BIG KITCHEN
Mon–Fri: Breakfast 7–9 a.m. Lunch 11 a.m.–1:30 p.m. Dinner 5–7 p.m.

SUN
CLOSED

MON

| Breakfast | Buttermilk Biscuit & Sausage Gravy – buttermilk biscuit and sausage gravy [calories 280] |
| Lunch | Charbroiled Smokin' Tempeh (VG) – smoky-and-sweet charred tempeh, served with slow-cooked collard greens, blistered green beans with garlic, and BBQ baked beans [calories 760] |
| Dinner | Kale-Pesto-Alfredo Pasta (V) – Alfredo sauce, kale, Parmesan and peas, served with blistered green beans with garlic, sautéed zucchini and tomatoes, and a garlic breadstick [calories 1,220] |

TUE

| Breakfast | Caramelized Onion & Bacon Scramble – local cage-free eggs scrambled with caramelized onions, bacon and mozzarella cheese [calories 350] |
| Lunch | Plant-Based Sweet & Sour Nuggets (VG) – plant-based protein tossed with sweet-and-sour sauce, served with ginger snap peas, stir fry vegetables, and fried brown rice [calories 750] |
| | Huli Huli Chicken – crispy chicken with a sweet-and-savory huli huli sauce, served with ginger snap peas, stir fry vegetables, and fried brown rice [calories 860] |
| Dinner | Chipotle-Glazed Cauliflower Bites (V) – chipotle-glazed cauliflower bites, served with lime coleslaw, roasted zucchini with cotija, and spiced black beans [calories 430] |
| | Pork Tamales With Ancho Tomato Sauce – pork tamales with ancho tomato sauce, cilantro rice and pinto beans, served with lime coleslaw, roasted zucchini with cotija, and spiced black beans [calories 880] |

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 foodborne 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
WED

**Breakfast**  Southwest Scramble With Cheddar Cheese (V) – local cage-free eggs scrambled with roasted red peppers, corn black beans and cheddar cheese [calories 370]

**Lunch**  Lentil Bolognese With Herb Pasta (VG) – seasoned lentils simmered with tomatoes, onions and herbs over herb pasta, served with roasted brussels sprouts with carrots, roasted green beans with fennel, and a garlic breadstick [calories 855]

**Dinner**  Grilled Honey Mustard Tofu With Lemon (V) – grilled honey-mustard-marinated tofu with lemon, served with roasted brussels sprouts, sweet corn succotash, and vegetable dirty rice [calories 600]

THU

**Breakfast**  Plant-Based Breakfast Taco (VG) – plant-based egg, meatless chorizo and mozzarella with green onion and tomatillo salsa in a flour tortilla [calories 400]

**Lunch**  Plant-Based Bourbon-Style Glazed Nuggets – plant-based protein glazed with bourbon sauce, served with pesto green beans, herb-roasted rainbow carrots, and shoestring potato fries [calories 780]

**Dinner**  Greek-Style Stuffed Peppers (VG) – green bell peppers stuffed and roasted with onions, squash, tomatoes, herbs and lemon-herb brown rice, served with roasted zucchini, green beans and tomatoes, tzatziki, and lemon-herb brown rice [calories 685]

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FRI

**Breakfast**  Greek Scramble (V) – local cage-free eggs scrambled with spinach, sun-dried tomato, kalamata olives and feta cheese [calories 330]

**Lunch**  Plant-Based BBQ Nuggets (V) – plant-based protein nuggets tossed in a BBQ sauce, served with pesto green beans, grilled zucchini and yellow squash, and roasted lemon-parsley red potatoes [calories 780]

**Roasted & Blackened True Cod** – roasted cod with a smoky-and-spicy dry rub, served with pesto green beans, grilled zucchini and yellow squash, and roasted lemon-parsley red potatoes [calories 480]

**Dinner**  Marinated Citrus-Garlic Tempeh – citrus-garlic-marinated tempeh, served with steamed spiced broccoli, Moroccan carrots with Aleppo peppers, and vegetable brown rice [calories 1,040]

**Seared Salmon With Lemon & Dill Sauce** – seared salmon filet with a lemon-dill sauce, served with steamed spiced broccoli, Moroccan carrots with Aleppo peppers, and vegetable brown rice [calories 1,230]

SAT

CLOSED

**DELI SANDWICH SPECIAL**

Mon–Fri: 11 a.m.–7 p.m.

NO SPECIAL

**DUB STREET BURGERS SPECIAL**

Mon–Fri: Lunch 11 a.m.–1:30 p.m.  Dinner 5–7 p.m.

NO SPECIAL

**GLOBAL**

CLOSED

**TERO**

Mon–Fri: Lunch 11 a.m.–1:30 p.m.  Dinner 5–7 p.m.

Super Hero Bowl (VG) – quinoa, brown rice, superfood slaw, roasted broccoli, red grapes, jicama, rainbow carrots, Mama Lil’s peppers, walnuts and lemon vinaigrette [calories 780]