# BIG KITCHEN

**Mon-Fri**: Breakfast: 7:30am – 10am, Lunch 11am – 2pm, Dinner 5pm – 8pm  
**Sat & Sun**: 10am – 2pm

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch &amp; Dinner</th>
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</thead>
<tbody>
<tr>
<td>MON</td>
<td>Ham and Cheddar Scramble – local cage-free eggs, scrambled with ham and cheddar cheese [calories 300]</td>
<td>Pasta Bar – create-your-own pasta with choice of pasta, sauce, protein, and toppings, served with a breadstick [calories 610-1,200]</td>
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<td>TUE</td>
<td>Tofu Scramble (VG) – plain tofu scramble [calories 130]</td>
<td>Latin Bowl – create-your-own Latin bowl with choice of rice, beans, protein, and toppings [calories 150-880]</td>
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<tr>
<td>WED</td>
<td>Caprese Scramble (V) – local cage-free eggs, scrambled with tomato, mozzarella cheese and fresh basil [calories 290]</td>
<td>Glazed Beef Meatloaf – beef meatloaf with a traditional ketchup tomato glaze, and contains anchovies from Worcestershire sauce; served with garlic mashed potatoes with olive oil, maple-roasted brussels sprouts, roasted yellow squash and zucchini [calories 1,840]</td>
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<td>Stuffed Poblano Peppers with Cheese (V) – black bean and tomato-stuffed poblano peppers with ancho tomato sauce, served with roasted yellow squash, zucchini, and maple-roasted brussels sprouts [calories 790]</td>
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<td>Boneless Chicken Wings – crispy boneless chicken wings (plain), served with fennel and citrus slaw, corn on the cob with plant-based spread, roasted yellow squash and zucchini [calories 640]</td>
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<td>Plant-Based Buffalo Nuggets (VG) – plant-based protein nuggets tossed in a buffalo sauce, served with fennel and citrus slaw, corn on the cob with plant-based spread, roasted yellow squash and zucchini [calories 910]</td>
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<tr>
<td>THU</td>
<td>Plant Based Scramble (VG) – plant-based egg scramble [calories 240]</td>
<td>Glazed Beef Meatloaf – beef meatloaf with a traditional ketchup tomato glaze, contains anchovies from Worcestershire sauce, served with garlic mashed potatoes with olive oil, maple-roasted brussels sprouts, and roasted yellow squash and zucchini [calories 1,840]</td>
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**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.washington.edu](http://www.hfs.washington.edu)
### FRI

**Breakfast**  
**Meatlovers Scramble** – local cage-free eggs, scrambled with ham, bacon, Italian sausage, and cheddar cheese [calories 370]

**Lunch**  
**Lemon Pepper Quarter Chicken** – chicken quarter roasted with lemon-pepper, served with brown rice with tomato, onion, basil, slow-cooked collard greens and blistered green beans with garlic [calories 1,280]

**Creole Red Beans with Jasmine Rice (VG)** – Creole-style red beans served over jasmine rice and garnished with green onions, slow-cooked collard greens and blistered green beans with garlic [calories 560]

**Dinner**  
**Roasted Blackened True Cod** – roasted cod with jerk seasoning, served with steamed spiced snap peas, vegetable dirty rice, and slow-cooked collard greens [calories 260]

**Plant-Based Gumbo (VG)** – plant-based gumbo with plant-based protein, fire-roasted tomatoes, okra, pasilla chilis, red bell peppers, gumbo file, tabasco sauce and cayenne; served with steamed spiced snap peas, vegetable dirty rice, and slow-cooked collard greens [calories 780]

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### SAT

**Brunch**  
**Hawaiian-Style Spam & Eggs Bowl** – Hawaiian-inspired breakfast bowl with jasmine rice, fried spam, scrambled eggs, green onions, and furikake [calories 650]

**Spicy Tofu & Plant-Based Egg Bowl (VG)** – Hawaiian-inspired breakfast bowl with jasmine rice, spicy tofu salad, plant-based scrambled eggs, green onions, and furikake [calories 1,440]

**Dinner**  
**Cuban Mojo Pork Butt** – smoky, slow-roasted pork shoulder with a mojo sauce, served with spiced black beans, calabacitas, and roasted zucchini with cotija [calories 1,090]

**Plant-Based Picadillo (VG)** – plant-based protein, yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives, cinnamon, and cumin [calories 990]
DELİ SANDWİCH SPECIAL

**Mon – Fri:** 11am – 8pm  
**Sat & Sun:** 10am – 8pm

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Description</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Ham and Brie Sandwich</td>
<td>ham, brie, stoneground mustard marmalade, arugula, and fresh vegetables on a bahn mi roll</td>
<td>660</td>
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<tr>
<td>Tofu Goddess Sandwich (VG)</td>
<td>marinated tofu stacked with avocado, plant-based cheese, lettuce, and red onion served on a toasted focaccia</td>
<td>730</td>
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SPECIAL

**Mon – Fri:** 11am – 8pm  
**Sat & Sun:** 10am – 8pm

- **Ham and Brie Sandwich** – ham, brie, stoneground mustard marmalade, arugula, and fresh vegetables on a bahn mi roll [calories 660]
- **Tofu Goddess Sandwich (VG)** – marinated tofu stacked with avocado, plant-based cheese, lettuce, and red onion served on a toasted focaccia [calories 730]

DUB STREET BURGERS SPECIAL

**Sun-Fri:** Lunch 11am-2pm, Dinner 5-8pm  
**Sat:** Closed

- **Final Countdown Sandwich** – crispy chicken fritter with pepper jack cheese, jalapenos, lettuce, tomato, onion parmesan mayoli on a toasted bun [calories 740]

GLOBAL LUNCH (Mon–Fri 11am – 2pm)

**LUNCH Mon & Fri**

- **Sweet and Sour Chicken with Vegetables** – stir-fried chicken with garlic, ginger, onions, green bell peppers and carrots and tossed in a sweet and sour sauce, served with steamed jasmine rice, stir-fry bok choy, and marinated edamame [calories 1,180]
- **Crispy Baked Orange Tofu (VG)** – baked orange-marinated tofu, served with steamed jasmine rice, stir-fry bok choy, and marinated edamame [calories 650]
- **Roasted Teriyaki Chicken Thigh** – teriyaki-marinated, roasted chicken thighs and green onions, served with steamed jasmine rice, marinated edamame, and stir-fry bok choy [calories 740]

**Dinner**

- **Gochujang Salmon** – roasted salmon glazed in a sweet and spicy gochujang sauce and garnished with sesame seeds, served with yakisoba sesame noodle salad and garlic broccoli [calories 2,020]
- **Korean Gochujang Fried Tofu (VG)** – crispy tofu tossed in a spicy-sweet chili gochujang sauce, yakisoba sesame noodle salad and garlic broccoli [calories 1,950]
- **Sesame and Ginger Ramen Bowl (V)** – ramen noodles, steeped in a ginger broth with corn, roasted mushrooms and green onion, garnished with togarashi, furikake, and roasted sesame oil; served with baked vegetable spring rolls [calories 980]
- **Sesame Pork Ramen Bowl with Egg** – ramen noodles steeped in a bork broth with slow-cooked pork shoulder, corn, roasted mushrooms, green onion, and a hard-cooked egg, garnished with togarashi and furikake; served with baked vegetable spring rolls [calories 720]

TERO LUNCH (Mon–Fri 11am – 2pm) DINNER (Sun–Thu 5pm – 8pm)

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