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.
# 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 Fruit** $4.50
  - With vanilla Greek yogurt, house made granola and local blackberry honey sauce

- **Ancient Grains** $4.50
  - 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

- **Atrium Guacamole Toast** $6.25
  - Scrambled eggs topped with cheddar cheese and pico salsa and grilled sourdough toast topped with guacamole. Served with a side of roasted fajita spiced fingerling potatoes

- **Fingerling Potatoes** $2.25
  - Roasted fajita spiced fingerling potatoes

Availability and prices are subject to change

# Small Plates

11:00 am to 4 pm

**Soup du Jour $3.50**

**or**

**House made Organic Tomato Soup $3.50**
  - 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** $4.95
  - Hummus finished olive tapenade and fresh dill.
  - Served with toasted naan bread

# Beverages

**Vermont Coffee Co. Fair Trade Organic Coffee**

- Bigelow Organic 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** $6.95 Tofu $6.75
  - Local greens tossed in honey cumin vinaigrette, topped with black beans, sweet potatoes, guacamole, grains, cilantro and your choice of apple cider brined turkey or Vermont Soy tofu.
  - Served with cornbread

**Warm Green Bean and Purple Rice Salad** $6.95
  - With carrots, leeks, braided greens, red rice and feta cheese tossed in a sundried tomato vinaigrette

**Grilled Cheese** $4.95
  - 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** $6.95
  - 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

**Chipotle Chicken Tostados** $6.95
  - Grilled white corn tortillas topped with local chipotle braised chicken thighs, black beans, guacamole, sour cream, cilantro and queso fresco

**New England Fish Cakes** $6.95
  - 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