

# Harvest Café Chef's Creation Week 2

## Menu for the week of May 18, 2026

Lunch and Dinner Served Daily Starting at 11:00 am

### Monday

Taco Bowl - Taco beef or fajita-seasoned tofu, black beans, corn and rice, kale slaw with cilantro lime dressing, salsa verde and tortilla strips **(Soy, Wheat)** ..... \$6.95

### Tuesday

Tom Kha Brothy Noodle Bowl flavored with chicken stock, fish sauce, lemongrass, ginger, coconut milk, cilantro, and chilies. Served with rice noodles, shitake mushrooms, tomato, cilantro, scallion, lime, and Thai chili sauce with the choice of Chicken or Tofu **(Fish, Sesame, Soy, Tree Nut) (GF)** ..... Tofu \$5.95, Chicken \$6.95

Spinach Feta Hand Pie with mozzarella cheese, pecans, garlic and dill **(Dairy, Egg, Tree Nut (pecans), Wheat) (Veg)** ..... \$5.25

### Wednesday

Lentil Garbanzo Bean Curry with cauliflower, sweet potato, spinach and spices **(Dairy, Tree Nut (coconut)) (GF, Veg)** ..... \$6.25

### Thursday

Homemade Mac & Cheese **(Dairy, Wheat) (Veg)** ..... \$4.00

Apple Sage Butternut Mac & Cheese **(Dairy, Wheat) (Veg)** ..... \$4.50

### Friday

Quinoa tossed in red wine vinaigrette with mixed greens, black olives, feta, red onion and cucumber topped with falafel and tzatziki **(Dairy) (Veg)** ..... \$5.85

### 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.

# Harvest Café Crusts N’ Such

## Menu for the week of May 18, 2026

Lunch and Dinner Served Daily Starting at 11:00 am

### Monday

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

## Menu for the week of May 18, 2026

Lunch and Dinner Served Daily Starting at 11:00 am

### Monday

Curried Apple Butternut Bisque ( <b>Tree Nut (coconut)</b> ) ( <b>Veg, V, GF</b> ) .....	8 oz. \$2.75, 12oz. \$4.00
Chicken Chili ( <b>GF</b> ) .....	8 oz. \$3.75, 12oz. \$5.00

### Tuesday

Chicken Mulligatawny ( <b>Dairy, Tree Nut (coconut)</b> ) ( <b>GF</b> ) .....	8 oz. \$2.75, 12oz. \$4.00
Tomato Soup ( <b>Dairy</b> ) ( <b>GF, Veg</b> ) .....	8 oz. \$2.75, 12oz. \$4.00

### Wednesday

BBQ Black Bean ( <b>Wheat</b> ) ( <b>Veg</b> ) .....	8 oz. \$2.75, 12oz. \$4.00
Chicken Gumbo ( <b>Soy</b> ) ( <b>GF</b> ) .....	8 oz. \$2.75, 12oz. \$4.00

### Thursday

Creamy Chicken & Wild Rice ( <b>Dairy</b> ) ( <b>GF</b> ) .....	8 oz. \$2.75, 12oz. \$4.00
Chickpea Lentil ( <b>Wheat</b> ) ( <b>Veg, V</b> ) .....	8 oz. \$2.75, 12oz. \$4.00

### Friday

Broccoli Cheddar ( <b>Dairy</b> ) ( <b>GF, Veg</b> ) .....	8 oz. \$2.75, 12oz. \$4.00
Minestrone ( <b>Wheat</b> ) ( <b>V</b> ) .....	8 oz. \$2.75, 12oz. \$4.00

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# Harvest Café Off The Grill

## Menu for the week of May 18, 2026

Lunch and Dinner Served Daily Starting at 11:00 am

### Off The Grill:

Grilled Cheddar Cheese <b>(Dairy, Soy, Wheat) (Veg)</b> .....	\$2.15
Grilled Cheddar Cheese w/choice of 1 topping (mushroom, onion, pepper, tomato) .....	\$2.50
Hamburger <b>(Soy, Wheat)</b> .....	\$4.25
Cheeseburger <b>(Dairy, Soy, Wheat)</b> .....	\$4.75
Patty Melt (Grilled Cheese with Burger Patty or Chicken Breast) <b>(Dairy, Soy, Wheat)</b> .....	\$5.50
Southwest Black Bean Burger <b>(Soy, Wheat) (Veg)</b> .....	\$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 <b>(Soy, Wheat)</b> .....	\$0.75
Choice of toppings (Mixed Greens, Red Onion, Tomato, Roasted Onion, Mushrooms, Peppers, Jalapeño) .....	\$0.75
Extra Cabot 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

## Menu for the week of May 18, 2026

**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

## Menu for the week of May 18, 2026

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

### Assorted Snacks

Nature's Bakery Fig Bars .....	\$2.00
KIND bars .....	\$3.00
Planter's Trail Mix .....	\$1.25
Orchard Valley Trail Mix .....	\$2.25
Orchard Valley Dark Chocolate Almonds .....	\$2.25
Rice Krispy Treats .....	\$0.95
Tostitos Salsa .....	\$1.25
Assorted Chips .....	\$1.50 - \$2.75
Fresh Fruit .....	\$1.00
VT Smoke and Cure Sticks .....	\$2.50
Assorted Cereal Boxes (Large) .....	\$1.75
Gatorade Protein Bar .....	\$2.95
Zero Trans Fat Pies .....	\$2.25
Cabot Cheese "World's Best Cheddar" .....	\$1.00
Regular and 50% Less Fat	
Mozzarella Cheese Sticks .....	\$0.60
Assorted Cream Cheese .....	\$0.75
Echo Pudding .....	\$2.00
Flourless Chocolate Cake .....	\$4.25
Champlain Orchards 6 - Pack Cider Donuts .....	\$8.00
Chocolate Peanut Butter Torte .....	\$4.25
Lemon Italian Cream Cake .....	\$4.25

### Baked Goods

Cole's Cookies .....	\$3.50
Cookies .....	\$1.00
Homemade Bars .....	\$2.00
Danish .....	\$1.75
Assorted Muffins .....	\$3.25
Assorted Pies .....	\$3.95
Bagels .....	\$1.75

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# Harvest Café Beverages

## Menu for the week of May 18, 2026

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
Sunrise 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 .....	\$2.10
Refill (in your own reusable, cup up to 20 oz.) .....	\$1.25

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