PLATE  Open Monday through Sunday

**Breakfast** 7:30am-10am, **Lunch** 11am-2pm, **Dinner** 5pm-8pm
**Sat & Sun Brunch** 10am-2pm

### MON

**Breakfast**  
**Southwest Scramble** – local cage-free eggs scrambled with black beans, corn, peppers, and Monterey jack cheese served with a tropical dragon fruit mix [calories 340]

**Plant-Based Kale and Tomato Scramble (VG)** – plant-based eggs scrambled with tomatoes, kale, and a plant-based mozzarella served with a tropical dragon fruit mix [calories 240]

**Lunch**  
**Roasted Salmon with Citrus Salsa Verde** – oven roasted salmon topped with citrus salsa verde and served with steamed broccoli, herbed cauliflower pilaf, and oven roasted carrots [calories 340]

**Ratatouille (VG)** – Provence-inspired roasted vegetable medley with zucchini, squash, green bell pepper, red onion, and eggplant served with herb roasted potatoes, carrots, and sauteed kale [calories 410]

**Roasted Salmon with Kale Caesar salad** – oven roasted salmon topped with citrus salsa verde served over a kale caesar salad with croutons [calories 390]

**Dinner**  
**Meatloaf with Mushroom Gravy** – classic beef meatloaf served with mushroom gravy, garlic mashed potatoes, roasted cauliflower, and spice roasted carrots [calories 690]

**Penne Marinara and Plant-Based Meatballs (VG)** – penne pasta topped with marinara and plant-based meatballs served with roasted cauliflower, and spice roasted carrots [calories 920]

### TUE

**Breakfast**  
**Ham and Cheddar Scramble** – local cage-free eggs scrambled with ham and cheddar cheese served with a tropical dragon fruit mix [calories 360]

**Plant-Based Scramble with Soyrizo (VG)** – plant-based eggs scrambled with tomato salsa, soy-based chorizo, spinach, and plant-based mozzarella served with a tropical dragon fruit mix [calories 340]

**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]

**WED**

**Breakfast**  
**Chorizo, Pico, and Cheddar Scramble** – local cage-free eggs scrambled with chorizo, pico de gallo, and cheddar cheese served with a tropical dragon fruit mix [calories 420]

**Plant-Based Caprese Scramble (V)** – plant-based eggs scrambled with tomatoes, plant-based mozzarella and fresh basil served with a tropical dragon fruit mix [calories 300]

**Lunch**  
**Roasted Salmon with Citrus Salsa Verde** – oven roasted salmon topped with citrus salsa verde and served with steamed broccolini, herbed cauliflower pilaf, and oven roasted carrots [calories 340]

**Ratatouille (VG)** – Provence-inspired roasted vegetable medley with zucchini, squash, green bell pepper, red onion, and eggplant served with herb roasted potatoes, carrots, and sauteed kale [calories 410]

**Roasted Salmon with Kale Caesar salad** – oven roasted salmon topped with citrus salsa verde served over a kale caesar salad with croutons [calories 390]

**Dinner**  
**Cocoa Chile Pork Loin** – cocoa-chili roasted pork loin served with chipotle roasted yams, steamed broccoli, and herbed cauliflower pilaf [calories 630]

**Stuffed Poblano Peppers (VG)** – poblano peppers filled with black beans, vegan cheese and tomato-based rice served with chipotle roasted yams, steamed broccoli, and herbed cauliflower pilaf [calories 450]

**THU**

**Breakfast**  
**Italian Sausage Scramble** – local cage-free eggs scrambled with Italian sausage, roasted red peppers, pesto and mozzarella served with a tropical dragon fruit mix [calories 450]

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

**Lunch**  
**Ropa Vieja** – Latin-style sliced halal beef with onions, peppers, tomatoes, and olives served with spiced black beans, herbed cauliflower pilaf, and super food slaw [calories 520]

**Plant-Based Picadillo (VG)** – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives, cinnamon and cumin served with spiced black beans, herbed cauliflower pilaf, and super food slaw [calories 550]

**Dinner**  
**Cocoa Chile Pork Loin** – cocoa-chili roasted pork loin served with chipotle roasted yams, steamed broccoli, and herbed cauliflower pilaf [calories 630]

**Stuffed Poblano Peppers (VG)** – poblano peppers filled with black beans, vegan cheese and tomato-based rice served with chipotle roasted yams, steamed broccoli and herbed cauliflower pilaf [calories 450]
FRI

Breakfast  Spam, Red Pepper and Swiss Scramble – local cage-free eggs scrambled with spam, red bell peppers, scallions and Swiss cheese served with a tropical dragon fruit mix [calories 460]

Plant-Based Scramble with Peppers (VG) – plant-based eggs scrambled with red and green bell peppers, onions, and plant-based mozzarella served with a tropical dragon fruit mix [calories 310]

Lunch  Ropa Vieja – Latin-style sliced halal beef with onions, peppers, tomatoes, and olives served with spiced black beans, herbed cauliflower pilaf, and super food slaw [calories 520]

Plant-Based Picadillo (VG) – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives, cinnamon and cumin served with spiced black beans, herbed cauliflower pilaf, and super food slaw [calories 550]

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

SAT

Brunch  Caprese Scramble – local cage-free eggs scrambled with tomato, mozzarella cheese and fresh basil served with a tropical dragon fruit mix [calories 350]

Plant-Based Tofu Scramble with tots (VG) – plant-based eggs scrambled with plant-based mozzarella, tater tots, and green onions served with a tropical dragon fruit mix [calories 360]

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

MARKET DELI  Open 7 days a week

Tues-Fri 7:30am-8pm
Sat & Sun 8am-8pm

DELI SANDWICH SPECIAL

Tofu Goddess (VG) – green goddess marinated tofu, stacked with avocado, plant-based cheese, red onion, and lettuce on toasted focaccia [calories 820]

Ham & Brie – ham, brie, stoneground mustard, marmalade, arugula, and fresh vegetables on a banh mi roll [calories 660]

DUB STREET  Open 7 days a week

Tues-Fri Lunch 11am-2pm, Dinner 4-8pm
Sat & Sun 4pm-8pm

BURGERS SPECIAL

Buffalo Chicken Burger – a crispy chicken burger with blue cheese, buffalo sauce, lettuce, tomato, and onion on a hamburger bun [calories 800]

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
**NOODLE**

**LUNCH (Mon–Fri 11am-2pm) DINNER (Sun–Thurs 5pm-8pm)**

- **Pesto Tortellini salad** – tri-color tortellini with pesto, crushed red pepper, red bell pepper and parmesan cheese [calories 680]
- **Pasta Bar** – create your own pasta – choices include protein, sauce, toppings, and extras [calories 390-480]

**ASIAN NOODLE**

**LUNCH (Mon-Fri 11am-2pm) DINNER (Sun-Thurs 5pm-8pm)**

<table>
<thead>
<tr>
<th>Lunch &amp; Dinner</th>
<th>Sweet and Sour Pork – roasted pork in a sweet and sour sauce served with stir-fried bok choy, garlic broccoli, and your choice of white or brown rice [calories 450]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td><strong>Sweet and Sour Tofu Bites (VG) – tofu in a sweet and sour sauce served with stir-fried bok choy, garlic broccoli, and your choice of white or brown rice [calories 200]</strong></td>
</tr>
<tr>
<td>Lunch &amp; Dinner</td>
<td>Pork Chow Mein – tender strips of pork, with sautéed vegetables and chow mein noodles tossed in a soy-ginger sauce served with garlic broccoli [calories 1120]</td>
</tr>
<tr>
<td>Wed-Fri</td>
<td><strong>Vegetable Chow Mein (V) – marinated tofu, with sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce and served with garlic broccoli [calories 820]</strong></td>
</tr>
</tbody>
</table>

**SELECT**

**LUNCH (Tues–Fri 11am-2pm) DINNER (Tues–Thurs 5pm-8pm)**

<table>
<thead>
<tr>
<th>Lunch &amp; Dinner</th>
<th>Latin Bowl (VG) – black beans, jicama salad, corn salsa, quinoa salad, lime slaw, and mixed greens with your choice of brown or jasmine rice [calories 470]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Options to Add:</td>
<td>chicken tinga [calories 250], pork verde [calories 190]</td>
</tr>
</tbody>
</table>

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