PLATE Open Sunday through Tuesday, breakfast, and lunch Wednesday
Breakfast 7:30am-10am, Lunch 11am-2pm, Dinner 5pm-8pm
Sat & Sun Brunch 10am-2pm

SUN

Brunch  Caprese Scramble (V) – local cage-free eggs scrambled with tomato, fresh basil, and mozzarella cheese [calories 350]

Plant-Based Caprese Scramble (VG) – plant-based eggs scrambled with tomato, fresh basil, and plant-based mozzarella [calories 300]

Dinner  Mushkalitsa – Serbian inspired pork stew with bacon, onions, peppers, and spices served with Yukon gold mashed potatoes and braised red cabbage [calories 640]

Wild Mushroom Goulash (V) – creamy stew of mushrooms, root vegetables, peppers, and spices served with herb roasted potatoes, steamed broccoli, and braised red cabbage [calories 520]

MON

Breakfast  Caramelized Onion & Bacon Scramble – local cage-free eggs scrambled with caramelized onion, bacon, and mozzarella cheese [calories 410]

Green Tofu Scramble (VG) – plant-based tofu scrambled with spinach, pepita pesto, peppers, onions, and plant-based mozzarella [calories 250]

Lunch  Chicken Cacciatore – braised chicken with tomatoes, mushrooms, and herbs served with pasta, steamed broccolini, and roasted rainbow carrots [calories 780]

Pasta Primavera (V) – penne pasta tossed with herbs, julienned vegetables, kale pesto, and parmesan cheese served with steamed broccolini and roasted rainbow carrots [calories 580]

Dinner  Mushkalitsa – Serbian inspired pork stew with bacon, onions, peppers, and spices served with Yukon gold mashed potatoes and braised red cabbage [calories 640]

Wild Mushroom Goulash (V) – creamy stew of mushrooms, root vegetables, peppers, and spices served with herb roasted potatoes, steamed broccoli, and braised red cabbage [calories 520]

TUE

Breakfast  Spinach & Mushroom Scramble (V) – local cage-free eggs scrambled with spinach, mushrooms, peppers, and Swiss cheese [calories 350]

Greek Scramble (VG) – plant-based eggs scrambled with spinach, kalamata olives, sun-dried tomatoes, and plant-based mozzarella [calories 440]
Lunch  Build Your Own Latin Bowl  
**Base Includes:** cilantro rice or tomato rice with black beans or quinoa salad, served with choice of toppings [calories 250–300]

**Options to Add:** beef barbacoa, chicken tinga, pork verde, plant-based chorizo [calories 180–250]

**Toppings:** pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110]

Dinner  Turkey Dinner – oven roasted turkey with mashed potatoes, coconut mashed yams, cornbread with chorizo dressing, spiced green beans, mushroom gravy, and cranberry sauce [calories 1600]

Plant-Based Holiday (VG) – a herbed hazelnut cutlet with coconut mashed yams, spiced green beans, vegan stuffing, cranberry sauce, and mushroom gravy [calories 1510]

**WED**

**Breakfast**  Italian Vegetable Scramble (V) – local cage-free eggs scrambled with roasted red peppers, pesto, and a blend of asiago, romano, and parmesan cheeses [calories 380]

Plant-Based Italian Vegetable Scramble (V) – plant-based eggs scrambled with roasted red peppers, kale pesto, and plant-based mozzarella [calories 350]

**Lunch**  Turkey Dinner – oven roasted turkey with mashed potatoes, coconut mashed yams, cornbread with chorizo dressing, spiced green beans, mushroom gravy, and cranberry sauce [calories 1600]

Plant-Based Holiday (VG) – a herbed hazelnut cutlet with coconut mashed yams, spiced green beans, vegan stuffing, cranberry sauce, and mushroom gravy [calories 1510]

**MARKET DELI**

Open Sunday through Tuesday, breakfast, and lunch on Wednesday

**DELI SANDWICH SPECIAL**

Caprese (V) – fresh mozzarella, kale pesto, and choice of fresh veggies on a telera roll [calories 590]

Ham & Gouda – ham and smoked gouda with Dijon mustard, mayoli, and fresh veggies on a telera roll [calories 590]

**DUB STREET**

Open Sunday through Tuesday, breakfast and lunch Wednesday

**BURGERS SPECIAL**

The Gobbler – a turkey burger with cranberry cream cheese spread, lettuce tomato, and onion on a hamburger bun [calories 540]

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 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](http://www.hfs.uw.edu/eat)
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### NOODLE

#### LUNCH (Mon–Wed 11am-2pm) DINNER (Sun–Tues 5pm-8pm)

**Lunch**

- **Beef Bolognese** – ground beef simmered with garlic, onions, carrots, tomatoes, and herbs over pasta [calories 770]

- **Beef Bulgogi** – Korean-style stir-fried beef with mushrooms, bell peppers, and green onions served with your choice of rice [calories 380]

- **Stir Fry Tofu Japchae Noodles (VG)** – tofu, napa cabbage, mushrooms, onions, bell peppers, baby spinach and scallions tossed in a Korean japchae sauce and garnished with sesame seeds [calories 360]

**Dinner**

- **Korean Freid Chicken** – crispy fried chicken tossed in a gochujang sauce, served with your choice of rice, kimchi, carrot, bean sprouts, zucchini and mushroom banchan [calories 435]

- **Plant based Korean Nuggets (VG)** – crispy plant-based nuggets tossed in a gochujang sauce, served with your choice of rice, kimchi, carrot, bean sprouts, zucchini and mushroom banchan [calories 630]

**SELECT**

#### LUNCH (Mon–Wed 11am-2pm) DINNER (Sun–Tues 5pm-8pm)

**Lunch & Dinner**

- **Donburi Bowl (VG)** – spicy peas, marinated cucumber salad, sesame ginger slaw, and mixed greens with your choice of brown or jasmine rice [calories 300-330]

**Options to Add:** teriyaki chicken [calories 200], ginger pork [calories 180],