



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

PLATE Open Monday through Sunday

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

SUN

- Breakfast** **Bacon & Cheddar Scramble** – local cage-free eggs scrambled with bacon and cheddar cheese served with a tropical dragon fruit mix [calories 460]
- Mushroom, Onion & Plant-Based Cheese Scramble (VG)** – plant-based scrambled mushrooms, onions and plant-based mozzarella with a tropical dragon fruit mix [calories 460]
- Lunch** **Pork Vindaloo** – Indian-style stew of pork, potatoes, onions, tomatoes, ginger and cinnamon topped with cilantro chutney and served with gomen spicy collard greens, warmed pita bread, turmeric roasted cauliflower, and your choice of jasmine rice or brown rice [calories 890]
- Chana Aloo (VG)** – chickpeas, potatoes and onions slow cooked with tomatoes, jalapenos, turmeric, chili and cumin topped with cilantro chutney and served with gomen spicy collard greens, warmed pita bread, turmeric roasted cauliflower, and your choice of jasmine rice or brown rice [calories 690]
- Dinner** **Beef Bolognese With Herb Pasta** – a classic beef Bolognese sauce over herbed pasta, topped with parmesan and served with roasted fennel green beans, herbed carrots, and a baked bread stick [calories 910]
- Lentil Bolognese With Herbed pasta (VG)** – seasoned lentils simmered with tomatoes, onions and herbs over our herbed pasta and served with roasted fennel green beans, herbed carrots, and a baked bread stick [calories 760]

MON

- Breakfast** **Southwest Scramble (V)** – local cage-free eggs scrambled black beans, corn, peppers, and pepperjack cheese and served with a tropical dragon fruit mix [calories 340]
- Lunch** **Plant-Based Mushroom Poblano Scramble (VG)** – plant-based scrambled with mushrooms, poblano peppers, tomatillo salsa, and plant-based mozzarella served with a tropical dragon fruit mix [calories 230]
- Jerk Chicken Quarter** – oven roasted chicken quarter seasoned with Jamaican jerk spice and served with tropical broccoli slaw, fried Chile plantains, coconut red beans, and brown rice [calories 1110]

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Jerk Roasted Vegetables (VG) – Jerk-roasted root vegetables, peppers, and onions served with tropical broccoli slaw, fried Chile plantains, coconut red beans, and brown rice [calories 820]

Dinner **Seared Salmon With Lemon and Dill Sauce** – seasoned seared salmon fillet topped with a lemon-dill sauce and served with tarragon green beans, dill roasted rainbow carrots, and a white bean cassoulet [calories 740]

Cauliflower Casserole With Sautéed Leeks (V) – cauliflower casserole with sauteed leeks, matzo, dill, topped with toasted almonds and served with tarragon green beans, dill roasted rainbow carrots, and a white bean cassoulet [calories 360]

TUE

Breakfast **Cheesy Scramble Eggs With Bacon & Pesto** – local cage-free eggs scrambled with onions, bacon, sun dried tomatoes, pesto and cheese served with a tropical dragon fruit mix [calories 450]

Green Tofu Scramble (VG) – plant-based eggs scrambled with spinach, pepita pesto, peppers, onions, and plant-based mozzarella served with a tropical dragon fruit mix [calories 300]

Lunch & Dinner **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]

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WED

- Breakfast** **Denver Scramble** – local cage-free eggs scrambled with ham, peppers, onion, and cheddar served with a tropical dragon fruit mix [calories 450]
- Southwest Plant-Based Scramble (VG)** – plant-based eggs scrambled with fire roasted corn, peppers, black beans, and plant-based mozzarella served with a tropical dragon fruit mix [calories 360]
- Lunch** **Roasted Jerk Chicken** – brined and roasted chicken quarter seasoned with Jamaican jerk spice and served with coconut red beans, brown rice, tropical broccoli slaw, and fried Chile plantains [calories 1110]
- Jerk Roasted Vegetables (VG)** – roasted root vegetables, peppers, and onions seasoned with Jamaican jerk spice and served with coconut red beans, brown rice, tropical broccoli slaw, and fried Chile plantains [calories 820]
- Dinner** **Seared Salmon With Lemon & Dill Sauce** – seasoned seared salmon fillet topped with a lemon-dill sauce and served with tarragon green beans, dill roasted rainbow carrots, and a white bean cassoulet [calories 740]
- Cauliflower Casserole With Sautéed Leeks (V)** – cauliflower casserole with sauteed leeks, matzo, dill, topped with toasted almonds and served with tarragon green beans, dill roasted rainbow carrots, and a white bean cassoulet [calories 360]

THU

- Breakfast** **Salami, Onion & Mozzarella Scramble** – local cage-free eggs scrambled with salami, caramelized onion, and mozzarella cheese served with a tropical dragon fruit mix [calories 470]
- Tofu Scramble With Sundried Tomatoes (VG)** – plant-based eggs scrambled with sundried tomatoes and plant-based mozzarella served with a tropical dragon fruit mix [calories 320]
- Lunch** **Salmon Cakes** – seared salmon cakes made with matzo meal topped with a horseradish cream sauce and served with lemon and garlic asparagus, steamed spiced cauliflower, and garlic mashed potatoes [calories 700]
- Chickpea Apple Salad (VG)** – a salad of chickpeas, baby spinach, cranberries, toasted pumpkin seeds, red onion, and apple tossed with a sweet Dijon vinaigrette and served with lemon and garlic asparagus, steamed spiced cauliflower, and white bean stew [calories 630]
- Dinner** **BBQ Brisket** – spicy and smokey brisket served with barbeque pit beans, creamy coleslaw, and slow cooked greens [940]
- Plant-Based BBQ Nuggets (VG)** – golden plant-based nuggets deep fried and tossed in our BBQ sauce and served with spiced black beans, creamy coleslaw, and slow cooked greens [calories 810]

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FRI

- Breakfast** **Bacon & Cheddar Scramble** – local cage-free eggs scrambled with bacon and cheddar cheese served with a tropical dragon fruit mix [calories 460]
- Green Tofu Scramble (VG)** – plant-based tofu scramble with spinach, pepita pesto, peppers, onions, and planted-based mozzarella served with a tropical dragon fruit mix [calories 300]
- Lunch** **Salmon Cakes** – seared salmon cakes made with matzo meal topped with a horseradish cream sauce and served with lemon and garlic asparagus, steamed spiced cauliflower, and garlic mashed potatoes [calories 700]
- Chickpea Apple Salad (VG)** – a salad of chickpeas, baby spinach, cranberries, toasted pumpkin seeds, red onion, and apple tossed with a sweet Dijon vinaigrette and served with lemon and garlic asparagus, steamed spiced cauliflower, and white bean stew [calories 630]
- Dinner** **BBQ Brisket** – spicy and smokey brisket served with barbeque pit beans, creamy coleslaw, and slow cooked greens [calories 940]
- Plant-Based BBQ Nuggets (VG)** – golden plant-based nuggets deep fried and tossed in our BBQ sauce and served with spiced black beans, creamy coleslaw, and slow cooked greens [calories 810]

SAT

- Breakfast** **Chorizo Breakfast Burrito** – scrambled eggs, chorizo, Yukon potatoes and cheddar cheese in a flour tortilla served with a tropical dragon fruit mix [calories 990]
- Tofu & Bean Burrito (VG)** – tofu, black beans, potato, and spices with a tropical dragon fruit mix [calories 590]
- Lunch** **Country Fried Steak** – country fried steak topped with a creamy plant-based mushroom gravy and served with garlic mashed potatoes, sugar snap peas, baby carrots, and roasted cherry tomatoes [calories 770]
- Plant-Based Fritter With Mushroom Gravy (VG)** – a crispy plant-based fritter topped with a creamy plant-based mushroom gravy and served with garlic mashed potatoes, sugar snap peas, baby carrots, and roasted cherry tomatoes [calories 240]
- Dinner** **Coconut Curry Chicken Kerala** – coconut curry with Yukon gold potatoes, green peppers, ginger, garam masala, and chicken and served with gomen spicy collard greens, green beans and tomatoes, and warmed pita bread [calories 790]
- Jalfrezi Curry (VG)** – slowly-simmered potatoes, chickpeas, spinach and fire-roasted tomatoes seasoned with cumin, coriander, ginger, jalapeno and lime and served with gomen spicy collard greens, green beans and tomatoes, and warmed pita bread [calories 470]

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MARKET DELI Open 7 days a week

Mon-Fri 7:30 a.m.-8 p.m.

Sat & Sun 8 a.m.-8 p.m.

DELI SANDWICH SPECIAL

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

Plant-Based BBQ Wrap (VG) – crispy plant-based nuggets, caramelized onions, Ray's BBQ sauce, plant-based cheese and fresh veggies in a flour tortilla [calories 1030]

DUB STREET

Mon-Fri Lunch 11 a.m.-2 p.m., Dinner 4-8 p.m.

Sat & Sun 4-8 p.m.

BURGERS SPECIAL

Plant-Based KFC Sandwich (Coconut) (VG) – fried plant-based patty topped with scallion mayo, orange miso sauce, and sesame slaw on a burger bun [calories 710]

NOODLE

LUNCH (Mon–Fri 11 a.m.-2 p.m.) **DINNER** (Mon–Thurs 5-8 p.m.)

Beef Bolognese With Herb Pasta – classic beef Bolognese sauce over herbed pasta topped with parmesan cheese and served with roasted cauliflower and steamed broccolini [calories 810]

Pasta Bar – create your own pasta – choices include protein, sauce, toppings, and extras [calories 390-480]

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ASIAN NOODLE

LUNCH (11 a.m.-2 p.m.) **DINNER** (5-8 p.m.)

Monday the 15th – Tuesday the 16th

Lunch **Chicken Chow Mein** – chicken sautéed with vegetables and chow mein noodles tossed in our soy-ginger sauce and served with garlic chili gai lan [calories 1170]

Vegetable Chow Mein (V) – sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce and served with kalbi marinated tofu, and garlic chili gai lan [calories 960]

There is also an option of jasmine or brown rice [calories 90]

Sunday the 14th – Tuesday the 16th

Dinner **Sweet & Sour Pork** – roasted pork and vegetables in our sweet and sour sauce served with your choice of white or brown rice and garlic chili gai lan [calories 470]

Sweet & Sour Tofu (VG) – tofu coated with house made sweet and sour sauce served with your choice of white or brown rice and garlic chili gai lan [calories 740]

Wednesday the 17th – Friday the 19th

Lunch **Sesame Beef & Broccoli Stir Fry** – tender beef strips and fresh vegetables stir fried in an oyster-sesame sauce served with your choice of white or brown rice and ginger snap peas [calories 530]

Vegetable Chow Mein (V) – sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce and served with kalbi marinated tofu, and ginger snap peas [calories 960]

There is also an option of jasmine or brown rice [calories 90]

Wednesday the 17th – Thursday the 18th

Dinner **Chicken Chow Mein** – chicken sautéed with vegetables and chow mein noodles tossed in our soy-ginger sauce and served with and garlic chili gai lan [calories 1170]

Vegetable Chow Mein (V) – sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce and served with spicy marinated tofu, and garlic chili gai lan [calories 820]

There is also an option of jasmine or brown rice [calories 90]

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SELECT

LUNCH (Mon–Fri 11 a.m.-2 p.m.)

DINNER (Mon–Fri 5-8 p.m.)

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 300]

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