Harvest Café
Menu for the week of May 25, 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.
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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OPEN SEVEN DAYS 5:00 AM—3:00 AM
MENU & PRICING SUBJECT TO CHANGE