

Made in a facility that also prepares wheat-based foods. V = vegetarian. VG = vegan. HP = made with certified Halal protein.
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

BIG KITCHEN

MON

Breakfast Ham & Cheddar – Local cage-free eggs scrambled with ham, cheddar cheese and green onion [calories 250]

Lunch Salmon BLT – Grilled salmon, bacon, lettuce, tomato and Dijon mayo on a telera roll, served with sweet potato fries and arugula salad with balsamic dressing [calories 1110]

PBLT Sandwich (VG) – Plant-based patty, lettuce, tomato and Dijon mayo on a telera roll, served with sweet potato fries and arugula salad with balsamic dressing [calories 1040]

Dinner Mojo Pork – Slow-roasted Cuban pork shoulder with mint mojo sauce and black beans, served with your choice of brown or jasmine rice [calories 750–780]

Plant-Based Picadillo (VG) – Hearty stew of plant-based crumbles, tomatoes, spices and raisins, served with chili plantains and black beans [calories 700]

TUE

Breakfast Italian Sausage Pesto – Local cage-free eggs scrambled with Italian sausage, roasted red peppers, pesto and mozzarella cheese [calories 330]

Lunch & Dinner Build Your Own Latin Bowl

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

Options to add: Beef barbacoa, chicken tinga or vegan "meat" [calories 180–250]

Toppings: Pico de gallo, tomatillo salsa, corn salsa, sour cream [calories 50]

WED

Breakfast Chorizo Scramble – Local cage-free eggs scrambled with chorizo, pico de gallo and cheese [calories 290]

Lunch Salmon BLT – Grilled salmon, bacon, lettuce, tomato and Dijon mayo on a telera roll, served with sweet potato fries and arugula salad with balsamic dressing [calories 1110]

PBLT Sandwich (VG) – Plant-based patty, lettuce, tomato and Dijon mayo on a telera roll, served with sweet potato fries and arugula salad with balsamic dressing [calories 1040]

Dinner Wings Night!! – Korean gochujang wings, served with Korean cucumber salad and your choice of brown or jasmine rice [calories 370–400]

Korean R&R Strips (VG) – Raised and Rooted Chickn' strips tossed in gochujang sauce, served with Korean cucumber salad and your choice of brown or jasmine rice [calories 520–550]

THU

Breakfast Southwest Scramble (V) – Local cage-free eggs scrambled with black beans, corn, peppers and pepperjack cheese [calories 230]

Lunch Mojo Shrimp Bowl (HP) – Garlic-citrus shrimp with pineapple salsa and coconut red beans, served with your choice of brown or jasmine rice [calories 790–810]

Jerk-Roasted Vegetable Bowl (VG) – Jerk-roasted vegetables with pineapple salsa and coconut red beans, served with your choice of brown or jasmine rice [calories 540–550]

Dinner Chicken Luau Plate – Huli huli chicken, served with Spam fried rice and macaroni salad [calories 1080]

Veggie Luau Plate (V) – Spicy sesame tofu salad, served with veggie fried rice and macaroni salad [calories 710]

FRI

Breakfast Bacon-Mushroom-Swiss Scramble – Local cage-free eggs scrambled with bacon, mushrooms and Swiss cheese [calories 510]

Lunch Mojo Shrimp Bowl (HP) – Garlic-citrus shrimp with pineapple salsa and coconut red beans, served with your choice of brown or jasmine rice [calories 790–810]

Jerk-Roasted Vegetable Bowl (VG) – Jerk-roasted vegetables with pineapple salsa and coconut red beans, served with your choice of brown or jasmine rice [calories 540–550]

Dinner Chicken Luau Plate – Huli huli chicken, served with Spam fried rice and macaroni salad [calories 1080]

Veggie Luau Plate (V) – Spicy sesame tofu salad, served with veggie fried rice and macaroni salad [calories 710]

SAT

Brunch Breakfast Quesadilla (V) – Breakfast quesadilla, served with plant-based eggs or eggs and cheese [calories 630–820]

Pancakes (V) – Bacon, sausage link, plant-based sausage (vg), biscuit and sausage gravy and plain (v) or tofu (vg) scrambled eggs (v) [calories 30–470]

Dinner Blackened Chicken Alfredo (HP) – Creamy Alfredo sauce, served with blackened chicken thigh, steamed broccoli and a breadstick [calories 950]

Gemelli Artichoke Pasta (V) – Pasta tossed with a kale pesto, artichokes and tomatoes, served with steamed broccoli and a breadstick [calories 500]

SUN

Brunch Breakfast Quesadilla (V) – Breakfast quesadilla, served with plant-based eggs or eggs and cheese [calories 630–820]

French Toast (V) – Bacon, sausage link, plant-based sausage (vg), biscuit and sausage gravy and plain (v) or tofu (vg) scrambled eggs (v) [calories 30–470]

Dinner Chicken Fried Steak – Crispy breaded beef cutlet with cream gravy, served with Yukon gold mashed potatoes and steamed snap peas [calories 760]

Texas-Style Mushroom Chili (VG) – Kidney and black beans, mushrooms, tomatoes and spices [calories 280]

DELI SANDWICH SPECIAL

Buffalo Wrap – Crispy chicken, fresh veggies, gorgonzola spread and spicy buffalo sauce, wrapped in a flour tortilla [calories 920]

Field Roast (VG) – Field Roast tomato slices, coconut Chao cheese, fresh veggies and chipotle mayoli on a telera roll [calories 750]

Rachel – Turkey, Swiss cheese, coleslaw and Thousand Island dressing on marble rye [calories 670]

DUB STREET SPECIAL

Jam Session – All-beef patty, bacon jam, brie cheese, lettuce, tomato, onion and DUB sauce [calories 700]

Fry Special – Waffle fries [calories 430]