Harvest Café
Menu for the week of August 3, 2020

MONDAY
Soup—Roasted Garlic and Cauliflower.................................................. $2.50
Taco Bowl ............................................................................................... $4.75
   Taco Beef, Black Beans, Corn & Rice, Coleslaw with Cilantro Lime Dressing, Salsa Verde, Tortilla Strips
Panini........................................................................................................ $4.25
   Roasted turkey wrap with cheddar cheese and cranberry salsa
Special: Potato Crusted Red Fish......................................................... $5.75

TUESDAY
Soup—Mulligawtany................................................................................ $2.50
Red-Curry Shrimp Bowl served with Veggies over
   Brown Rice........................................................................................... $5.75
Roasted chicken, spinach, mushrooms, Swiss, honey mustard in whole wheat wrap .............................................. $4.25
Special: Vegetarian Sheppard’s Pie....................................................... $4.00

WEDNESDAY
Soup—Corn Chowder* .............................................................................. $2.50
Soup—Chicken Gumbo .............................................................................. $2.50
Stew—Vegetable Chili ............................................................................... $4.00
Grilled Vegetable Ravioli with Vermont Fresh Sun-dried Tomato Pesto, White Wine served with Fresh Spinach tossed with Balsamic Vinaigrette, Walnuts, Vermont Apples and Gorgonzola Cheese ......................................................... $4.50
Turkey, Cheddar and Apples on a Croissant ........................................ $4.25
Special: Fish of the Day .......................................................................... $5.75

THURSDAY
Soup—Bean and Kale with Sausage.......................................................... $2.50
Macaroni and Cheese................................................................................ $2.25
   With Ham .............................................................................................. $3.95
   With Broccoli ...................................................................................... $2.75
Tuscan Freebird Chicken with Pesto, Spinach, Roasted Peppers and Provolone in Whole Wheat Wrap ........... $5.50
Special: Roasted Chicken......................................................................... $5.25

FRIDAY
Soup—New England Clam Chowder* .................................................... $2.50
Greek Salad with Falafel........................................................................... $4.50
   Romaine lettuce mixed with mesclun greens tossed in a lemon vinaigrette and garnished with olives, Feta cheese, red onions, & cucumbers served with or without Falafel
Coyote Quesadilla with Refried Beans, Green Chilies, Smoked Cheddar, Diced Tomatoes, on a Whole Wheat Wrap, Served with guacamole/ sour cream mix........................................... $4.00
Fish of the Day........................................................................................ $5.75

SATURDAY
Soup—du Jour ......................................................................................... $2.50
Pork Tenderloin with Fruit Salsa served with Potatoes .......... $5.75
Southwestern Chili Turkey Wrap.............................................................. $4.25
   Black beans, roasted corn, peppers and onions with pepper Jack cheese

SUNDAY
Soup—du Jour ......................................................................................... $2.50
Chef’s Choice Chicken Special................................................................. $5.25
   Turkey, Ham, Swiss Cheese and Honey Mustard on a Croissant .......... $4.25

* All gluten-free soups are prepared without gluten, in accordance with the FDA definition of gluten free. The University of Vermont Medical Center is not a gluten free facility.

OPEN SEVEN DAYS 5:00 AM—3:00 AM
MENU & PRICING SUBJECT TO CHANGE

THE University of Vermont MEDICAL CENTER
UVMHealth.org/MedCenter
ALWAYS AVAILABLE

Off the Grill—Breakfast (6:00 am—9:30 am)

One Scrambled Egg ........................................... $0.75
Add Cheddar Cheese ......................................... $1.25
Add Vegetable and Cheese ................................. $2.10

Two Scrambled Eggs .......................................... $1.50
Add Cheddar Cheese ......................................... $2.00
Add Vegetables with Cheese .............................. $2.85
Add Vegetable ................................................... $2.35

Egg Sandwich on Whole Wheat English Muffin
  Egg and Cheddar Cheese ................................ $2.05
  Egg, Vegetable and Cheddar Cheese ............... $2.30
  Egg, Sausage and Cheddar Cheese ................ $4.05
Snugg Valley Farm Sausage ............................... $1.95
Home Fries ...................................................... $1.25

Off the Grill—Lunch and Dinner

Grilled Cheddar Cheese on VT Bread Co.
Whole Wheat Bread .............................................. $2.15
Grilled Cheddar Cheese w/ choice of toppings
  (onions, mushrooms, peppers) ....................... $2.50
Charbroiled Beef Patty ........................................ $2.65
Chicken Breast—plain or Cajun ......................... $3.15
Salmon Fillet ................................................... $4.00
Southwest Black Bean Burger ........................... $2.30

Additional Charges:
Whole Wheat Roll ............................................. $0.75
Choice of unlimited toppings ............................ $0.75
Extra Cheese .................................................... $0.50

Vegetable of the Day ......................................... $1.00

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