Main Street Café
Menu for the week of January 6, 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
Main Street Café
Menu for the week of January 6, 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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