

Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan.
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Allergen information for menu items are available and/or posted in each dining location. | www.hfs.uw.edu-eat

BIG KITCHEN

Mon–Fri: Breakfast 7:30–10 a.m. **Lunch** 11 a.m.–2 p.m. **Dinner** 5–8 p.m.

Sat–Sun: 8–10 a.m. Lunch 11 a.m.–2 p.m. **Dinner** 5–8 p.m.

SUN

Breakfast **Italian Vegetable Scramble (V)** – local cage-free eggs scrambled with roasted red peppers, pesto and Asiago, Romano, and Parmesan cheeses [calories 320]

Lunch **SoCal Fish Tacos** – SoCal-style fish tacos on a soft corn tortilla with mango slaw, sour cream and cilantro served with refried pintos beans, street corn, and roasted zucchini with cotija cheese [calories 1,480]

Plant-Based Chorizo & Potato Tacos (V) – plant-based version on a potato taco with soyrizo, habanero and tomatillo salsas served with refried pintos beans, street corn, and roasted zucchini with cotija cheese [calories 1,130]

Dinner **Grilled Salmon Teriyaki** – teriyaki-glazed grilled salmon filet served with fried brown rice, steamed broccolini, zucchini and mushroom banchan [calories 720]

Donburi Bowl With Jasmine Rice – spicy peas, Korean-style cucumber salad, sesame-ginger slaw, arugula with jasmine rice served with steamed broccolini, zucchini and mushroom banchan [calories 720]

MON

Breakfast **Bacon & Brie Scramble** – local cage-free eggs scrambled with baby spinach, bacon and brie [calories 450]

Lunch & Dinner **Beef Bolognese With Herb Pasta** – classic beef Bolognese, served with herb pasta and Parmesan cheese [calories 860]

Lentil Bolognese With Herb Pasta (VG) – seasoned lentils simmered with tomatoes, onions and herbs, served over herb pasta [calories 630]

Pasta Bar – create your own pasta with choice of pasta, sauce, protein and toppings, served with a breadstick [calories 610–1,200]

TUE

Breakfast **Plant-Based Italian Vegetable Scramble (VG)** – plant-based eggs scrambled with roasted red peppers, kale pesto and plant-based mozzarella [calories 220]

Lunch & Dinner **Pozole** – Mexican-style pork and hominy soup [calories 480]

Latin Bowl – create your own Latin bowl with choice of rice, beans, protein and toppings [calories 150–880]

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WED

Breakfast Caramelized Onion & Bacon Scramble – local cage-free eggs scrambled with caramelized onions, bacon and mozzarella cheese [calories 350]

Lunch Seared Salmon With Lemon & Dill Sauce – seared salmon filet with lemon-dill sauce, served with steamed brown rice, roasted green beans with fennel, roasted garlic and Parmesan cauliflower [calories 1,045]

White Bean Stew With Sun-Dried Tomato (V) – sun-dried tomato and white bean stew, served with steamed brown rice, roasted green beans with fennel, and roasted garlic-Parmesan cauliflower [calories 645]

Dinner Creamy Dijon & Rosemary Chicken – creamy Dijon-rosemary chicken, served with lemon-herb brown rice, green beans and tomatoes, and roasted carrots with thyme and lemon [calories 815]

Jamaican Coconut Curry With Cilantro (VG) – Jamaican-style coconut curry with vegetables, served with steamed brown rice, green beans and tomatoes, and roasted carrots with thyme and lemon [calories 715]

THU

Breakfast Congee With Ginger Pork & Egg – rice porridge, served with hardboiled egg and ginger pork [calories 560]

Congee (VG) – rice porridge [calories 310]

Lunch Seared Salmon With Lemon & Dill Sauce – seared salmon filet with lemon-dill sauce, served with steamed brown rice, roasted green beans with fennel, and roasted garlic-Parmesan cauliflower [calories 1,045]

White Bean Stew With Sun-Dried Tomato (VG) – sun-dried tomato and white bean stew, served with steamed brown rice, roasted green beans with fennel, and roasted garlic-Parmesan cauliflower [calories 645]

Dinner Creamy Dijon & Rosemary Chicken – creamy Dijon-rosemary chicken, served with lemon-herb brown rice, green beans and tomatoes, and roasted carrots with thyme and lemon [calories 815]

Jamaican Coconut Curry With Cilantro (VG) – Jamaican-style coconut curry with vegetables, served with steamed brown rice, green beans and tomatoes, and roasted carrots with thyme and lemon [calories 715]

FRI

Breakfast Plant-Based Greek Vegetable Scramble (VG) – plant-based eggs scrambled with fresh spinach, kalamata olives, sun-dried tomatoes and plant-based mozzarella cheese [calories 380]

Lunch Huli Huli Chicken – crispy chicken with sweet-and-savory huli huli sauce, served with fried brown rice, ginger snap peas and stir fry vegetables [calories 1,260]

Plant-Based Sweet & Sour Nuggets (VG) – plant-based protein tossed with sweet-and-sour sauce, served with fried brown rice, ginger snap peas and stir fried vegetables [calories 1,170]

Dinner Sweet BBQ Beef Brisket – baked beef brisket glazed with BBQ sauce, served with barbeque baked beans, slow-cooked collard greens, and lemon-and-garlic roasted asparagus [calories 910]

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Charbroiled Smokin' Tempeh (V) – smoky-and-sweet charred tempeh, served with barbeque baked beans, slow-cooked collard greens, and lemon-and-garlic roasted asparagus [calories 1,100]

SAT

Breakfast Southwest Scramble With Cheddar Cheese (V) – local, cage-free eggs scrambled with roasted red peppers, corn, black beans and cheddar cheese [calories 370]

Lunch Roasted Lemon-Thyme Chicken Quarters – honey-lemon-thyme roasted chicken, served with cheese smashed potatoes, steamed spiced broccolini, and grilled zucchini and yellow squash [calories 1,155]

Creole Red Beans (V) – Creole-style red beans, served with steamed brown rice, steamed spiced broccolini, and grilled zucchini and yellow squash [calories 605]

Dinner Roasted Haddock With Fennel-Citrus Slaw – roasted haddock with fennel-citrus slaw, served with creamy Parmesan-pesto polenta, rosemary roasted cauliflower, and blistered green beans with garlic [calories 910]

Quinoa Bim Bop Bowl (VG) – quinoa, grilled tofu, carrots, red cabbage, red bell peppers, cucumbers, green onions and miso vinaigrette [calories 570]

DELI SANDWICH SPECIAL

Mon–Fri 11 a.m.–8 p.m.

Sat–Sun 10 a.m.–8 p.m.

Cuban Pork Sandwich – roasted pork, ham, Swiss cheese, yellow mustard and pickles on a baguette [calories 720]

Spicy Tofu Wrap (VG) – spicy tofu salad with red onion, tomato and lettuce wrapped in a spinach tortilla [calories 570]

DUB STREET BURGERS SPECIAL

Sun–Fri: Lunch 11 a.m.–2 p.m. Dinner 4–8 p.m. Late Night 8–10 p.m.

Sat: Closed

Mushroom-Cheddar Burger – beef patty with cheddar, sautéed mushrooms, lettuce, tomato, onion and Parmesan aioli on a toasted bun [calories 780]

GLOBAL

Lunch (Mon–Fri, 11 a.m.–2 p.m.) Dinner (Mon–Fri, 5–8 p.m.)

Lunch & Dinner Indian Cuisine – create your own plate with choice of one entrée, three side items, sauce and choice of bread [calories 460–1,020]

TERO

Lunch (Mon–Fri, 11 a.m.–2 p.m.) Dinner (Sun–Thu, 5–8 p.m.)

Totally Taos Bowl (V) – bulgur, arugula, black beans, corn, fire-roasted peppers, roasted mushrooms, roasted sweet potatoes and avocado topped with cotija cheese, tortilla chips and toasted pepitas, tossed with tomatillo salsa [calories 790]

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