Harvest Café Chef's Creation Week 2

Menu for the week of November 16, 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

Wednesday

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

Thursday

Swedish Meatballs with a creamy mushroom gravy served over egg noodles and green beans **(Dairy, Egg, Soy, Wheat)** $7.25

Friday

Loaded Baked Potato with your choice of bacon or vegetarian chili **(Veg)**, broccoli cheese sauce, cheddar cheese, sour cream and scallions, served with a mixed green salad **(Dairy)** $7.25

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 November 16, 2026

Lunch and Dinner Served Daily Starting at 11:00 am

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

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

Tuesday

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

Wednesday

Thai Chicken Wrap - Grilled chicken, Thai sesame slaw and tahini dressing on a wheat wrap **(Sesame, Soy, Wheat)** $5.25

Thursday - Chef's Choice

Friday

Beer Battered Haddock served with rice, roasted vegetables, tartar sauce and a lemon wedge **(Dairy, Egg, Fish, Wheat)** $8.00

Sauce Choices

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

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Harvest Cafe Soups

Menu for the week of November 16, 2026

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

Menu for the week of November 16, 2026

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 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 November 16, 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 November 16, 2026

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

Menu for the week of November 16, 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	$2.30
Refill (in your own reusable, cup up to 20 oz.)	$1.25

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