

# Main Street Café Crusts N’ Such Week 2

## Menu for the week of May 18, 2026

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

### Monday - Sandwiches

Meatball Parmesan Sandwich with meatballs made with beef & pork covered in tomato sauce and mozzarella cheese, toasted to perfection & garnished with parsley **(Dairy, Soy, Wheat)** ..... \$5.75

Eggplant Parmesan Casserole with breaded and oven baked eggplant covered in tomato sauce and mozzarella cheese, toasted to perfection & garnished with parsley **(Dairy, Wheat) (Veg)** ..... \$5.75

### Tuesday - Panini

House Roasted Chicken, tomato, spinach, cheddar cheese and garlic mayonnaise **(Dairy, Egg, Soy, Wheat)** ..... \$5.75

Seitan with corn, black beans, red & green peppers, onions and diced tomatoes in a tomato wrap with cilantro tofu dipping sauce **(Soy, Wheat) (V)** ..... \$5.75

### Wednesday - Sandwich & Pizza

Pork Banh Mi Sandwich on a baguette with roast pork loin, pickled carrots, kimchi, cilantro, and hoisin sriracha mayonnaise **(Egg, Soy, Wheat)** ..... \$5.75

Cheese pizza with mozzarella and tomato sauce **(Dairy, Wheat) (Veg)** ..... \$3.00

### Thursday - Pizza

Thai chicken with red curry paste, satay sauce, red peppers, cilantro, red cabbage and mozzarella cheese **(Dairy, Soy, Wheat)** ..... \$4.25

Diced roasted eggplant, tomatoes and basil pesto drizzled with alfredo sauce topped with mozzarella cheese **(Dairy, Wheat) (Veg)** ..... \$3.75

Cheese pizza with mozzarella and tomato sauce ..... \$3.00

### Friday - Fish & Panini

Fish of the day **(Changes weekly)** ..... \$7.25-\$8.50

Peppered Turkey Panini with apricot and brie cheese served in a whole wheat wrap **(Dairy, Soy, Wheat)** ... \$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 May 18, 2026

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

### Monday - Tacos

Pulled pork tacos served with spicy southwestern slaw in a soft tortilla shell with sour cream, salsa and guacamole **(Dairy, Soy, Wheat)** Gluten free taco available upon request ..... One Taco \$3.25, Two Tacos \$5.95

Black bean, potato and pepper tacos with a spicy southwestern slaw in a soft tortilla shell with sour cream, salsa and guacamole **(Dairy, Soy, Wheat)** ..... One Taco \$3.25, Two Tacos \$5.95

### Tuesday - Korean BBQ Bowl

Turmeric brown rice with steamed edamame, sesame stir fry vegetables, kimchi, Gochuchang Korean BBQ sauce with choice of honey cumin tofu or Asian braised beef **(Soy, Wheat)** ..... Tofu \$5.50, Beef \$7.25

### Wednesday - Asian Stir Fry

Stir-Fry with broccoli, pea pods, onions, carrots, red cabbage and mushroom sautéed with hoisin sauce served over brown rice, option to add protein **(Soy, Wheat)** ..... Vegetable \$4.25, Tofu \$5.50, Chicken \$5.95

### Thursday - Carbonara

Penne pasta, parmesan cheese, heavy cream, onions, garlic, peas, red peppers and shiitake mushrooms **(Dairy, Wheat)** ..... Vegetable \$7.50, Bacon \$8.00

### Friday - Chef's Choice

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# Main Street Café 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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# Main Street Café Breakfast

## Menu for the week of May 18, 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
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#### 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
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#### 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

## Menu for the week of May 18, 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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