

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

SUN

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 **SoCal Fish Tacos** – SoCal-style fish tacos on a soft corn tortilla with mango slaw, served with cilantro rice, calabacitas, grilled zucchini and yellow squash [calories 1,000]

Stuffed Poblano Peppers (V) – poblano pepper filled with black beans, coconut-based cheese and tomatoes, served with ancho tomato sauce, cilantro rice, calabacitas, and grilled zucchini and yellow squash [calories 950]

Dinner **Pork Tacos al Pastor** – street-style al pastor tacos with pork in soft corn tortillas and mildly spicy pico de gallo and pineapple salsa, served with arroz blanco, refried pintos beans, sautéed zucchini and tomatoes [calories 380]

Plant-Based Chorizo & Potato Tacos (VG) – plant-based version on a potato taco with soyrizo, habanero and tomatillo salsas, served with arroz blanco, refried pintos beans, and sautéed zucchini and tomatoes [calories 1,070]

MON

Breakfast **Denver Scramble** – local cage-free eggs scrambled with ham, peppers, onion and cheddar [calories 370]

Lunch & Dinner **Gnocchi Pomodoro With Arugula (V)** – gnocchi tossed with fresh arugula, fire-roasted tomatoes, red chili flakes and mozzarella [calories 520]

TUE

Breakfast **Tofu Scramble With Pepper & Onion (VG)** – tofu scrambled with green bell peppers and onions [calories 180]

Lunch & Dinner **Chicken Enchilada & Green Chili Sauce** – chicken enchiladas topped with cheese and green chili sauce [calories 160]

Cheese Enchilada (V) – corn tortillas filled with cheddar cheese, smothered in red chili enchilada sauce [calories 210]

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WED

Breakfast Breakfast Tacos – local cage-free eggs scrambled with bacon, cheddar, green onions and tomatillo salsa in a flour tortilla [calories 620]

Plant-Based Breakfast Tacos (VG) – plant-based egg, meatless chorizo, mozzarella, green onion and tomatillo salsa in a flour tortilla [calories 400]

Lunch Roasted Garlic-Rosemary Chicken Thigh – roasted garlic-rosemary chicken thigh, served with creamy cheese polenta, roasted carrots with thyme and lemon, and roasted seasoned broccoli florets [calories 890]

BBQ Tofu Spoon Burger Sandwich (VG) – minced tofu, yellow onions, green chili and BBQ sauce on a whole wheat bun, served with roasted carrots with thyme and lemon, and roasted seasoned broccoli florets [calories 630]

Dinner Salmon Piccata – roasted salmon with caper cream sauce, served with tomato, artichoke and kale pesto gemelli pasta, blistered green beans with garlic, and grilled zucchini and yellow squash [calories 1,200]

Mushroom Lasagna (V) – mushroom ragout with ricotta-mozzarella filling stacked five-layers high and topped with mozzarella cheese, served with blistered green beans with garlic, and grilled zucchini and yellow squash [calories 480]

THU

Breakfast Mushroom, Onion & Plant-Based Cheese Scramble (VG) – plant-based eggs scrambled with mushrooms, onions and plant-based mozzarella [calories 290]

Lunch Roasted Garlic-Rosemary Chicken Thigh – roasted garlic-rosemary chicken thigh, served with creamy cheese polenta [calories 2,885]

BBQ Tofu Spoon Burger Sandwich (VG) – minced tofu, yellow onions, green chili and BBQ sauce on a whole wheat bun, served with roasted carrots with thyme and lemon, and roasted seasoned broccoli florets [calories 630]

Dinner Szechuan Beef Stir Fry – thinly sliced beef and vegetables in a slightly spicy Szechuan sauce, served with steamed brown rice, garlic broccoli and miso stir-fried vegetables [calories 1,170]

Crispy-Baked Orange Tofu (VG) – baked orange-marinated tofu, served with steamed brown rice, garlic broccoli and miso stir-fried vegetables [calories 860]

FRI

Breakfast Chorizo, Pico & Cheddar Scramble – local cage-free eggs scrambled with chorizo, pico de gallo and cheddar cheese [calories 360]

Lunch Roasted & Blackened True Cod – roasted cod with a smoky-and-spicy dry rub, served with vegetable dirty rice, slow-cooked collard greens, and sweet corn succotash [calories 690]

Grilled & Marinated Portobello Mushroom (VG) – grilled balsamic-marinated portobello mushrooms, served with vegetable dirty rice, slow-cooked collard greens, and sweet corn succotash [calories 670]

Dinner Szechuan Beef Stir Fry – thinly sliced beef and vegetables in a slightly spicy Szechuan sauce, served with steamed brown rice, garlic broccoli and miso stir-fried vegetables [calories 1,170]

Crispy-Baked Orange Tofu (VG) – baked orange-marinated tofu, served with steamed brown rice, garlic broccoli and miso stir-fried vegetables [calories 860]

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SAT

Breakfast Sausage-Potato Scramble – local cage-free eggs scrambled with potatoes, sausage, peppers, onions, cheddar and scallions [calories 380]

Lunch Shrimp Fra Diavolo – penne pasta and shrimp in fra diavolo sauce, topped with parsley and Parmesan cheese [calories 1,725]

Eggplant Caponata (VG) – Sicilian-inspired caponata of eggplant, fennel, kalamata olives and tomatoes with capers, oregano and parsley [calories 1,215]

Dinner Roasted Jerk Chicken Quarter – roasted chicken quarter with jerk seasoning, served with fried chile plantains, jerk green beans, and Jamaican sautéed cabbage [calories 1,190]

Grilled Garlic-Citrus Tempeh (V) – citrus-marinated tempeh, served with fried chile plantains, jerk green beans, and Jamaican sautéed cabbage [calories 1,130]

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

Jam Session Burger – beef patty, bacon jam, brie cheese, green leaf lettuce, red onion, tomato and DUB sauce on a toasted bun [calories 750]

GLOBAL

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

Lunch & Dinner African Cuisine – create your own plate with choice of one entrée, three side items, sauce and choice of bread [calories 650–1,250]

TERO

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

Sabra Bowl (V) – cous cous, barley, eggplant, hard-cooked egg, tomatoes, hummus, Mama Lil’s peppers and lemon-tahini dressing [calories 890]

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