

Harvest Café Chef's Creation Week 1

Menu for the week of March 16, 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

Fried Rice with peas, carrots, egg and your choice of protein **(Egg, Soy, Wheat)** Chicken or Tofu **(Veg)** \$6.95

Thursday

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

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

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.

Harvest Café Crusts N' Such

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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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Monday

Shiitake Mushroom Barley (**Soy, Wheat**) (**V**) 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

Sausage, Bean and Kale (**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

Broccoli Cheddar (**Dairy**) (**GF, 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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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 (Soy, Wheat)	\$4.25
Cheeseburger (Dairy, Soy, 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

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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

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

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

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