Main Street Café
Menu for the week of August 6, 2018

MONDAY
Soup—Cream of Broccoli* ................................................................. $2.00
Soup—Chicken Tortilla* ................................................................. $2.00
Stew—Three Sisters* ................................................................. $4.00
Shrimp or pork & quinoa 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 ........ $4.50
Whole wheat wrap filled with artichoke hearts, spinach, garlic, feta and Vermont cream cheese ....................... $3.75

TUESDAY
Soup—Split Pea* ..................................................................... $2.00
Soup—Chicken Gumbo* ................................................................. $2.00
Ginger Chicken served on mixed greens with cranberries, peaches, red onions, almonds and blackberry vinaigrette ................................................ $5.75

Panini:
House roasted chicken, smoked bacon, tomato, Spinach, cheddar cheese and garlic mayonnaise ........ $4.75
Seitan with corn, black beans, red and green peppers, Onions, and diced tomatoes served in a sundried Tomato wrap with tofu cilantro dipping sauce .............. $4.50

WEDNESDAY
Soup—Corn Chowder* ..................................................................... $2.00
Soup—Chicken and Wild Rice* ................................................................. $2.00
Stew—Vegan Chili* ................................................................. $4.00
Stir-fry broccoli, peppers, onions, carrots, red cabbage and mushroom with house made hoisin sauce ........ plain $3.95
................................................................. Tofu $4.50
.................................................................................... Chicken $5.25

Pizzas:
#1 Pesto Cheese with diced tomatoes................................. $3.00
#2 Hawaiian with Vermont ham, pineapple, tomato sauce, garlic and mozzarella cheese ....................... $3.75
#3 Mozzarella cheese with tomato sauce................................. $2.75

THURSDAY
Soup—Italian Wedding ................................................................. $2.00
Soup—Chilled Soup of the Day ................................................................. $2.00
Noodle Bowl with broccoli, peppers, Bok Choy, carrots, Mushrooms, and onions, sautéed with red curry broth Served over rice noodles
Choice of: chicken, shrimp or tempeh ............................................. $5.75

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* ....................................... *$2.00
Soup—Wild Rice and Mushroom* ................................................................. $2.00
Stew—Chicken Chili* ................................................................. $4.00
VT fresh tortellini and Nova Scotia shrimp sautéed with a hint of garlic and fresh basil with house made marinara sauce and finished with a drizzle of pesto oil ....................... $5.75

Panini:
Whole wheat wrap filled with black pepper roasted turkey, brie cheese and apricot preserve ......................... $4.25
Spanakopita—spinach, feta, dill, and eggs all baked in phyllo dough ................................................................. $3.95

* 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 August 6, 2018, Cont.

ALWAYS AVAILABLE

Deep River Chips .................................................. $1.00—$1.25
Food Should Taste Good ........................................... $1.25
Planter’s Trail Mix ................................................... $0.95
Odwalla Bars ............................................................. $1.50
VT Smoked and Cure Sticks ........................................ $1.75

ALWAYS AVAILABLE

Assorted Bars and Cookies ....................................... $0.65—$0.85
Assorted Muffins, Scones and Pastries ....................... $1.00—$1.25
Grab n Go Sandwiches .............................................. $3.25—$3.75
Green Mountain Greek Yogurt ................................ $1.00

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