Main Street Café
Menu for the week of March 30, 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 sauce over 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

WEDNESDAY
Soup—Corn Chowder* ......................................... $2.50
Soup—Chicken Gumbo .......................................... $2.50
Stew—Vegetable Chili .......................................... $4.00
Stir-fry broccoli, peas 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

* 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.

OPEN MONDAY—FRIDAY 6:30 AM—2:00 PM

MENU & PRICING SUBJECT TO CHANGE
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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