MONDAY
Soup—Roasted Garlic and Cauliflower ................................... $2.50
Shrimp or pork filled tacos topped with spicy southwestern slaw
in soft tortilla shell and served with sour cream, salsa and
guacamole
*Gluten free taco available*
One pork .................................................$2.75 or two $4.95
One shrimp........................................... $3.25 or two $5.25
Quesadillas
House roasted chicken with roasted red peppers, caramelized
Onions and maple cheddar on a whole wheat wrap........... $5.25
Whole wheat wrap filled with artichoke hearts, spinach,
garlic, feta and Vermont cream cheese.............................. $4.75

THURSDAY
Soup—Bean and Kale with Sausage ................................. $2.50
Noodle Bowl with broccoli, snow peas, bok choy, carrots,
mushrooms, and onions, sautéed with red curry broth
(contains shellfish) served over rice noodles
Choice of: chicken, shrimp or tempeh .............................. $5.95
Pizzas:
#1 Thai chicken with red curry paste satay sauce,
red peppers, red cabbage and chopped cilantro ................. $3.75
#2 Basil pesto, diced roasted eggplant and tomatoes,
drizzled with Alfredo sauce topped with mozzarella cheese .................................................. $3.25
#3 Mozzarella cheese with tomato sauce........................... $2.75

TUESDAY
Soup—Mulligatawny .................................................. $2.50
Turmeric Brown Rice Bowl, served with steamed edamame,
sesame stir-fry vegetables, kimchi, and a gochujang Korean
BBQ sauce topped with your choice of:
Honey Cumin Tofu ............................................. $3.95
Asian Braised Beef................................................ $5.95
Panini:
House roasted chicken, smoked bacon, tomato,
Spinach, cheddar cheese and garlic mayonnaise .......... $5.25
Seitan with corn, black beans, red and green peppers,
Onions, and diced tomatoes served in a sundried
Tomato wrap with tofu cilantro dipping sauce .............. $4.75

FRIDAY
Soup—New England Clam Chowder* .............................. $2.50
VT fresh tortellini with a house made roasted garlic marinara
sauce and fresh basil, drizzled with pesto oil. Sautéed with
your choice of:
Shrimp........................................................................ $6.75
Vegetables.................................................................. $5.75
Plain ......................................................................... $5.75
Panini:
Whole wheat wrap filled with black pepper roasted turkey,
brie cheese and apricot preserve .................................... $5.25
Fish of the Day.......................................................... $6.25

WEDNESDAY
Soup—Corn Chowder* .................................................. $2.50
Soup—Chicken Gumbo .................................................. $2.50
Stew—Vegetable Chili ................................................... $4.00
Stir-fry of broccoli, snow peas, onions, carrots, red cabbage and
Mushroom, with house made hoisin sauce served over rice
Plain ......................................................................... $4.25
Tofu ......................................................................... $5.25
Chicken ............................................................... $5.95
Pizzas:
#1 Pesto Cheese with diced tomatoes ......................... $3.00
#2 Hawaii with Vermont ham, pineapple, tomato sauce,
garlic and mozzarella cheese ...................................... $3.75
#3 Mozzarella cheese with tomato sauce ....................... $2.75

* 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.
Main Street Café
Menu for the week of April 27, 2020, Cont.

ALWAYS AVAILABLE

Assorted Chips .............................................. $1.00—$1.50
Planter’s Trail Mix .......................................... $0.95
VT Smoked and Cure Sticks .............................. $1.75
Fresh Fruit ................................................... $0.50—$0.75
Cheese ......................................................... $0.60

Assorted Bars and Cookies ............................... $0.80—$1.50
Assorted Muffins, Scones and Pastries ............... $1.00—$1.25
Grab n Go Sandwiches ................................. $3.50—$4.75
Green Mountain Greek Yogurt ......................... $1.50
Hummus and Pretzels ....................................... $2.95
Guacamole and Pretzels ................................... $2.95

ASSORTED BEVERAGES

Speeder and Earls Coffee .............................. $1.50—$2.00
Aqua Vitea Kambucha ...................................... $3.95
Bottled Juices ................................................ $1.35
Naked Smoothies .......................................... $3.45
Seltzers ....................................................... $1.40—$1.50
Pure Leaf Tea ............................................... $1.60—$2.50
Starbucks Cold Brew ....................................... $3.50

BREAKFAST MENU

Two Scrambled Eggs with Cheddar ................. $1.50
With Pepper Jack Cheese ............................... $2.00

Cheese Omelet (with two eggs fold with choice of Cheddar or Pepper jack Cheese) ................. $2.00

Create your own Omelet or Scrambled .......... $3.75
(two eggs plus your choice of five ingredients: spinach, onions, peppers, mushrooms, tomatoes, sausage, ham, cheese-cheddar or pepper jack)

Each Additional Topping ................................. $0.25

Breakfast Wrap (two scrambled eggs with choice of five toppings, see list above) .................. $3.75

Whole Belgian Waffle with VT Maple Syrup .... $3.75
Half ............................................................. $2.00

Whole Belgian Waffle with Toppings and Maple Syrup (choose from chocolate chips, whipped cream, organic berries) ............. $4.25
Half ............................................................. $2.50

Additional VT Maple Syrup ............................ $0.75

OPEN MONDAY—FRIDAY 6:30 AM—2:00 PM

MENU & PRICING SUBJECT TO CHANGE

University of Vermont MEDICAL CENTER

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