Harvest Café

Menu for the week of August 6, 2018

MONDAY
Soup—Cream of Broccoli* ...................................................... $2.00
Soup—Three Sisters* ............................................................ $4.00
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
Panini .................................................................................. $4.25
  Roasted turkey wrap with cheddar cheese and cranberry salsa

TUESDAY
Soup—Split Pea* ................................................................. $2.00
Soup—Chicken Gumbo ........................................................... $2.00
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

WEDNESDAY
Soup—Corn Chowder* .......................................................... $2.00
Soup—Chicken and Rice ........................................................ $2.00
Stew—Vegan 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

THURSDAY
Soup—Italian Wedding ............................................................. $2.00
Soup—Chilled Soup of the Day ............................................... $2.00
Macaroni and Cheese ............................................................ $2.25
  With Ham ............................................................................ $3.25
  With Broccoli ................................................................. $2.75
  With Ham ............................................................................ $2.75
Tuscan Freebird Chicken with Pesto, Spinach, Roasted Peppers and Provolone in Whole Wheat Wrap ................................................. $4.25

FRIDAY
Soup—New England Clam Chowder* ........................................ $2.00
Soup—Wild Rice and Mushroom ............................................. $2.00
Stew—Chicken Chili* ........................................................... $4.00
Tuscan Style Turkey with Gnocchi and Vegetables ................. $4.50
Coyote Quesadilla with Tomatoes, Avocado, Refried Beans
  And smoked Cheddar Cheese ................................................ $4.00

SATURDAY
Soup—Seven Bean ................................................................. $2.00
Sicilian Cod served with Rice and Chef’s choice
  Vegetable ............................................................................ $5.75
Southwestern Chili Turkey Wrap ........................................... $4.25
Black beans, roasted corn, peppers and onions with pepper Jack cheese

SUNDAY
Soup—Minestrone ................................................................. $2.00
Chef’s Choice Chicken Special ............................................... $5.50
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.
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Menu for the week of August 6, 2018, Cont.

ALWAYS AVAILABLE

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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 ............................. $1.75
Egg, Vegetable and Cheddar Cheese ............... $2.00
Egg, Sausage and Cheddar Cheese ............... $3.75
Snugg Valley Farm Sausage ....................... $1.95
Home Fries ..................................................... $1.00

Off the Grill—Lunch and Dinner

Grilled Cheddar Cheese on VT Bread Co.
Whole Wheat Bread ........................................ $1.95
Grilled Cheddar Cheese w/ choice of toppings
(onions, mushrooms, peppers) ....................... $2.30
Whole Wheat Flax Pita Bread filled with Grilled
Vegetables and Shiitake Ginger Dressing .......... $1.95
Charbroiled Beef Patty ................................ $2.65
Chicken Breast—plain or Cajun ..................... $3.15
Southwest Black Bean Burger ....................... $2.30

Additional Charges:
Whole Wheat Roll ............................................ $0.35
Choice of unlimited toppings ......................... $0.50
Extra Cheese .................................................. $0.50

Vegetable of the Day ...................................... $0.85