# **Breakfast**

# **Hours**

**Mon-Fri:** 7:30-11 a.m. **Sat-Sun:** 8-11 a.m.

## **Daily Specials**

## **Monday**

**Bacon-Cheddar Breakfast Taco** – Scrambled eggs, cheddar cheese, green onions, flour tortilla

### **Tuesday**

**Plant-Based Soyrizo Breakfast Taco** – Scrambled eggs, plant-based Soyrizo, plant-based cheddar cheese, green onions, flour tortilla

### Wednesday

**Griddled Cuban Breakfast Sandwich** – Pork, sliced ham, egg patty, Swiss cheese, pickle, mustard, baguette

## **Thursday**

**Bacon Breakfast Burrito** – Scrambled eggs, bacon, black beans, cheddar cheese, flour tortilla

### **Friday**

Tofu & Bean Burrito - Tofu, black beans, potato, cumin, curry powder

# Salad Bar: Yogurt & Fruit Breakfast Bar

Selection of yogurt, granola and seasonal fruit



# Lunch/Dinner

# **Hours**

**Sun-Sat:** 11 a.m.-9 p.m.

### Salad Bar

Rotating selection of greens, toppings and dressings. UW Farm produce provided when available.

## Weekly Specials

### **Griddled Roasted Vegetable Sandwich**

Roasted eggplant, grilled onion and zucchini, fire-roasted red pepper and pesto mayoli on focaccia

### **Bacon and Blue Sandwich**

Bacon and sliced blue cheese with grain mustard eggless mayoli on nine-grain bread

## Sandwiches & Wraps

### **Italian Club Sandwich**

Genoa salami, smoked ham, crispy bacon, Mama Lil's pepper eggless mayo, fresh veggies, telera bun

#### **BLTC Sandwich**

Bacon, lettuce, tomato, white cheddar, sourdough bread

#### Caprese Sandwich

Fresh mozzarella, Roma tomato, fresh basil, balsamic vinaigrette, baguette

### **Tofu Goddess Sandwich**

Marinated tofu, avocado, plant-based cheese, lettuce, red onion, toasted focaccia bread

#### **Ham & Havarti Sandwich**

Hardwood-smoked ham, Havarti, mayoli, Dijon mustard, choice of veggies, telera bun

## Spicy Tofu Wrap

Spicy tofu salad, red onion, tomato, lettuce, flour tortilla

#### **BBQ Chicken Wrap**

Crispy chicken, caramelized onions, Ray's BBQ sauce, pepperjack cheese, fresh veggies, flour tortilla

#### **Roasted Vegetable Wrap**

Sesame hummus, caramelized onion, roasted vegetables, flour tortilla

#### Grilled Plant-Based Cheese Sandwich

Plant-based cheddar cheese, sourdough bread

#### **Grilled Cheese & Tomato Soup**

Cheddar cheese, American cheese, sourdough bread, tomato soup



Hours of Operation: hfs.uw.edu-eat

# Soup

**Sweet Potato Chipotle** 

Fiery Two-Bean

**Dessert** 

**Chocolate Brownie** 

**Plant-Based Coconut Ranger Cookie** 

