5.00

Tuesday

Chicken Mulligatawny **(Dairy, Tree Nut (coconut)) (GF)** ..... 8 oz. $2.75, 12oz. $4.00

Tomato Soup **(Dairy) (GF, Veg)** ..... 8 oz. $2.75, 12oz. $4.00

Wednesday

Three Sisters Soup **(Veg, V, GF)** ..... 8 oz. $2.75, 12oz. $4.00

Chicken Gumbo **(Soy) (GF)** ..... 8 oz. $2.75, 12oz. $4.00

Thursday

Creamy Chicken & Wild Rice **(Dairy) (GF)** ..... 8 oz. $2.75, 12oz. $4.00

Chickpea Lentil **(Wheat) (Veg, V)** ..... 8 oz. $2.75, 12oz. $4.00

Friday

Shiitake Mushroom Barley **(Soy, Wheat) (Veg)** ..... 8 oz. $2.75, 12oz. $4.00

Minestrone **(Wheat) (V)** ..... 8 oz. $2.75, 12oz. $4.00

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Harvest Café Off The Grill

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Lunch and Dinner Served Daily Starting at 11:00 am

Off The Grill:

Grilled Cheddar Cheese **(Dairy, Soy, Wheat)** **(Veg)** $2.15

Grilled Cheddar Cheese w/choice of 1 topping (mushroom, onion, pepper, tomato) $2.50

Hamburger **(Wheat)** $4.25

Cheeseburger **(Dairy, Wheat)** $4.75

Patty Melt (Grilled Cheese with Burger Patty or Chicken Breast) **(Dairy, Soy, Wheat)** $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

Additions:

Extra Pickle Spear $0.50

Whole Wheat Roll **(Soy, Wheat)** $0.75

Choice of toppings (Mixed Greens, Red Onion, Tomato, Roasted Onion, Mushrooms, Peppers, Jalapeño) $0.75

Extra Cheddar Cheese $0.50

Vegetable of the Day $1.00

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

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Harvest Café Breakfast

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Breakfast Menu 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 veggies $1.75
1 Scrambled Egg with cheese and veggies..... $2.25
2 Scrambled Egg $2.50
2 Scrambled Egg with cheese $3.50
2 Scrambled Egg with veggies..... $3.00
2 Scrambled Egg with cheese and veggies..... $4.00

Egg Sandwiches On English Muffin **(Soy, Wheat)** (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 **(Milk, Wheat)** (Served Mon., Wed., & Sat.)

Egg and Cheddar Cheese $3.50
Egg, Vegetables and Cheddar Cheese $4.00
Egg, Sausage, and Cheddar Cheese $5.95

Sides

Sausage $2.25
Home Fries, Full Order **(Soy)** $1.95
Home Fries, Half Order **(Soy)** $1.00
Whole Wheat Bread **(Wheat)** $0.50/slice
English Muffin **(Soy, Wheat)** $1.00

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Harvest Café Snacks

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Open Daily From 5:00 am - 3:00 am

Assorted Snacks

Planter's Trail Mix $1.25
Rice Krispy Treats $0.95
Tostitos Salsa $1.25
Assorted Chips ..... $1.50 - $1.75
Fresh Fruit $1.00
Assorted Cereal Boxes $1.75
Gatorade Protein Bar $2.95
Cabot Cheese "World's Best Cheddar" $1.00
Regular and Seriously Sharp
Mozzarella Cheese Sticks $0.60
Assorted Cream Cheese $0.75
Echo Pudding $2.00
Champlain Orchards 6 – Pack Cider Donuts $9.99

Baked Goods

Cole's Cookies $3.50
Cookies $1.00
Homemade Bars $2.00
Danish $1.75
Assorted Muffins $3.25
Assorted Pies $2.75
Bagels $1.75

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Harvest Café Beverages

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Open Daily From 5:00 am - 3:00 am

Cold Beverages

Aquafina	$1.75
Propel	$2.75
Lipton Iced Teas	$1.75 + tax
V-8 Fusion	$1.95
Schweppes Sparkling Spring Water	$1.75
Low Sodium V8	$0.80
Champlain Orchards VT Apple Cider	$2.75
Tropicana 12 oz. Juices	$2.55
Hood Co. Milk 8oz.	$0.50
Qt. Skim or Regular	$2.25
Qt. Half & Half	$5.00
Lactaid	$0.60
SILK Soy Milk	$1.75
Naked Smoothies	$4.25
Kevita ACV Tonic drinks and/or Kombuchas	$4.00
Bubly Drinks	$2.00
Bubly Burst	$2.25
Pineapple Juice	$1.00
Starbucks Cold Brew	$4.00
Celsius	$3.50
Gatorade	$2.25
Gatorlyte	$4.00
Pepsi, Diet Pepsi, Pepsi Zero, Mountain Dew, Ginger Ale	$2.00

Hot Beverages

Bigelow Organic Hot Teas	$1.00
Oregon Chai Tea	$1.25
Small	$2.00
Medium	$2.30
Large	$2.70
Iced Coffee	$2.30
Refill (in your own reusable, cup up to 20 oz.)	$1.25

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