SELECT

Lunch/Dinner

Hours

Mon-Thu: Lunch 11 a.m.-2:30 p.m. Dinner 5-9 p.m. Fri: Lunch 11 a.m.-2:30 p.m. Dinner CLOSED Sat: CLOSED Sun: Lunch CLOSED Dinner 5-9 p.m.

Select one entrée, two vegetables/salad, and one starch/grain to build a Balanced Plate.

Weekly Specials

Entrées

Moroccan Lentil-Chickpea Stew

Baked Marinated Chermoula Chicken

Beef Tagine

Vegetables

Mediterranean Roasted Vegetables

Mediterranean Vegetable Medley

Salad

Greek Salad



Hours of Operation: hfs.uw.edu-eat

Additional nutrition information is available upon request but can also be found on NetNutrition and on menus in dining location.

Eating raw or undercooked foods may increase the risk of foodborne illness. Menu subject to change without notice

Starch/Grains

Mediterranean Chickpea Salad

Purple Rice & Quinoa Blend

Brown Rice

Jasmine Rice

Fried Entrées/Sides

Boneless Chicken Chunks

Chicken Chunks & Fries – Six pieces or eight pieces

French Fries

Soup

Native 3 Sisters Vegetable Bean (Sun-Tue)

Spicy Lentil Vegetable (Wed–Fri)

Tomato Basil

Sauce

Toum Sauce

BBQ Sauce

Dessert

Plant-Based Roz Bel Laban Pudding



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