BIG KITCHEN

Mon–Fri: Breakfast 7–9 a.m.  Lunch 11 a.m.–1:30 p.m.  Dinner 5–7 p.m.

SUN

CLOSED

MON

**Breakfast**  Andouille Sausage-Pepperjack Scramble – local cage-free eggs scrambled with andouille sausage, corn, peppers and pepperjack cheese [calories 290]

**Lunch**  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, slow-cooked collard greens, and red potato salad [calories 640]

**Dinner**  Roasted Garlic-Rosemary Chicken Thigh – roasted garlic-rosemary chicken thigh, served with roasted carrots with thyme and lemon, slow-cooked collard greens, and red potato salad [calories 660]

**TUE**

**Breakfast**  Banana Pancake (V) – buttermilk pancake studded with fresh bananas [calories 170]

**Lunch**  Plant-Based Chorizo & Potato Tacos (V) – plant-based version on a potato taco with Soyrizo, habanero and tomatillo salsas, served with fajita marinated vegetables, street corn, and cilantro-lime white rice [calories 645]

**Dinner**  Chana Masala (VG) – Yukon gold potatoes, chickpeas, tomatoes, ginger and garam masala, served with turmeric-roasted cauliflower, bhindi masala, and steamed basmati rice [calories 650]

**Chicken Tikka Masala** – chicken tikka masala, served with turmeric-roasted cauliflower, bhindi masala, and steamed basmati rice [calories 800]
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<th>Breakfast</th>
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<td>WED</td>
<td>Mushroom &amp; Mozzarella Scramble (V) – local cage-free eggs scrambled with mushrooms and mozzarella cheese [calories 360]</td>
<td>Plant-Based Korean BBQ Nuggets (VG) – plant-based nuggets tossed in a gochujang sauce, served with zucchini and mushroom banchan, kimchi, and steamed jasmine rice [calories 460]</td>
<td>Blackened Tofu (VG) – tofu baked with jerk-style seasoning, served with herb-roasted rainbow carrots, sautéed kale, and roasted lemon-parsley red potatoes [calories 600]</td>
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<td>Korean Fried Chicken – crispy fried chicken tossed in a gochujang sauce, served with zucchini and mushroom banchan, kimchi, and steamed jasmine rice [calories 440]</td>
<td>Lemon Pepper Chicken Quarter – chicken quarter roasted with lemon pepper, served with herb-roasted rainbow carrots, sautéed kale, and roasted lemon-parsley red potatoes [calories 1,050]</td>
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<td>THU</td>
<td>Plant-Based Tofu Scramble &amp; Tots – plant-based tofu scramble with plant-based mozzarella, tater tots and green onions [calories 300]</td>
<td>Plant-Based Meatballs &amp; Marinara Sauce (VG) – plant-based meatballs simmered in marinara sauce, served with lemon-garlic roasted asparagus, roasted balsamic brussels sprouts, and herb pasta [calories 555]</td>
<td>Moroccan Bowl &amp; Brown Rice (VG) – brown rice, ras el hanout zucchini and tomatoes, quinoa tabouli and spring lettuce mix, served with Greek salad, green beans and tomatoes, and ras el hanout-spiced couscous [calories 575]</td>
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<td>Chicken Cacciatore – braised chicken with tomatoes, mushrooms and herbs, served with lemon-garlic roasted asparagus, roasted balsamic brussels sprouts, and herb pasta [calories 805]</td>
<td>Chermoula Flank Steak – chermoula grilled flank steak, served with Greek salad, green beans and tomatoes, and ras el hanout-spiced couscous [calories 495]</td>
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<td>Loco Moco – Hawaiian-inspired breakfast with hamburger, egg and onion gravy, served with ginger-and-garlic broccoli, stir fry bok choy, and steamed rice [calories 840]</td>
<td>Seared Salmon With Lemon &amp; Parsley – grilled salmon filet with lemon and parsley, served with roasted asparagus, roasted cherry tomatoes, and Mediterranean herb potatoes [calories 600]</td>
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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

SAT

CLOSED

DELI SANDWICH SPECIAL

Mon–Fri: 11 a.m.–7 p.m.

No Special

DUB STREET BURGERS SPECIAL

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

No Special

GLOBAL

CLOSED

TERO

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

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