

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

BIG KITCHEN

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

MON

Breakfast Ham and Cheddar Scramble – local cage-free eggs, scrambled with ham and cheddar cheese [calories 300]

Lunch & Dinner Pasta Bar – create-your-own pasta with choice of pasta, sauce, protein, and toppings, served with a breadstick [calories 610-1,200]

Gnocchi Pomodoro with Arugula (V) – gnocchi tossed with fresh arugula, fire-roasted tomatoes, red chili flakes and mozzarella[calories 240]

TUE

Breakfast Tofu Scramble (VG) – plain tofu scramble [calories 130]

Lunch & Dinner Latin Bowl – create-your-own Latin bowl with choice of rice, beans, protein, and toppings [calories 150-880]

Pozole (VG) – Mexican-style pork and hominy soup [calories 480]

WED

Breakfast Caprese Scramble (V) – local cage-free eggs, scrambled with tomato, mozzarella cheese and fresh basil [calories 290]

Lunch 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]

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]

Dinner 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]

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]

THU

Breakfast Plant Based Scramble (VG) – plant-based egg scramble [calories 240]

Lunch 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]

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]

Dinner Prime Rib Au Jus – prime rib, served with garlic mashed potatoes, roasted zucchini, and herb-roasted rainbow carrots [calories 1,025]

Roasted Stuffed Acorn Squash (V) – roasted acorn squash stuffed with brown rice and mushroom filling, served with garlic mashed potatoes, roasted zucchini, and herb-roasted rainbow carrots [calories 905]

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]

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]

DELI SANDWICH 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]

- LUNCH
Tues-Thurs

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]