**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 Breakfast Burrito** – scrambled eggs, bacon, black beans and cheddar in a flour tortilla, served with tropical dragon fruit mix [calories 1120]
- **Tofu & Bean Burrito (VG)** – tofu, black beans, potato and spices, served with tropical dragon fruit mix [calories 590]

**Lunch**  
- **Pork Tamales** – pork tamales topped with ancho tomato sauce, served with spiced black beans, escabeche peppers and spicy mango slaw [calories 470]
- **Cheese Tamales (V)** – green chili and cheese tamales, served with spiced black beans, escabeche peppers and spicy mango slaw [calories 490]

**Dinner**  
- **Picadillo Beef** – ground beef sautéed with green bell peppers, yellow raisins, tomatoes, green olives and spices, served with roasted cauliflower, herb-roasted carrots and spiced black beans [calories 540]
- **Plant-Based Picadillo (VG)** – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives and spices, served with roasted cauliflower, herb-roasted carrots and spiced black beans [calories 640]

### MON

**Breakfast**  
- **Bacon & Cheddar Scramble** – local cage-free eggs scrambled bacon, onion and cheddar cheese, served with tropical dragon fruit mix [calories 450]
- **Plant-Based Scramble With Peppers (VG)** – plant-based scrambled with red and green peppers, onions and plant-based mozzarella, served with tropical dragon fruit mix [calories 300]

**Lunch**  
- **Beef Tagine** – spicy beef stew of apricots, peas and harissa, served with roasted cardamon carrots, roasted yellow squash, roasted zucchini and saffron rice [calories 800]
- **Winter Squash & Chickpea Stew (VG)** – stew of carrots, squash, potatoes, chickpeas and spices, served with roasted cardamon carrots, roasted yellow squash, roasted zucchini and saffron rice [calories 440]

**Dinner**  
- **Roasted & Blackened Cod** – roasted cod with a smoky-and-spicy dry rub, served with steamed spiced green beans, garlic-sautéed kale and your choice of jasmine or brown rice [calories 360]
- **White Bean Stew (VG)** – white bean and sun-dried tomato stew served with steamed spiced green beans, garlic-sautéed kale and your choice of jasmine or brown rice [calories 420]
**TUE**

**Breakfast**  
Spam, Red Pepper & Swiss Scramble – local cage-free eggs scrambled with spam, red pepper, scallions and Swiss cheese, served with tropical dragon fruit mix [calories 450]

Plant-Based Scramble With Soyrizo (VG) – plant-based eggs scrambled with Soyrizo and plant-based mozzarella, served with tropical dragon fruit mix [calories 330]

**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**  
Pork Verde Scramble – local cage-free eggs scrambled with pork verde, fajita-sautéed peppers, onions, Swiss cheese and salsa verde, served with 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 tropical dragon fruit mix [calories 360]

**Lunch**  
Beef Tagine – spicy beef stew of apricots, peas and harissa, served with roasted cardamon carrots, roasted yellow squash, roasted zucchini and saffron rice [calories 800]

Winter Squash & Chickpea Stew (VG) – stew of carrots, squash, potatoes, chickpeas and spices, served with roasted cardamon carrots, roasted yellow squash, roasted zucchini and saffron rice [calories 440]

**Dinner**  
Roasted & Blackened Cod – roasted cod with a smoky-and-spicy dry rub, served with steamed spiced green beans, garlic-sautéed kale and your choice of jasmine or brown rice [calories 360]

White Bean Stew (VG) – white bean and sun-dried tomato stew, served with steamed spiced green beans, garlic-sautéed kale and your choice of jasmine or brown rice [calories 420]
### THU

#### Breakfast
- **Denver Scramble** – local cage-free eggs scrambled with ham, red pepper, onions and cheddar cheese, served with tropical dragon fruit mix [calories 430]

#### Lunch
- **Peruvian Grilled Chicken Quarter** – Peruvian marinated grilled chicken, served with roasted asparagus and Peruvian quinoa salad [calories 700]

#### Dinner
- **Cocoa-Chile Pork Loin** – cocoa-chili roasted pork loin, served with spiced black beans, roasted bell peppers, onions and steamed broccoli [calories 770]
- **Stuffed Poblano Peppers (VG)** – poblano pepper filled with black beans, Spanish rice and plant-based mozzarella, served with chipotle yams with plant-based butter, steamed spiced broccoli and oven-roasted peppers and onions [calories 620]

### FRI

#### Breakfast
- **Bacon & Cheddar Scramble** – local cage-free eggs scrambled with bacon and cheddar cheese, served with tropical dragon fruit mix [calories 460]

#### Lunch
- **Peruvian Grilled Chicken Quarter** – Peruvian marinated grilled chicken served with roasted asparagus, and a Peruvian quinoa salad [calories 700]

#### Dinner
- **Cocoa-Chile Pork Loin** – cocoa-chili roasted pork loin served with spiced black beans, roasted bell peppers, onions, and steamed broccoli [calories 770]
- **Stuffed Poblano Peppers (VG)** – poblano pepper filled with black beans, Spanish rice, and plant-based mozzarella and served with chipotle yams with plant-based butter, steamed spiced broccoli and oven roasted peppers and onions [calories 620]

### SAT

#### Brunch
- **Chorizo Breakfast Burrito** – scrambled eggs, chorizo, Yukon gold potatoes and cheddar cheese in a flour tortilla, served with tropical dragon fruit mix [calories 990]

#### Lunch
- **Tofu & Bean Burrito (VG)** – tofu, black beans, potato and spices, served with tropical dragon fruit mix [calories 590]
- **Shrimp Etouffee** – classic Cajun-inspired stew with peppers, onions, tomatoes and okra, served with roasted cherry tomatoes, cheddar grits and blistered garlic green beans [calories 450]
Creole Vegetable Stew (VG) – Cajun-inspired stew of peppers, onions, squash and zucchini, served with blistered garlic green beans, steamed spiced broccoli and brown rice [calories 470]

Dinner Mole Chicken Quarter – red mole-roasted chicken quarter, served with roasted zucchini, chipotle butternut squash and arroz blanco [calories 820]

Cheese Enchilada (V) – two corn tortillas filled with cheddar cheese and smothered in a red chili enchilada sauce, served with roasted zucchini, chipotle butternut squash and arroz blanco [calories 490]

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

Ham & Gouda Sandwich – ham and smoked gouda with Dijon mustard, mayoli and fresh vegetables on a telera roll [calories 590]

Caprese Sandwich (V) – fresh mozzarella, Roma tomato, fresh basil and balsamic vinaigrette on a baguette [calories 590]

DUB STREET BURGERS
Mon–Fri Lunch 11 a.m.–2 p.m. Dinner 4–8 p.m.
Sat–Sun 4–8 p.m.

BURGER SPECIAL

Blue Cheese Bliss Burger – beef patty with blue cheese, Parmesan aioli, lettuce, tomato and onion on a hamburger bun [calories 720]

NOODLE

LUNCH (Mon–Fri, 11 a.m.–2 p.m.) DINNERT (Tue–Thu, 5–8 p.m.)

Baked Macaroni & Cheese (V) – housemade macaroni and cheese, served with roasted root vegetables and blistered green beans with garlic [calories 520]

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

#### LUNCH (11 a.m.–2 p.m.)      DISSERT (5–8 p.m.)

<table>
<thead>
<tr>
<th>Monday the 1st–Tuesday the 2nd</th>
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<tbody>
<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td><strong>Chicken Chow Mein</strong> – chicken sautéed with vegetables and chow mein noodles tossed in our soy-ginger sauce, served with steamed spiced broccolini and ginger snap peas [calories 1140]</td>
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<tr>
<td><strong>Vegetable Chow Mein (V)</strong> – sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce, served with spicy marinated tofu, spiced broccolini and ginger snap peas [calories 790]</td>
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<th>Sunday the 31st–Tuesday the 2nd</th>
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<td><strong>Dinner</strong></td>
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<td><strong>Sesame Beef &amp; Broccoli Stir Fry</strong> – 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]</td>
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<td><strong>Sweet &amp; Sour Tofu (VG)</strong> – tofu coated with housemade sweet-and-sour sauce, served with stir-fried veggies, ginger snap peas and your choice of white or brown rice [calories 740]</td>
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<td><strong>Vegetable Chow Mein (V)</strong> – sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce, served with spicy marinated tofu, spiced broccolini and ginger snap peas [calories 790]</td>
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### SELECT

#### LUNCH (Mon–Fri, 11 a.m.–2 p.m.)      DISSERT (Mon–Thu, 5–8 p.m.)

<table>
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<tr>
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<tr>
<td>Moroccan Bowl (VG) – ras el hanout-spiced zucchini and tomatoes, quinoa tabbouli and mixed greens, served with your choice of brown or jasmine rice [calories 360–380]</td>
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<tr>
<td>Options to Add – roasted lemon garlic beef [calories 260], harissa chickpeas [calories 160]</td>
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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](http://www.hfs.uw.edu/eat)