Main Street Café Crusts N' Such Week 1

Menu for the week of October 26, 2026

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

Monday - Pizza

BBQ Chicken, cilantro, red onion and cheddar cheese **(Dairy, Wheat)** $4.25

Mushroom, spinach, roasted garlic and olive oil with smoked mozzarella **(Dairy, Wheat) (Veg)** $3.75

Cheese Pizza with mozzarella and tomato sauce **(Dairy, Wheat) (Veg)** $3.00

Tuesday - Pizza

Fajita Chicken, green bell peppers, red onion, garlic, with a roasted garlic parsley base, mozzarella cheese **(Dairy, Wheat)** $4.25

Pizza sauce, roasted red peppers, Kalamata olives, artichokes, feta cheese, garlic, mozzarella cheese **(Dairy, Wheat) (Veg)** $3.75

Cheese Pizza with mozzarella and tomato sauce **(Dairy, Wheat) (Veg)** $3.00

Wednesday

South Western Black Bean & Corn Stuffed Potato with Pepper Jack cheese and chopped cilantro sour cream **(Dairy) (GF, Veg)** $5.75

Whole Wheat Wrap with house roasted Italian beef, radicchio, arugula, garlic aioli and parmesan cheese **(Dairy, Egg, Soy, Wheat)** $5.75

Thursday

Tuna Melt Sandwich - Creamy and crunchy house-made tuna salad with tomato and Swiss cheese served on a baguette **(Dairy, Egg, Fish, Wheat)** $5.75

Chef's Choice Pizza (Changes weekly) $5.25

Friday - Fish & Panini

Fish of the day (Changes weekly) ..... $8.00-$8.50

Thai Chicken Wrap - Chicken, red pepper, red cabbage, carrots, pickled red onions and satay sauce in a whole wheat wrap **(Sesame, 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 October 26, 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 **(Veg)** $5.25, Meatballs (3) $5.95

Thursday - Souvlaki Grain Bowl

Chicken or Falafel Souvlaki Grain Bowl with cucumbers, marinated cherry tomatoes and onions over farro and barley served with pita bread and tzatziki **(Dairy, Wheat)** ..... Falafel **(Veg)** $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 October 26, 2026

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

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 October 26, 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 Snacks

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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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