

Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan.
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Allergen information for menu items are available and/or posted in each dining location. | www.hfs.uw.edu-eat

BIG KITCHEN

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

Sat–Sun: Breakfast 8–10 a.m. **Lunch** 11 a.m.–2 p.m. **Dinner** 5–8 p.m.

MON

Breakfast **Plant-Based Italian Vegetable Scramble (V)** – plant-based eggs scrambled with roasted red peppers, kale pesto and plant-based mozzarella [calories 220]

Lunch & Dinner **Cheese Ravioli (V)** – cheese ravioli, served with brown butter and lemon-and-garlic roasted asparagus [calories 2,520]

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

TUE

Breakfast **Mushroom & Mozzarella Scramble (V)** – local cage-free eggs scrambled with mushrooms and mozzarella cheese [calories 360]

Lunch & Dinner **SoCal Fish Tacos** – SoCal-style fish tacos on a soft corn tortilla with mango slaw, sour cream and cilantro [calories 480]

Mushroom & Pepper Tostada (VG) – crispy tortilla filled with mushrooms, peppers and shredded lettuce, topped with pico de gallo [calories 370]

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

WED

Breakfast **Ham, Cheddar & Green Onion Scramble** – local cage-free eggs scrambled with ham, cheddar and green onion [calories 230]

Lunch **Chicken Cacciatore** – braised chicken with tomatoes, mushrooms and herbs, served with roasted lemon-parsley red potatoes, roasted balsamic brussels sprouts and lemon-and-garlic roasted asparagus [calories 1,150]

Plant-Based Meatballs in Marinara Sauce (VG) – plant-based meatballs simmered in marinara sauce, served with herb pasta, roasted balsamic brussels sprouts and lemon-and-garlic roasted asparagus [calories 1,000]

Dinner **Chicken Parmesan** – crispy breaded chicken with marinara sauce and melted mozzarella, served with cooked spaghetti, lemon-and-garlic roasted asparagus and roasted cauliflower [calories 1,500]

Tofu Mushroom Sauce With Herb Pasta (VG) – herbed pasta with a tofu-mushroom sauce, served with lemon-and-garlic roasted asparagus, roasted cauliflower [calories 920]

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THU

Breakfast **Hawaiian-Style Spam & Eggs Bowl** – Hawaiian-inspired breakfast bowl with jasmine rice, fried spam, scrambled eggs, green onion 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 onion and furikake [calories 580]

Lunch **Chicken Cacciatore** – braised chicken with tomatoes, mushrooms and herbs, served with roasted lemon-parsley red potatoes, roasted balsamic brussels sprouts and lemon-and-garlic roasted asparagus [calories 1,150]

Plant-Based Meatballs in Marinara Sauce (VG) – plant-based meatballs simmered in marinara sauce, served with herb pasta, roasted balsamic brussels sprouts and lemon-and-garlic roasted asparagus [calories 1,000]

Dinner **Braised Bratwurst With Sauerkraut** – braised pork bratwurst with paprika, caraway seeds and sauerkraut, served with pan-fried potatoes, braised red cabbage and coconut creamed spinach [calories 1,370]

Baked Tofu With Mushroom Gravy (VG) – baked tofu with mushroom gravy, served with pan-fried potatoes, braised red cabbage and coconut creamed spinach [calories 1,040]

FRI

Breakfast **Plant-Based Tofu Scramble With Tots (VG)** – plant-based tofu scramble with plant-based mozzarella, tater tots and green onion [calories 300]

Lunch **Seared Salmon With Lemon & Dill Sauce** – seared salmon filet with a lemon-dill sauce, served with farro and mushroom pilaf, steamed spiced broccolini and herb-roasted rainbow carrots [calories 1,105]

Falafel With Tahini Sauce & Tabbouleh (VG) – falafel with tabbouleh, cherry tomatoes, cucumber and lemon-tahini dressing, served with steamed spiced broccolini and herb-roasted rainbow carrots [calories 785]

Dinner **Braised Bratwurst With Sauerkraut** – braised pork bratwurst with paprika, caraway seeds and sauerkraut, served with pan-fried potatoes, braised red cabbage and coconut creamed spinach [calories 1,370]

Baked Tofu With Mushroom Gravy (VG) – baked tofu with mushroom gravy, served with pan-fried potatoes, braised red cabbage and coconut creamed spinach [calories 1,040]

SAT

Breakfast **Barbacoa & Pepper Jack Scramble** – local cage-free eggs scrambled with beef barbacoa, tomatillo salsa and pepper jack cheese [calories 340]

Lunch **Pork Vindaloo** – Indian-style stew with pork, potatoes, onions, tomatoes, ginger and cinnamon, served with steamed basmati rice, turmeric-roasted cauliflower and roasted cardamom carrots [calories 1,220]

Dinner **Quinoa Bowl (VG)** – brown rice, red quinoa, roasted zucchini, cremini mushrooms, green chickpeas, escabeche peppers and chimichurri [calories 690]

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DELI SANDWICH SPECIAL

Mon–Fri: 11 a.m.–8 p.m.

Sat–Sun: 10 a.m.–8 p.m.

Grilled Chicken Caesar Wrap – grilled garlic-lemon chicken, Parmesan cheese, Caesar dressing and fresh vegetables in a flour tortilla [calories 660]

Plant-Based BBQ Wrap (Coconut) (VG) – crispy plant-based nuggets, caramelized onion, Ray’s BBQ sauce, plant-based cheese and fresh veggies in a flour tortilla [calories 730]

DUB STREET BURGERS SPECIAL

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

Sat: Closed

Plant-Based KFC Sandwich (Coconut) (VG) – crispy plant-based patty with orange-miso sauce, charred-scallion mayoli and quick sesame-kimchi slaw on toasted bun [calories 710]

GLOBAL

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

Lunch Mediterranean Cuisine – create your own plate with choice of one entrée, & three side items and sauce [calories 500–1,550]

Dinner

TERO

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

Three Sisters Wild Rice Bowl (VG) – bowl with wild rice, three sisters vegetables, toasted pepitas and maple vinaigrette [calories 750]

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