



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 foodborne 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 Open Monday through Sunday

Breakfast 6:30–10 a.m. Lunch 11 a.m.–2 p.m. Dinner 5–8 p.m.

SUN

Breakfast Chicken & Waffles – Golden waffles and crispy fried chicken that can be topped with our syrup, honey or spicy honey [calories 1,200]

Plant-Based Spinach & Mushroom Scramble (VG) – Plant-based scramble with baby spinach, mushrooms and shredded plant-based mozzarella [calories 230]

Lunch Grilled Rosemary Flank Steak – Garlic-and-rosemary-marinated and grilled flank steak, served with steamed-and-spiced green beans, roasted cherry tomatoes, garlic-rosemary potatoes, creamy cheese polenta and a beet-orange salad [calories 775]

Grilled Citrus-Garlic Tempeh (VG) – Grilled marinated tempeh, served with steamed-and-spiced green beans, roasted cherry tomatoes, garlic-rosemary potatoes, creamy cheese polenta and a beet-orange salad [calories 845]

Dinner Roasted Citrus Salmon – Oven-roasted salmon topped with citrus salsa verde, served with seasoned steamed asparagus, cauliflower gratin, steamed-and-spiced broccolini, and roasted red and gold potatoes [calories 795]

Ratatouille (VG) – Provence-inspired medley with zucchini, squash, green bell pepper, red onion and eggplant, served with seasoned steamed asparagus, cauliflower gratin, steamed-and-spiced broccolini, and roasted red and gold potatoes [calories 855]

MON

Breakfast Caprese Scramble – Local cage-free eggs scrambled with fresh tomatoes, basil and mozzarella cheese [calories 290]

Plant-Based Caprese Scramble (VG) – Plant-based scrambled eggs with tomatoes, plant-based mozzarella and fresh basil [calories 240]

Lunch Barramundi With Parsley Sauce – Grilled barramundi fillet topped with parsley sauce, served with steamed-and-spiced broccolini, lemon-garlic asparagus, oven-roasted carrots, and roasted rosemary-garlic potatoes [calories 815]

Blackened Tofu (VG) – Seared tofu tossed in our blackening seasoning topped with a spicy remoulade and served with steamed spiced broccolini, lemon and garlic asparagus, oven roasted carrots, and roasted rosemary and garlic potatoes [calories 745]

Dinner Chermoula Flank Steak – Grilled chermoula-marinated flank steak, served with braised red cabbage, steamed-and-spiced green beans, turmeric cauliflower with raisins, and ras el hanout-spiced couscous [calories 625]

Marinated Citrus-Garlic Tempeh (VG) – Grilled citrus-marinated tempeh, served with braised red cabbage, steamed-and-spiced green beans, turmeric cauliflower with raisins, and ras el hanout-spiced couscous [calories 705]

TUE

Breakfast Southwest Scramble (V) – Local cage-free eggs scrambled with spam, red pepper, corn, black beans and shredded Monterey Jack cheese [calories 280]

Tofu Scramble With Sun-Dried Tomatoes (VG) – Plant-based eggs scrambled with julienne sun-dried tomatoes and plant-based mozzarella [calories 260]

Lunch & Dinner Build Your Own Latin Bowl

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

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

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

WED

Breakfast Green Eggs & Ham – Local cage-free eggs scrambled with diced ham, basil pesto, and mozzarella cheese [calories 460]

Plant-Based Scrambles With Soyrito (V) – Plant-based eggs scrambled with pico de gallo, soy-based chorizo and vegan mozzarella [calories 280]

Lunch Apple Cider-Glazed Pork Loin – Roasted pork loin with an apple cider glaze, served with herbed cauliflower pilaf, steamed-and-spiced snap peas, superfood slaw, and roasted bell peppers and onions [calories 735]

Additude Bowl – Vegetable bowl of steamed brown rice, French lentils, kale-gomen greens, roasted carrots, hardboiled eggs and turmeric-roasted cauliflower topped with **addis** green goddess dressing [calories 640]

Dinner Chermoula Flank Steak – Grilled chermoula marinated flank steak, served with braised red cabbage, steamed-and-spiced green beans, turmeric cauliflower with raisins, and ras el hanout-spiced couscous [calories 625]

Marinated Citrus-Garlic Tempeh (VG) – Grilled citrus-marinated tempeh, served with braised red cabbage, steamed-and-spiced green beans, turmeric cauliflower with raisins, and ras el hanout-spiced couscous [calories 705]

THU

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

Plant-Based Mushroom-Poblano Scramble (VG) – Plant-based eggs scrambled with poblano peppers, red peppers, onions, mushrooms and vegan mozzarella [calories 180]

Lunch Korean Fried Chicken – Crispy fried chicken tossed in gochujang sauce, served with stir fry vegetables, carrot-mushroom-kimchi banchan, and your choice of white or brown rice [calories 620]

Plant-Based Korean BBQ Nuggets (VG) – Plant-based nuggets tossed in gochujang sauce, served with stir fry vegetables, carrot-mushroom-kimchi banchan, and your choice of white or brown rice [calories 640]

Dinner Pork Tamales – Pork tamales topped with ancho tomato sauce, served with braised beets, fried chile plantains, pinto beans, and roasted bell peppers and onions [calories 1,140]

Cheese Tamales (V) – Green chili-and-cheese tamales topped with ancho tomato sauce, served with braised beets, fried chile plantains, pinto beans, and roasted bell peppers and onions [calories 1,160]

FRI

Breakfast Greek Scramble (V) – Local cage-free eggs scrambled with spinach, sun-dried tomatoes, kalamata olives and feta cheese [calories 330]

Plant-Based Scramble With Peppers (VG) – Plant-based tofu scramble with red and green bell peppers and plant-based mozzarella [calories 250]

Lunch Grilled Rosemary Flank – Grilled garlic-and-rosemary-marinated flank steak, served with roasted asparagus, grilled zucchini and yellow squash, herbed cauliflower, and roasted rosemary-garlic potatoes [calories 790]

Grilled Pineapple & Jalapeno Tempeh (VG) – Grilled tempeh in tropical pineapple-jalapeno marinade, served with roasted asparagus, grilled zucchini and yellow squash, herbed cauliflower, and roasted rosemary-garlic potatoes [calories 850]

Dinner **CLOSED FOR DINNER**

Brunch Chorizo Breakfast Burrito – Scrambled eggs, chorizo, Yukon gold potatoes and cheddar cheese in a flour tortilla, served with tropical dragon fruit mix [calories 990]

Tofu & Bean Burrito (VG) – Tofu, black beans, potato and spices, served with tropical dragon fruit mix [calories 590]

Lunch Pork Tamales – Pork tamales topped with ancho tomato sauce, served with braised beets, fried chile plantains, pinto beans, and roasted bell peppers and onions [calories 1,140]

Cheese Tamales (V) – Green chili and cheese tamales topped with ancho tomato sauce, served with braised beets, fried chile plantains, pinto beans, and roasted bell peppers and onions [calories 1,160]

Dinner Beef Bolognese Lasagna – Meat-and-cheese-filled Italian lasagna, served with roasted yellow squash and zucchini, roasted balsamic brussels sprouts, spiced butternut squash, and a baked breadstick [calories 635]

Mushroom Lasagna (V) – Mushroom-and-cheese-filled lasagna, served with roasted yellow squash and zucchini, roasted balsamic brussels sprouts, spiced butternut squash, and a baked breadstick [calories 635]

MARKET DELI Open 7 days a week

Tue–Fri 7:30 a.m.–8 p.m.

Sat & Sun 8 a.m.–8 p.m.

DELI SANDWICH SPECIAL

Ham & Brie Sandwich – Ham and brie with stone-ground mustard marmalade, arugula and fresh vegetables on a banh mi roll [calories 660]

Caprese Sandwich (VG) – Fresh mozzarella, Roma tomato, fresh basil and balsamic vinaigrette on a baguette [calories 590]

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

DUB STREET BURGERS

Mon–Fri Lunch 11 a.m.–1:30 p.m. Dinner 5–7 p.m.

Sat & Sun 5–7 p.m.

BURGER SPECIAL

Monday – Smokehouse Burger – All-beef patty, onion rings, cheddar cheese, bacon and BBQ sauce on a toasted bun [calories 910]

Tuesday – Salmon Verde Burger – Grilled salmon patty, verde mayoli, tomato, lettuce and onion on a toasted bun [calories 535]

Wednesday – Fish Sandwich – Breaded cod fillet, tartar sauce, white cheddar, lettuce, tomato and red onion on a toasted bun [calories 643]

Thursday – Buffalo Chicken Burger – Crispy chicken fritter with sliced marbled blue cheese, buffalo sauce, lettuce, tomato and red onion on a toasted bun [calories 768]

Friday – Hellfire Burger – All-beef patty, jalapeños, lettuce, tomato, red onion and chipotle mayoli on a toasted bun [calories 660]

NOODLE

Lunch Mon–Fri 11 a.m.–1:30 p.m. Dinner Tue–Thu 5–7 p.m.

Pesto Tortellini Salad – Tri-color tortellini with pesto, crushed red pepper, red bell pepper and Parmesan cheese [calories 240]

Pasta Bar – Create your own pasta – choices include protein, sauce, toppings and extras [calories 390–480]

SELECT

Lunch Tue–Fri 11 a.m.–2 p.m. Dinner Tue–Thu 5–8 p.m.

Lunch & Dinner Moroccan Bowl (VG) – Ras el hanout-spiced zucchini and tomatoes, quinoa tabbouli, mixed greens and your choice of brown or jasmine rice [calories 360–380]

Options to Add: Baked chermoula chicken [calories 260], harissa chickpea salad [calories 100]