

Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan. hp = made with certified halal protein. 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

PLATE

SUN

Dinner **Salmon Piccata** – Roasted salmon with caper cream sauce on a bed of herb pasta and steamed broccolini [calories 630]

Cauliflower Gratin (V) – Cauliflower baked in creamy cheese sauce topped with toasted parmesan breadcrumbs served with spiced broccolini [calories 250]

MON

Breakfast **Ham & Cheddar Scramble** – Local cage free eggs scrambled with ham and cheddar cheese [calories 300]

Lunch **Herb-Roasted Chicken (HP)** – Roasted chicken with makhani sauce, cardamom carrots, house made cilantro chutney, served with brown or basmati rice [calories 990–1010]

Aloo Gobi (V) – Cauliflower and potato curry with house made cilantro chutney, served with brown or basmati rice [calories 530–540]

Dinner **Salmon Piccata** – Roasted salmon with caper cream sauce on a bed of herb pasta and steamed broccolini [calories 630]

Cauliflower Gratin (V) – Cauliflower baked in creamy cheese sauce topped with toasted parmesan breadcrumbs served with spiced broccolini [calories 250]

TUE

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

Lunch & Dinner **Build Your Own Latin Bowl**

Base Includes: Cilantro rice or brown rice and black beans, served with your choice of toppings [calories 250–300]

Options to Add: Beef barbacoa, chicken tinga and vegan "meat" [calories 180–250]

Toppings: Pico de gallo, tomatillo salsa, corn salsa and sour cream [calories 50]

WED

Breakfast **Chorizo, Pico & Cheddar Scramble** – Local cage free eggs scrambled with chorizo, pico de gallo and cheese [calories 360]

Lunch **Herb Roasted Chicken (HP)** – Roasted chicken with makhani sauce, cardamom carrots, house made cilantro chutney, served with brown or basmati rice [calories 990–1010]

Aloo Gobi (VG) – Cauliflower and potato curry with house made cilantro chutney, served with brown or basmati rice [calories 530–540]

Dinner **Chicken Souvlaki with Lemon Herb Rice** – Grilled chicken seasoned in Grecian spices, served with tzatziki yogurt sauce, lemon herb rice and Greek salad [calories 580]

Greek Orzo Salad with Falafel (VG) – Orzo pasta salad with artichoke hearts, kale, red peppers, Kalamata olives, fresh herbs, spinach, falafel and tahini [calories 670]

THU

Breakfast **Spam, Red Pepper & Swiss Scramble** – Local cage free eggs scrambled with spam, red pepper, scallion, and Swiss cheese [calories 400]

Lunch **Crab Cake Royale Sandwich** – Deep fried crab patty, mixed greens, tomato with cucumber wasabi dressing on toasted sourdough served with a side of shoestring french fries [calories 1070]

Plant Based Kale Caesar Salad (VG) – Shredded kale tossed with a plant-based Caesar dressing [calories 200]

Dinner **Chicken Souvlaki with Lemon Herb Rice** – Grilled chicken seasoned in Grecian spices, served with tzatziki yogurt sauce, lemon herb rice and Greek salad [calories 580]

Greek Orzo Salad with Falafel (VG) – Orzo pasta salad with artichoke hearts, kale, red peppers, Kalamata olives, fresh herbs, spinach, falafel and tahini [calories 670]

FRI

Breakfast **Italian Scramble** – Local cage free eggs scrambled with prosciutto, sun dried tomatoes, parmesan and fresh herbs [calories 380]

Lunch **Crab Cake Royale Sandwich** – Deep fried crab patty, mixed greens, tomato with cucumber wasabi dressing on toasted sourdough served with a side of shoestring french fries [calories 1070]

Plant-Based Kale Caesar Salad (VG) – Shredded kale tossed with a plant-based Caesar dressing [calories 200]

Dinner **Pasta Bar** – Create your own pasta—choices include protein, sauce, toppings and extras [calories 390–480]

SAT

Brunch **Breakfast Quesadilla (V)** – Local cage free eggs, cheese and pico griddled on a flour tortilla [calories 860]

Plant-Based Egg & Cheese Quesadilla (VG) – Plant-based cheese and pico griddled on a flour tortilla [calories 630]

Dinner **Pasta Bar** – Create your own pasta—choices include protein, sauce, toppings and extras [calories 390–480]

DELI SANDWICH SPECIAL

Sunday – Dinner (opens at 2pm)
Monday – Saturday – Lunch and Dinner

Buffalo Chicken Wrap – Crispy chicken, Gorgonzola spread, spicy buffalo sauce, and fresh veggies wrapped in a flour tortilla [calories 930]

Field Roast Sandwich (VG) – Tomato field roast, plant-based cheese, chipotle eggless mayoli, sweet roasted peppers, and lemon kale on a Telera roll [calories 730]

Grilled Chicken Caesar Wrap – Grilled garlic lemon chicken, parmesan cheese with Caesar dressing and fresh vegetables in a flour tortilla [calories 700]

DUB STREET BURGERS SPECIAL

Sunday – Dinner Only
Monday – Saturday – Lunch and Dinner

Deluxe 8 Burger – All beef patty with bacon, smoked gouda, lettuce, tomato, onion parmesan mayoli on a toasted bun [calories 800]

Curly Fries (VG) – [calories 420]

NOODLE LUNCH (Mon–Fri)

Teriyaki Chicken Thigh (HP) – Chicken stir fried in a teriyaki sauce served with ginger sesame slaw, served with brown or jasmine rice [calories 530–560]

Vegetable Yakisoba (VG) – Vegetables and yakisoba noodles tossed in a soy ginger sauce [calories 380]

Pork Yakisoba – Tender strips of pork, vegetables and yakisoba noodles tossed in a soy ginger sauce [calories 820]

SELECT LUNCH (Mon–Fri) DINNER (Sun–Thu)

Sunday – Dinner Only
Monday – Saturday – Lunch and Dinner

Lunch & Dinner **Moroccan Bowl** – Ras el Hanout zucchini & tomatoes, quinoa tabouli salad, mixed greens, served with brown or jasmine rice [calories 360]

Options to Add: Baked Marinated Chermoula Chicken [calories 260], Harissa Chickpea Stew [calories 160], Sautéed Zucchini & Tomatoes [calories 60]