Food Matters

Local Food, Healthy Choices

At The University of Vermont Medical Center, we understand that nutrition and the environment are linked to the health of our patients and our community. This is reflected in our commitment to serving fresh, locally produced, minimally processed foods and buying from over 70 farmers and food producers throughout the region. We buy local food that is nutritious, that is produced in a way that is good for our environment, and that boosts the local economy.

Garden Atrium Menu

NUTRITION SERVICES
Garden Atrium, East Pavilion 3
111 Colchester Ave.
Burlington, VT

HOURS
Monday – Friday
7:00 am – 4 pm

PHONE
(802) 847-7839
(802) 847-5823

FAX
(802) 847-7937

QUESTIONS OR COMMENTS
You can contact Tanya McDonald, Garden Atrium supervisor, at the numbers above, Monday – Friday, or email Tanya.McDonald@UVMHealth.org.

Stay up to date with our menus and daily specials on Facebook & Instagram #UVMMedFood

4/24/18
Breakfast
7:00 am - 10 am
Baked Goods Served Daily
Two Eggs $3.25
Your choice of poached or scrambled with sour dough toast
Baked Seasonal Fruit 3.95
With vanilla Greek yogurt, house made granola and local blackberry honey sauce
Ancient Grains $3.95
Served with your choice of cranberries, pecans, or brown sugar
Egg Bake of the Day 4.95
Your choice of spinach, green peppers, tomatoes, onions, chorizo sausage or cheddar cheese. Served with corn bread
Scrambled Eggs
Add Cheese $3.95 Add Toppings $4.50
Served with sour dough toast
Farmstead Eggs 6.25
Poached or scrambled organic eggs served with braised pork shoulder, pickled tomatillos and corn bread
Root Vegetable Hash $2.25
Roasted seasonal root vegetables
Root Vegetable Hash $5.25
With your choice of poached or scrambled eggs
Availability and prices are subject to change

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Roasted seasonal root vegetables
Root Vegetable Hash $5.25
With your choice of poached or scrambled eggs
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Small Plates
11:00 am to 4 pm
Soup du Jour (priced daily)
or
House made Organic Tomato Soup 2.95
Garnished with cheddar cheese and served with bread
House Salad 3.95
Local greens tossed with cranberry vinaigrette and topped with Nutty No Grainer nuts
White Bean Hummus 3.75
Hummus finished olive tapenade and fresh dill.
Served with toasted naan bread
Carrot Fritters 4.25
Served with seasonal greens tossed with feta cheese and a cranberry vinaigrette

Beverages
Vermont Coffee Co. Fair Trade Organic Coffee
Bigelow Organic Tea
Yogi Chai Tea
Choice Organic Iced Tea
Champlain Orchards Apple Cider
Natalie’s Natural Orange Juice
Aqua Vitea Kombucha
Strafford Organic Milk
Organic Soy Milk
Smoothies
We feature our house-made ice cream and other seasonal delights. Please see our menu board or ask your server for details.

Seasonal Plates
11:00 am - 4 pm
Southwestern Salad 6.75
Local greens tossed in honey cumin vinaigrette, topped with black beans, sweet potatoes, guacamole, cilantro and your choice of apple cider brined turkey or Vermont Soy tofu.
Served with cornbread
Warm Green Bean and Purple Rice Salad 5.95
With carrots, leeks, braised greens and feta cheese tossed in a sundried tomato vinaigrette
Grilled Cheese 4.50
Local Vermont cheddar cheese, cream cheese and blend of local braised greens, onions, mushrooms on sour dough bread - Served with chef’s choice side of the day
Garden Turkey Wrap 6.25
Cider brined local turkey breast with pesto mayonnaise, arugula and sliced tomatoes. Served on a wheat wrap with chef’s choice side of the day
Pork Sliders (one for 4.95, two for 6.75)
Local pork shoulder braised with vegetables, wine and herbs served with chef’s choice side of the day
New England Fish Cakes 6.75
Served on a bed of sautéed arugula with bacon, pickled root vegetables and house made remoulade
Ravioli Genovese 7.25
Roasted tomato, artichoke and mascarpone ravioli with roasted red peppers, baby spinach, shallots, garlic, white wine and basil pesto. Finished with parmesan cheese
Daily Special
Our chefs create a daily special from selected seasonal items grown exclusively in our rooftop garden