

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

Brunch **Bacon, Sausage Link, Plant-Based Sausage (VG), Biscuit and Sausage Gravy, Hash Browns (VG) and Plain Scrambled Eggs (V)** [calories 130–450]

Dinner **Pork Tamales** – Pork tamales, ancho chili tomato sauce, cilantro rice and pinto beans [calories 1090]

Cheese Enchiladas (V) – Corn tortillas filled with cheddar cheese and smothered in red chili enchilada sauce, served with cilantro rice and pinto beans [calories 840]

MON

Breakfast **Greek Scramble (V)** – Local cage-free eggs scrambled with spinach, olives, sun-dried tomatoes and feta cheese [calories 270]

Lunch **Schweinebraten** – German-inspired roasted pork loin with mustard cream sauce, herb pasta and braised red cabbage [calories 710]

Wild Mushroom Goulash (V) – Mushroom stew over herb-roasted potatoes, served with braised red cabbage [calories 480]

Dinner **Pork Tamales** – Pork tamales, ancho chili tomato sauce, cilantro rice and pinto beans [calories 1090]

Cheese Enchiladas (V) – Corn tortillas filled with cheddar cheese and smothered in red chili enchilada sauce, with cilantro rice and pinto beans [calories 840]

TUE

Breakfast **French Toast (V)** – Texas toast with housemade custard, grilled golden brown [calories 140]

Lunch & **Build Your Own Latin Bowl**

Dinner **Base Includes:** Cilantro or tomato rice with pinto beans, 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]

WED

Breakfast Italian Sausage & Pesto Scramble – Local cage-free eggs scrambled with Italian sausage, roasted red peppers, pesto and mozzarella cheese [calories 360]

Lunch Schweinebraten – German-inspired roasted pork loin with mustard cream sauce, herb pasta and braised red cabbage [calories 710]

Wild Mushroom Goulash (V) – Mushroom stew over herb-roasted potatoes, served with braised red cabbage [calories 480]

Dinner BBQ Pork Ribs – Served with a sweet-and-spicy BBQ sauce and choice of two sides [calories 340]

BBQ Chicken (HP) – Roasted chicken, served with BBQ sauce and choice of two sides [calories 570]

BBQ Plant-Based Strips (VG) – Plant-based strips, served with BBQ sauce and choice of two sides [calories 390]

Choice of Sides: Baked beans (VG), corn on the cob (V), macaroni and cheese (V), slaw (VG), red potato salad (VG), spiced broccoli (VG), corn bread (V) [calories 40–290]

THU

Breakfast Plant-Based Pancakes (VG) – Pancakes made without any animal products [calories 120]

Lunch Nyama Choma (HP) – Kenyan-inspired braised beef, served with sautéed greens and kachumbari salad [calories 560]

Superkanja (VG) – Plant-based stew of kidney beans, greens, okra and yams, served with choice of brown rice, jasmine rice or African-spiced rice [calories 270–320]

Couscous Salad (VG) – Spiced couscous salad with fresh vegetables, almonds, golden raisins, sunflower seeds and orange-dill vinaigrette [calories 350]

Dinner BBQ Pork Ribs – Served with a sweet and spicy BBQ sauce and choice of two sides [calories 340]

BBQ Chicken (HP) – Roasted chicken, served with BBQ sauce and choice of two sides [calories 570]

BBQ Plant-Based Strips (VG) – Plant-based strips, served with BBQ sauce and choice of two sides [calories 390]

Choice of Sides: Baked beans (VG), corn on the cob (V), macaroni and cheese (V), slaw (VG), red potato salad (VG), spiced broccoli (VG), corn bread (V) [calories 40–290]

FRI

Breakfast Italian Scramble – Local cage-free eggs scrambled with prosciutto, sun-dried tomatoes and Parmesan cheese [calories 300]

Lunch Nyama Choma (HP) – Kenyan-inspired braised beef, served with sautéed greens and kachumbari salad [calories 560]

Superkanja (VG) – Plant-based stew of kidney beans, greens, okra and yams, served with choice of brown rice, jasmine rice or African-spiced rice [calories 270–320]

Couscous Salad (VG) – Spiced couscous salad with fresh vegetables, almonds, golden raisins, sunflower seeds and orange-dill vinaigrette [calories 350]

SAT

Brunch Bacon, Sausage Link, Plant-Based Sausage (VG), Biscuit and Sausage Gravy, Hash Browns (VG) and Plain Scrambled Eggs (V) [calories 130–450]

DELI SANDWICH SPECIAL

Turkey-Cheddar Sandwich – Smoked turkey breast, cheddar cheese, eggless mayo, fresh veggies on multigrain bread [calories 620]

Caprese (V) – Mozzarella cheese, kale pesto and fresh veggies on a telera roll [calories 740]

Curried Chicken Salad – Housemade curried chicken salad and fresh veggies on multigrain bread [calories 600]

DUB STREET BURGERS SPECIAL

Which Fish – Crispy cod patty, cheddar cheese, lettuce, tomato and onion on a toasted bun [calories 650]

Fry Special – Lattice fries [calories 430]

NOODLE

LUNCH (Mon–Fri)

DINNER (Sun–Thu)

Lunch & Dinner Vietnamese Shrimp Noodle Salad With Peanuts – Stir-fried shrimp over rice noodles with spring mix, green leaf lettuce, bean sprouts, fresh herbs and vegan nuoc cham [calories 550]

Vietnamese Pork Noodle Salad With Peanuts – Stir-fried pork over rice noodles with spring mix, green leaf lettuce, bean sprouts, fresh herbs and vegan nuoc cham [calories 580]

Vietnamese Tofu Noodle Salad (VG) With Peanuts – Choice of regular or spicy tofu over rice noodles with spring mix, green leaf lettuce, bean sprouts, fresh herbs and vegan nuoc cham [calories 470]

SELECT

LUNCH (Mon–Fri)

DINNER (Sun–Thu)

Lunch & Dinner **Curry Bowl (VG)** – Spinach, steamed broccoli, pickled lemon, served with housemade chutneys and your choice of brown or jasmine rice [calories 400–430]

Options to Add: Curry-spiced chicken (**HP**), garam masala pork or chana aloo (**VG**) [calories 100–480]