



Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan. hp = made with certified halal protein. Eating raw and/or undercooked foods may increase the risk of food borne illness. Menu subject to change without notice. Allergen information for menu items are available and/or posted in each dining location. | www.hfs.uw.edu/eat

PLATE

SUN

Brunch **Bacon, Sausage Link, Plant-Based Sausage (VG) Biscuit and Sausage Gravy, Hash Browns (VG) and Plain Scrambled Eggs (V)** [calories 130–450]

Dinner **Cocoa-Chile Pork Lion** – Cocoa-chili roasted pork loin, served with cranberry-chipotle sauce, cilantro rice, pinto beans and Mexican street corn [calories 1000]

Stuffed Poblano Pepper With Chipotle Yams (V) – Poblano pepper filled with black beans, cheese and tomatoes, served with ancho tomato sauce and chipotle yams [calories 670]

MON

Breakfast **Caramelized Onion-Bacon-Mozzarella Scramble** – Local cage-free eggs scrambled with caramelized onion, bacon and mozzarella cheese [calories 280]

Lunch **Mole Chicken (HP)** – Roasted chicken hindquarter, served with housemade mole sauce, arroz blanco, black beans and Mexican street corn [calories 1050]

Sweet Potato & Poblano Tostada (VG) – Crisp white corn tortilla topped with veggies, fresh lettuce and fresh salsa, served with black beans and choice of brown rice or arroz blanco [calories 690–720]

Dinner **Cocoa-Chile Pork Lion** – Cocoa-chili roasted pork loin, served with cranberry-chipotle sauce, cilantro rice, pinto beans and Mexican street corn [calories 1000]

Stuffed Poblano Pepper With Chipotle Yams (V) – Poblano pepper filled with black beans, cheese and tomatoes, served with ancho tomato sauce and chipotle yams [calories 670]

TUE

Breakfast **Chorizo Scramble** – Local cage-free eggs scrambled with chorizo sausage, pico de gallo and cheddar cheese [calories 360]

Lunch & **Build Your Own Latin Bowl**

Dinner **Base Includes:** Cilantro or tomato rice with pinto beans, black beans or quinoa salad, served with choice of toppings [calories 250–300]

Options to Add: Beef barbacoa, chicken tinga, pork verde, plant-based chorizo [calories 180–250]

Toppings: Pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110]

WED

Breakfast Salami & Onion Scramble – Local cage-free eggs scrambled with salami, caramelized onions and mozzarella cheese [calories 410]

Lunch Mole Chicken (HP) – Roasted chicken hindquarter, served with housemade mole sauce, arroz blanco, black beans and Mexican street corn [calories 1050]

Sweet Potato & Poblano Tostada (VG) – Crisp white corn tortilla topped with veggies, fresh lettuce and fresh salsa, served with black beans and choice of brown rice or arroz blanco [calories 690–720]

Dinner Blackened Pollock – Spice-roasted pollock, served with Cajun lemon sauce, cheddar grits and roasted peppers and green beans [calories 560]

Creole Vegetable Stew (VG) – Onions, peppers and squash in a bayou-seasoned tomato sauce over red beans, with choice of brown or jasmine rice [calories 450–470]

THU

Breakfast Blueberry Pancakes (V) – Buttermilk pancakes with blueberries [calories 200]

Lunch Beef Tagine – Slightly spicy beef stew with apricots, peas and harissa, served with a choice of brown or jasmine rice or spiced couscous [calories 640–690]

Winter Vegetable Yam Tagine (VG) – Vegan stew of root vegetables, dried fruits and spices, served with a choice of brown or jasmine rice or spiced couscous [calories 590–610]

Dinner Blackened Pollock – Spice-roasted pollock, served with Cajun lemon sauce, cheddar grits and roasted peppers and green beans [calories 560]

Creole Vegetable Stew (VG) – Onions, peppers and squash in a bayou-seasoned tomato sauce over red beans, with a choice of brown or jasmine rice [calories 450–470]

FRI

Breakfast Sausage & Swiss Scramble – Local cage-free eggs scrambled with sausage, peppers, onion and Swiss cheese [calories 410]

Lunch Beef Tagine – Slightly spicy beef stew with apricots, peas and harissa, served with a choice of brown or jasmine rice or spiced couscous [calories 640–690]

Winter Vegetable Yam Tagine (VG) – Vegan stew of root vegetables, dried fruits and spices, served with a choice of brown or jasmine rice or spiced couscous [calories 590–610]

SAT

Brunch Bacon, Sausage Link, Plant-Based Sausage (VG), Biscuit and Sausage Gravy, Hash Browns (VG) and Plain Scrambled Eggs (V) [calories 130–450]

DELI SANDWICH SPECIAL

Honey-Mustard Chicken Wrap – Crispy chicken, honey-mustard dressing, Parmesan cheese and fresh vegetables wrapped in a flour tortilla [calories 860]

Italian Club – Genoa salami, smoked ham, crispy bacon, Mama Lil’s peppers, eggless mayoli, fresh veggies on a telera roll [calories 580]

Pastrami & Swiss – Pastrami, Swiss cheese, red onion marmalade, stone-ground mustard-mayo, fresh vegetables on multigrain bread [calories 730]

DUB STREET BURGERS SPECIAL

Burning Love – All-beef patty with pepper jack cheese, jalapeno peppers, lettuce, tomato, onions and chipotle mayo on a toasted bun [calories 710]

Fry Special – Wedge fries [calories 410]

NOODLE

LUNCH (Mon–Fri)

DINNER (Sun–Thu)

Lunch **Green Curry Pork** – Pork and vegetables in a green coconut curry, served with cucumber salad and choice of brown or jasmine rice [calories 670–690]

Chicken Pad Thai With Peanuts – Rice noodles with chicken and egg in a tamarind sauce, topped with sprouts, herbs, lime and peanuts [calories 730]

Tofu Pad Thai With Peanuts (VG) – Rice noodles with tofu and plant-based egg substitute in a tamarind sauce, topped with sprouts, herbs, lime and peanuts [calories 470]

Dinner **Red Curry Shrimp** – Shrimp and vegetables in a red coconut curry, served with cucumber salad and choice of brown or jasmine rice [calories 370–390]

Chicken Pad Thai With Peanuts – Rice noodles with chicken and egg in a tamarind sauce, topped with sprouts, herbs, lime and peanuts [calories 730]

Tofu Pad Thai With Peanuts (VG) – Rice noodles with tofu and plant-based egg substitute in a tamarind sauce, topped with sprouts, herbs, lime and peanuts [calories 470]

SELECT

LUNCH (Mon–Fri)

DINNER (Sun–Thu)

Lunch & Dinner **Mediterranean Bowl** – Falafel, chickpea salad, Greek salad, mixed greens, tomato, green beans with your choice of brown or jasmine rice [calories 360–390]

Options to Add: Rosemary chicken (HP) [calories 310], lemon-garlic beef (HP) [calories 180], falafel (VG) [calories 170]