

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

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- Brunch** **Cuban Breakfast Sandwich** – Swiss cheese, pork, sliced ham, egg patty, pickle and mustard on a banh mi baguette [calories 710]
- Chermoula Flank Steak** – Chermoula grilled flank steak served with ras el hanout spiced, zucchini, tomatoes, served with pearl couscous pilaf or brown rice [calories 510–530]
- Dinner** **Harissa Vegetable Tagine (V)** – Slightly spicy stew of vegetables, chickpeas, served with pearl couscous pilaf or brown rice [calories 310-330]

MON

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- Breakfast** **Denver Scramble** – Local cage-free eggs scrambled with ham, peppers, onion and cheddar [calories 370]
- Lunch** **Cocoa Chile Pork Loin with Cilantro Rice** – Cocoa Chile roasted pork loin with cranberry chipotle sauce, cilantro rice, pinto beans and Mexican street corn [calories 990]
- Stuffed Poblano Pepper & Chipotle Yams (VG)** – Poblano pepper filled with black beans, cheese, tomatoes, served with ancho tomato sauce and chipotle yams [calories 610]
- Dinner** **Chermoula Flank Steak** – Chermoula grilled flank steak served with ras el hanout spiced, zucchini, tomatoes, served with pearl couscous pilaf or brown rice [calories 510–530]
- Harissa Vegetable Tagine (VG)** – Slightly spicy stew of vegetables and chickpeas, served with pearl couscous pilaf or brown rice [calories 310–330]

TUE

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- Breakfast** **Southwest Scramble with Jack Cheese** – Local cage-free eggs scrambled with black beans, corn, peppers and cheddar cheese [calories 280]
- Lunch & Dinner** **Build Your Own Latin Bowl**
- Base Includes:** Cilantro rice or tomato rice with pinto beans, black beans or quinoa salad, served with choice of toppings [calories 250–300]
- Options to Add:** Beef Barbacoa (HP), 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

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- Breakfast** **Andouille Pepperjack Scramble** – Local cage-free eggs scrambled with pork andouille sausage, corn, peppers and pepperjack cheese [calories 290]

Lunch **Cocoa Chile Pork Loin with Cilantro Rice** – Cocoa Chile roasted pork loin with cranberry chipotle sauce, cilantro rice, pinto beans and Mexican street corn [calories 990]

Stuffed Poblano Pepper & Chipotle Yams (VG) – Poblano pepper filled with black beans, cheese & tomatoes, served with ancho tomato sauce and chipotle yams [calories 610]

Dinner **Pesto Salmon** – Roasted salmon with pesto sauce served with French lentils, roasted cauliflower, olives, herbs and sundried tomatoes [calories 560]

Eggplant Mushroom Ragout (VG) – *Medley* of eggplant and mushrooms served with herb roasted potatoes and Mediterranean style vegetables [calories 180]

THU

Breakfast **Greek Sausage Scramble** – Local cage free eggs scrambled with sausage, spinach, sun dried tomato, kalamata olives and feta cheese [calories 510]

Lunch **Chicken Luau with Spam Fried Rice** – Huli-huli chicken, spam fried rice and macaroni salad [calories 1080]

Spicy Tofu Luau with Fried Rice (V) – Spicy sesame tofu salad, veggie fried rice and macaroni salad [calories 750]

Dinner **Buffalo Chile Colorado** – PAC-12 Colorado - Beef and bison stew with peppers, garlic, tomato and spices, served with pinto beans, and cornbread [calories 660]

Mile High Three Bean Chili (VG) – PAC-12 Colorado - Big bowl of house made chili with tomatillos, spices, white, black and red beans served with cilantro rice [calories 380]

FRI

Breakfast **Chorizo, Pico & Cheddar Scramble** – Local cage free eggs scrambled with chorizo, pico de gallo and cheese [calories 360]

Lunch **Chicken Luau with Spam Fried Rice** – Huli-huli chicken, spam fried rice and macaroni salad [calories 1080]

Spicy Tofu Luau with Fried Rice (V) – Spicy sesame tofu salad, veggie fried rice and macaroni salad [calories 750]

Dinner **Pesto Salmon** – Roasted salmon with pesto sauce served with French lentils, roasted cauliflower, olives, herbs and sundried tomatoes [calories 560]

Eggplant Mushroom Ragout (VG) – *Medley* of eggplant and mushrooms served with herb roasted potatoes and Mediterranean style vegetables [calories 180]

SAT

Brunch **Fried Chicken Biscuit Sandwich** – Fried chicken patty with pepper jack cheese, egg, on a buttermilk biscuit [calories 750]

Dinner Create your own pasta—choices include protein, sauce, toppings and extras [calories 390–480]

DELI SANDWICH SPECIAL

Honey Mustard Chicken Wrap– crispy chicken, honey mustard dressing, parmesan cheese, and fresh veggies wrapped in a flour tortilla [calories 940]

Caprese Sandwich (V) – kale pesto, and fresh mozzarella cheese finished with choice of veggies on a telera roll [calories 740]

Turkey Pesto Brie Sandwich – turkey, kale pesto and brie with fresh vegetables on telera roll [calories 540]

DUB STREET BURGERS SPECIAL

Salmon Verde Burger – grilled salmon patty with pepperjack cheese, lettuce, tomato, onion verde mayo on a toasted bun [calories 540]

Lattice Cut Fries (VG) – [calories 430]

NOODLE LUNCH (Mon–Fri)

Lunch & Dinner **Vietnamese Shrimp Salad** – Stir fry shrimp over rice noodles with spring mix, green leaf, bean sprouts, fresh herbs, peanuts and vegan nuoc cham [calories 550]

Vietnamese Pork & Rice Noodle Salad – Stir fry pork over rice noodles with spring mix, green leaf, bean sprouts, fresh herbs and vegan nuoc cham [calories 580]

Lentil Bolognese with Herb Pasta (VG) – Seasoned lentils simmered with tomatoes, onions and herbs, over herb pasta with breadstick [calories 580]

Vietnamese Spicy Tofu Salad with Peanuts (V) – Spicy tofu over rice noodles with spring mix, green leaf, bean sprouts, fresh herbs and vegan nuoc cham [calories 520]

Roasted Carrots (VG) [calories 60]

SELECT LUNCH (Mon–Fri) DINNER (Sun–Thu)

Lunch & Dinner **House Salad** – Baby greens with tomato, cucumber, carrot and choice of house made dressings [calories 30]

Coconut Curry Bowl (VG) – Spinach, steamed broccoli, lemon pickle, chutneys, served with brown or jasmine rice [calories 430]

Options to Add: Curry chicken kerala [calories 480], roasted garam masala pork [calories 270], chana aloo (VG) – [calories 100]