Main Street Café
Menu for the week of April 13, 2020

MONDAY
Soup—Roasted Garlic and Cauliflower .............................. $2.50
Soup—Green Curry Chicken ........................................ $2.50
Stew—Corn and Bean .................................................. $4.00
Shrimp or pork filled tacos served with spicy southwestern slaw
in soft tortilla shell 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

TUESDAY
Soup—Mulligatawny ..................................................... $2.50
Soup—Carrot Ginger ................................................... $2.50
Stew—Pollo Spezzatino ............................................... $4.00
Turmeric Brown Rice Bowl, served with steamed edamame,
sesame stir fry vegetables, kimchi, and a gochujang Korean BBQ
sausage variety: .................................................................$6.95
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

WEDNESDAY
Soup—Corn Chowder* ................................................. $2.50
Soup—Chicken Gumbo ................................................. $2.50
Stew—Vegetable Chili .................................................... $4.00
Stir-fry broccoli, pea pods, onions, carrots, red cabbage and
mushroom with house made hoisin sauce .............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

THURSDAY
Soup—Bean and Kale with Sausage ................................. $2.50
Soup—Red Pepper Bisque ............................................ $2.50
Stew—Turkey Butternut Chili ..................................... $4.00
Noodle Bowl with broccoli, pea pods, Bok Choy, carrots,
Mushrooms, and onions, sautéed with red curry broth
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

FRIDAY
Soup—New England Clam Chowder* .......................... $2.50
Soup—Chicken Tortilla* ............................................. $2.50
Stew—Hearty Vegetable .................................................. $4.00
VT fresh tortellini sautéed with your choice of either: Shrimp,
Vegetables or Plan with a hint of garlic and fresh basil with house
made marinara sauce and finished with a drizzle of
pesto oil ................................................................. $6.25

Panini:
Whole wheat wrap filled with black pepper roasted turkey,
brie cheese and apricot preserve ....................... $5.25
Fish of the Day ............................................................. $6.25

OPEN MONDAY—FRIDAY 6:30 AM—2:00 PM
MENU & PRICING SUBJECT TO CHANGE

* 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 April 13, 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 Belgium Waffle with VT Maple Syrup ..... $3.75
Half .......................................................................... $2.00

Whole Belgium 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

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