

# Main Street Café Crusts N’ Such Week 1

## Menu for the week of June 8, 2026

### Lunch Menu Served Monday - Friday 11:00 am - 2:00 pm

#### Monday - Pizza

BBQ Chicken, cilantro, red onion and cheddar cheese <b>(Dairy, Wheat)</b> .....	\$4.25
Mushroom, spinach, roasted garlic and olive oil with smoked mozzarella <b>(Dairy, Wheat) (Veg)</b> .....	\$3.75
Cheese Pizza with mozzarella and tomato sauce <b>(Dairy, Wheat) (Veg)</b> .....	\$3.00

#### Tuesday - Pizza

Fajita Chicken, green bell peppers, red onion, garlic, with a roasted garlic parsley base, mozzarella cheese <b>(Dairy, Wheat)</b> .....	\$4.25
Pizza sauce, roasted red peppers, Kalamata olives, artichokes, feta cheese, garlic, mozzarella cheese <b>(Dairy, Wheat) (Veg)</b> .....	\$3.75
Cheese Pizza with mozzarella and tomato sauce <b>(Dairy, Wheat) (Veg)</b> .....	\$3.00

#### Wednesday

South Western Black Bean & Corn Stuffed Potato with Pepper Jack cheese and chopped cilantro sour cream <b>(Dairy) (GF, Veg)</b> .....	\$5.75
Whole Wheat Wrap with house roasted Italian beef, radicchio, arugula, garlic aioli and parmesan cheese <b>(Dairy, Egg, Soy, Wheat)</b> .....	\$5.75

#### Thursday

Tuna Melt Sandwich - Creamy and crunchy house-made tuna salad with tomato and Swiss cheese served on a baguette <b>(Dairy, Egg, Fish, Wheat)</b> .....	\$5.75
Chef’s Choice Pizza <b>(Changes weekly)</b> .....	\$5.25

#### Friday - Fish & Panini

Fish of the day <b>(Changes weekly)</b> .....	\$8.00-\$8.50
Roasted turkey, guacamole and tomatoes with house made ranch dressing <b>(Dairy, Soy, Wheat)</b> .....	\$5.75

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.

# Main Street Café Cook To Order

## Menu for the week of June 8, 2026

### Lunch Menu Served Monday - Friday 11:00 am - 2:00 pm

#### Monday - Coconut Curry

Coconut Curry with coconut milk, diced tomatoes, carrot, cauliflower, Yukon gold potatoes, onion, spinach, ginger and cilantro served over a bed of rice with a raita sauce **(Dairy, Soy, Tree Nut) (GF)** ..... Tofu 5.50, Chicken \$5.95

#### Tuesday - Pork Loin

Fennel Crusted Pork Loin served with a red wine demi-glace gravy, spinach and parmesan basil polenta (creamy corn meal) **(Dairy, Soy, Wheat)** ..... \$7.25

#### Wednesday - Ziti

Ziti tossed with roasted garlic, diced tomatoes, spinach, artichokes, olive oil and white wine, finished with nut-free basil pesto drizzle **(Dairy, Egg, Wheat)** ..... White Beans (Vegetarian) \$5.25, Meatballs (3) \$5.95

#### Thursday - General Tso's

Asian style chicken breast or tofu with General Tso sauce over rice, topped with red cabbage and mandarin oranges **(Fish, Soy, Tree Nut, Wheat)** ..... Tofu \$7.25, Chicken \$7.25

#### Friday - Loaded Sweet Potato Boats

Loaded Sweet Potato Boats with garbanzo beans, tofu, kale and pickled red onion topping served with a lemony tahini dressing **(Sesame, Soy) (GF, V)** ..... \$7.25

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# Main Street Café Soups

## Menu for the week of June 8, 2026

### Lunch Menu Served Monday - Friday 11:00 am - 2:00 pm

#### 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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# Main Street Café Breakfast

## Menu for the week of June 8, 2026

**Breakfast Menu Served Monday - Friday 6:30 am - 9:00 am**

### Eggs Your Way

Two Scrambled Eggs .....	\$2.50
With Cabot Cheddar or Pepper Jack Cheese .....	\$3.00
Cheese Omelet (two eggs folded with choice of Cheddar or Pepper Jack Cheese) .....	\$3.50
Breakfast Wrap ( <b>Dairy, Egg, Soy, Wheat</b> ) (two scrambled eggs with choice of five toppings) .....	\$4.75

#### Choose five ingredients:

Tomato, mushroom, black beans, spinach, onions, red peppers, green peppers, pork sausage	
Each additional topping .....	\$0.50

### Pizza Your Way

Breakfast Bagel Pizza ( <b>Dairy, Egg, Soy, Wheat</b> ) or Pepper Pizza with two scrambled eggs and choice of five toppings (see below) .....	\$4.75
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#### Choose five ingredients:

Goat cheese, cheddar, pepper jack, mozzarella, parmesan, guacamole, pesto, tomato sauce, tomato, spinach, black beans, mushrooms, red onion, broccoli, pork sausage	
Each additional topping .....	\$0.50

### Belgian Waffles with Vermont Maple Syrup

Whole Belgian Waffle ( <b>Dairy, Egg, Wheat</b> ) ( <b>Veg</b> ) .....	\$4.50
Half Waffle ( <b>Dairy, Egg, Wheat</b> ) ( <b>Veg</b> ) .....	\$2.25
Whole Belgian Waffle with Toppings (choose from chocolate chips, whipped cream, organic berries) .....	\$5.50
Half Waffle with Toppings .....	\$2.75
Additional VT Maple Syrup .....	\$1.00

<b>Oatmeal Bar</b> .....	\$3.00
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# Main Street Café Snacks

## Menu for the week of June 8, 2026

Open Monday - Friday 6:30 am - 2:00 pm

### Assorted Snacks

Assorted Chips .....	\$1.50 - \$2.75
Planter's Trail Mix .....	\$1.25
Fig Bars .....	\$2.00
Cheez-Its Crackers .....	\$0.50
VT Smoke and Cure Sticks .....	\$2.50
Fresh Fruit .....	\$0.75
Assorted Bars and Cookies .....	\$1.00 - \$4.00
Assorted Muffins and Pastries .....	\$2.25 - \$3.25
Grab n' Go Sandwiches .....	\$4.25 - \$5.25
Brown Cow Yogurt .....	\$2.25
Chobani Greek Yogurt .....	\$1.75
Hummus and Pretzels .....	\$3.25
Guacamole and Tortilla Rolls .....	\$3.25
Cabot Cheddar Cheese .....	\$1.00

### Assorted Beverages

Freshly Brewed Organic Iced Tea & Iced Coffee .....	\$2.10
Speeder and Earl's Coffee .....	\$2.00 - \$2.70
Naked Smoothies .....	\$3.95
Hood Milk - Skim, Whole, Chocolate .....	\$0.50
Seltzers .....	\$1.50 - \$2.00
Pure Leaf Tea .....	\$3.00
Starbucks Cold Brew .....	\$4.00
12 oz. Pepsi, Diet Pepsi, Pepsi Zero, Mountain Dew, Ginger Ale .....	\$2.00

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