BIG KITCHEN

M-F: Breakfast: 7:30am – 10am, Lunch 11am – 2pm, Dinner 5pm – 8pm
Sat & Sun: 10am – 2pm

MON

**Breakfast**

**Ham and Cheddar Scramble** – local cage-free eggs scrambled with ham and cheddar cheese [calories 300]

**Lunch & Dinner**

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

**Mushroom Lasagna (V)** – mushroom ragout and ricotta-mozzarella filling stacked five layers high and topped with mozzarella cheese [calories 180]

TUE

**Breakfast**

**Tofu Scramble (VG)** – plain tofu scramble [calories 130]

**Lunch & Dinner**

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

**Mushroom Poblano Taco with Brown Rice (V)** – mushroom-poblano “taco” with cheddar and jack cheese over fry bread, served with pinto beans, brown rice, pico de gallo and sour cream [calories 970]

WED

**Breakfast**

**Caprese Scramble (V)** – local cage-free eggs scrambled with tomato, mozzarella cheese and fresh basil [calories 290]

**Lunch**

**Roasted Memphis Pork Loin** – roasted pork loin seasoned with Worcestershire and a mix of cayenne paprika spices, served with baked macaroni and cheese, honey glazed carrots, and steamed spiced broccolini [calories 1,205]

**Plant-Based Nashville Hot Nuggets (V)** – plant-based protein nuggets tossed in Nashville hot sauce, served with macaroni and cheese, honey glazed carrots, and steamed spiced broccolini [calories 1,385]

**Dinner**

**Sweet Chipotle Glazed Boneless Wings** – crispy boneless chicken wings tossed in a sweet and smoky chipotle sauce, served with jojo’s, fajita vegetables, and calabacitas [calories 1,030]

**Plant-Based Bourbon-Style Glazed Nuggets (VG)** – plant-based protein nuggets tossed in a sweet and smoky chipotle sauce, served with jojo’s, fajita vegetables, and calabacitas [calories 1,320]
## THU

| Breakfast | Plant Based Scramble (VG) – plant-based egg scramble [calories 240] |
| Lunch | Roasted Memphis Pork Loin – roasted pork loin seasoned with Worcestershire and a mix of cayenne paprika spices, served with baked macaroni and cheese, honey glazed carrots, and steamed spiced broccolini [calories 1,840] |
| Plant-Based Nashville Hot Nuggets (V) – plant-based protein nuggets tossed in Nashville hot sauce, served with macaroni and cheese, honey glazed carrots, and steamed spiced broccolini [calories 790] |
| Dinner | Poke Bowl – seared tuna, cilantro lime brown rice, seaweed salad, edamame, roasted corn, scallion, and poke sauce, served with shoestring potato fries, fried brussels sprouts, and grilled asparagus [calories 630] |
| Spicy Tofu Salad (VG) – spicy marinated-tofu with sambal, ginger and tamari, served with steamed jasmine rice, seaweed salad, and boiled edamame pods [calories 390] |

## FRI

| Breakfast | Meatlovers Scramble – local cage-free eggs scrambled with ham, bacon, Italian sausage and cheddar cheese [calories 370] |
| Lunch | Cranberry Citrus Seared Salmon – seared salmon with cranberry-citrus sauce, served with brown rice with tomato, onion, and basil, blistered green beans with garlic, and roasted zucchini [calories 895] |
| Grilled Balsamic-Marinated Portobello Mushroom (VG) – grilled balsamic-marinated portobello mushrooms, served with brown rice with tomato, onion, and basil, blistered green beans with garlic, and roasted zucchini [calories 635] |
| Dinner | Poke Bowl – seared tuna, cilantro lime brown rice, seaweed salad, edamame, roasted corn, scallion, and poke sauce, served with shoestring potato fries, fried brussels sprouts, and grilled asparagus [calories 630] |
| Spicy Tofu Salad (VG) – spicy marinated-tofu with sambal, ginger and tamari, served with steamed jasmine rice, seaweed salad, and boiled edamame pods [calories 550] |

## SAT

| Brunch | Bacon and Onion Quiche – bacon and onion in a rich baked custard and a flaky crust [calories 460] |
| Dinner | Braised Brisket with Horseradish Jus – braised brisket served with horseradish jus, served with griddled potato latkes, cranberry brown butter brussels sprouts, and petit arugula salad [calories 1,110] |
| Equinox Bowl with Toasted Almonds (V) – grain bowl with quinoa, chickpeas, golden raisins, roasted root vegetables, harissa vinaigrette, greens, feta cheese and toasted almonds [calories 560] |

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan 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](http://www.hfs.uw.edu-eat)
DELI SANDWICH SPECIAL
Mon–Fri: 11am – 8pm
Sat & Sun: 10am – 8pm

Grilled Chicken Caesar Wrap – grilled garlic-lemon chicken, parmesan cheese with Caesar dressing and fresh vegetables in a flour tortilla [calories 660]

Plant-Based BBQ Wrap (VG) – crispy plant-based nuggets, caramelized onion, Ray’s BBQ sauce, plant-based cheese, and fresh veggies in a flour tortilla [calories 730]

DUB STREET BURGERS SPECIAL
Sun–Fri: Lunch 11am-2pm, Dinner 5–8pm
Sat: Closed

Southern Exposure Sandwich – fried green tomatoes, bacon, smoked provolone, remoulade, lettuce, tomato and onion on a toasted bun [calories 590]

GLOBAL LUNCH (MON–FRI 11am – 2pm)

Roasted Teriyaki Chicken Thigh – teriyaki-marinated and roasted chicken thighs and green onions, served with fried brown rice, stir fried bok choy, and vegetables [calories 980]

Crispy Fried Teriyaki Tofu Bites (VG) – crispy bites of teriyaki tofu and garnished with green onion, served with fried brown rice, stir fried bok choy, and vegetables [calories 650]

Kalbi Beef – roasted Korean-style marinated beef, served with sesame snap peas, quick sesame slaw, and steamed jasmine rice [calories 815]

Plant-Based Kalbi Burrito (V) – Korean-style plant-based protein wrapped in a spinach tortilla with jasmine rice, kimchi, daikon, red cabbage, green onion, sriracha mayoli and cilantro, served with quick sesame slaw and sesame snap peas [calories 1,065]

TERO LUNCH (MON–FRI 11am – 2pm) DINNER (SUN–THU 5pm – 8pm)

Three Sisters Wild Rice Bowl (V) – bowl with wild rice, three sisters vegetables, toasted pepitas with a maple vinaigrette [calories 890]