## BIG KITCHEN

Mon–Fri: Breakfast 7:30–10 a.m.   Lunch 11 a.m.–2 p.m.   Dinner 5–9 p.m.  
Sat–Sun: Breakfast 8–10 a.m.   Lunch 11 a.m.–2 p.m.   Dinner 5–9 p.m.  

### MON

- **Breakfast**  
  Bacon & Brie Scramble – local cage-free eggs, scrambled with baby spinach, bacon and brie [calories 450]

- **Lunch & Dinner**  
  Beef Bolognese With Herb Pasta – classic beef bolognese served with herb pasta and parmesan cheese [calories 1,100]  
  Lentil Bolognese With Herb Pasta (VG) – seasoned lentils simmered with tomatoes, onions and herbs over herb pasta [calories 630]  
  Pasta Bar – create your own pasta with choice of pasta, sauce, protein, and toppings [calories 610-1,200]

### TUE

- **Breakfast**  
  Plant-Based Italian Vegetable Scramble (V) – plant-based eggs scrambled with roasted red peppers, kale pesto and plant-based mozzarella [calories 130]

- **Lunch & Dinner**  
  Pozole – Mexican-style pork and hominy soup [calories 480]  
  Latin Bowl – create your own Latin bowl with choice of rice, beans, protein, and toppings [calories 150-880]

### WED

- **Breakfast**  
  Caramelized Onion & Bacon Scramble – local cage-free eggs scrambled with caramelized onions, bacon, and mozzarella cheese [calories 350]

- **Lunch**  
  Seared Salmon With Lemon & Dill Sauce – seared salmon filet served with a lemon and dill sauce served with steamed brown rice, roasted green beans with fennel, roasted garlic and parmesan cauliflower [calories 1,045]  
  White Bean Stew With Sundried Tomato (VG) – sun-dried tomato white beans served with steamed brown rice, roasted green beans with fennel, roasted garlic and parmesan cauliflower [calories 645]

- **Dinner**  
  Creamy Dijon & Rosemary Chicken – creamy Dijon and rosemary chicken served with lemon herb brown rice, green beans and tomatoes, roasted carrots with thyme and lemon [calories 815]  
  Jamaican Coconut Curry With Cilantro (VG) – Jamaican-style coconut curry with vegetables served with steamed brown rice, green beans and tomatoes, roasted carrots with thyme and lemon [calories 715]
**THU**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Congee With Ginger Pork &amp; Egg</th>
<th>rice porridge served with hardboiled egg and ginger pork [calories 560]</th>
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<tbody>
<tr>
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<td>Congee (VG)</td>
<td>rice porridge [calories 310]</td>
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<tr>
<td>Lunch</td>
<td>Seared Salmon With Lemon &amp; Dill Sauce</td>
<td>seared salmon filet served with a lemon and dill sauce served with steamed brown rice, roasted green beans with fennel, roasted garlic and parmesan cauliflower [calories 1,045]</td>
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<td>White Bean Stew With Sundried Tomato (VG)</td>
<td>sun-dried tomato white beans served with steamed brown rice, roasted green beans with fennel, roasted garlic and parmesan cauliflower [calories 645]</td>
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<tr>
<td>Dinner</td>
<td>Creamy Dijon &amp; Rosemary Chicken</td>
<td>creamy Dijon and rosemary chicken served with lemon herb brown rice, green beans and tomatoes, roasted carrots with thyme and lemon [calories 815]</td>
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<td>Jamaican Coconut Curry With Cilantro (VG)</td>
<td>Jamaican-style coconut curry with vegetables served with steamed brown rice, green beans and tomatoes, roasted carrots with thyme and lemon [calories 715]</td>
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**FRI**

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<tr>
<th>Breakfast</th>
<th>Plant-Based Greek Vegetable Scramble (VG)</th>
<th>plant-based eggs scrambled with fresh spinach, kalamata olives, sundried tomatoes and plant-based mozzarella cheese [calories 380]</th>
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<tbody>
<tr>
<td></td>
<td>Huli Huli Chicken</td>
<td>crispy chicken with a sweet and savory huli huli sauce served with fried brown rice, ginger snap peas, stir fried vegetables [calories 1,260]</td>
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<tr>
<td>Lunch</td>
<td>Plant-Based Sweet &amp; Sour Nuggets (VG)</td>
<td>plant-based protein tossed with sweet and sour sauce served with fried brown rice, ginger snap peas, stir fried vegetables [calories 1,170]</td>
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<tr>
<td>Dinner</td>
<td>Sweet BBQ Beef Brisket</td>
<td>beef brisket baked and glazed with bbq sauce served with barbeque baked beans, slow cooked collard greens, lemon and garlic roasted asparagus [calories 740]</td>
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<td></td>
<td>Char Broiled Smokin’ Tempeh</td>
<td>smoky and sweet charred tempeh served with barbeque baked beans, slow cooked collard greens, lemon and garlic roasted asparagus [calories 1,100]</td>
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**SAT**

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<tr>
<th>Brunch</th>
<th>Southwest Scramble With Cheddar Cheese (V)</th>
<th>local cage-free eggs scrambled with roasted red peppers, corn, black beans and cheddar cheese [calories 370]</th>
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<tbody>
<tr>
<td></td>
<td>Roasted Lemon Thyme Chicken Quarters</td>
<td>honey lemon thyme roasted chicken served with cheese smashed potatoes, steamed spiced broccoli, grilled zucchini and yellow squash [calories 1,155]</td>
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<td></td>
<td>Creole Red Beans (VG)</td>
<td>Creole-style red beans served with steamed brown rice, steamed spiced broccoli, grilled zucchini and yellow squash [calories 605]</td>
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</table>
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

**Dinner**

*Roasted Haddock With Fennel Citrus Slaw* – roasted haddock with fennel and citrus slaw served with creamy parmesan pesto polenta, rosemary roasted cauliflower, blistered green beans with garlic [calories 910]

*Quinoa Bim Bop Bowl (VG)* – quinoa, grilled tofu, carrots, red cabbage, red bell peppers, cucumbers, green onions and miso vinaigrette [calories 570]

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**DELI SANDWICH SPECIAL**

**Mon–Fri** 11 a.m.–8 p.m.

**Sat–Sun** 10 a.m.–8 p.m.

*Cuban Pork Sandwich* – roasted pork, ham, Swiss cheese, yellow mustard and pickles on a baguette [calories 720]

*Spicy Tofu Wrap* – spicy tofu salad with red onion, tomato, and lettuce wrapped in a spinach tortilla [calories 570]

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**DUB STREET BURGERS SPECIAL**

**Sun–Fri: Lunch** 11 a.m.–2 p.m. **Dinner** 4–8 p.m. **Late Night** Sun–Thurs 8–10 p.m.

**Sat: Closed**

*Mushroom Cheddar Burger* – Beef patty with cheddar, sautéed mushrooms, lettuce, tomato, onion, parmesan aioli on a toasted bun [calories 780]

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**GLOBAL**

**Lunch** (Mon–Fri 11 a.m.–2 p.m.) **Dinner** (Mon–Fri 5–8 p.m.)

*Indian Cuisine* – create your own plate with choice of one entrée, three side items, sauce, and choice of bread [calories 460-1,020]

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**TERO**

**Lunch** (Mon–Fri 11 a.m.–2 p.m.) **Dinner** (Sun–Thur 5–8 p.m.)

*Totally Taos Bowl (V)* – bulgur, arugula, black beans, corn and fire-roasted peppers, roasted mushrooms, roasted sweet potatoes and avocado topped with cotija cheese, tortilla chips and toasted pepitas and tossed with tomatillo salsa [calories 790]