Main Street Café

Menu for the week of February 17, 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
Ginger Chicken served on mixed greens with cranberries, peaches, red onions, almonds and blackberry vinaigrette ........................................ $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

* 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

THE University of Vermont MEDICAL CENTER
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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