Harvest Café

Menu for the week of July 20, 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

* 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.

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

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

UVMHealth.org/MedCenter
Harvest Café
Menu for the week of July 20, 2020, Cont.

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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