Main Street Café Crusts N' Such Week 2

Menu for the week of November 16, 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, bacon, 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.

University of Vermont Health

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Main Street Café Cook To Order

Menu for the week of November 16, 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 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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Main Street Café Breakfast

Menu for the week of November 16, 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 **(Dairy, Egg, Soy, Wheat)** (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 **(Dairy, Egg, Soy, Wheat)** or Pepper Pizza with two scrambled eggs and choice of five toppings (see below) $4.75

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 **(Dairy, Egg, Wheat)** **(Veg)** $4.50

Half Waffle **(Dairy, Egg, Wheat)** **(Veg)** $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

Oatmeal Bar $3.00

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Main Street Café

Menu for the week of November 16, 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

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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