

Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan.
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Allergen information for menu items are available and/or posted in each dining location. | www.hfs.uw.edu-eat

BIG KITCHEN

Mon–Fri: Breakfast 7:30–10 a.m. Lunch 11 a.m.–2 p.m. Dinner 5–8 p.m.

Sat–Sun: 8–10 a.m. Lunch 11 a.m.–2 p.m. Dinner 5–8 p.m.

MON

Breakfast Caprese Scramble (V) – local cage-free eggs scrambled with tomato, mozzarella cheese and fresh basil [calories 290]

Lunch Mediterranean Bowl (VG) – tomatoes, cucumbers, red onions, kalamata olives, green beans, chickpeas, roasted red peppers, golden raisins, spinach, brown rice and balsamic vinaigrette [calories 360]

Moroccan Bowl With Brown Rice (VG) – brown rice, ras el hanout zucchini and tomatoes, quinoa tabouli and spring lettuce mix [calories 340]

Dinner Rain Bowl (VG) – brown rice, red quinoa, purple cabbage, garbanzo beans, avocado, carrots, yellow bell pepper, grape tomatoes and a sweet-basil vinaigrette [calories 570]

Quinoa Bowl (VG) – brown rice, red quinoa, roasted zucchini, cremini mushrooms, chickpeas, escabeche peppers, chimichurri [calories 690]

TUE

Breakfast Mushroom, Onion & Mozzarella Scramble (V) – local cage-free eggs scrambled with mushrooms, onion and mozzarella cheese [calories 350]

Lunch & Dinner Pork Carne Adovada – roasted pork and guajillo chili sauce [calories 270]

Plant-Based Chorizo & Potato Tacos (VG) – plant-based version on a potato taco with soyrizo, habanero and tomatillo salsas [calories 140]

WED

Breakfast Spam, Red Pepper & Swiss Scramble – local cage-free eggs scrambled with spam, red pepper, scallion and Swiss cheese [calories 400]

Lunch Roasted Turkey With Mushroom Gravy – herb-roasted turkey with mushroom gravy, served with coconut mashed yams, maple-roasted brussels sprouts, and roasted carrots with thyme and lemon [calories 960]

Plant-Based Fritter With Mushroom Gravy (VG) – plant-based protein fritter with plant-based mushroom cream sauce, served with coconut mashed yams, maple-roasted brussels sprouts, and roasted carrots with thyme and lemon [calories 960]

Dinner Braised Brisket With Horseradish Jus – braised brisket with horseradish jus, served with tzimmes and roasted balsamic brussels sprouts [calories 530]

Chickpea Shakshuka – North African-style chickpeas and eggs baked in a spicy tomato sauce, served with tzimmes and roasted balsamic brussels sprouts [calories 840]

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THU

Breakfast Chorizo Breakfast Burrito – chorizo, scrambled eggs, Yukon gold potatoes and cheddar cheese [calories 930]

Tofu & Bean Burrito (VG) – tofu, black beans, potato, cumin and curry powder [calories 530]

Lunch Roasted Turkey With Mushroom Gravy – herb-roasted turkey with mushroom gravy, served with coconut mashed yams, maple-roasted brussels sprouts, and roasted carrots with thyme and lemon [calories 960]

Plant-Based Fritter With Mushroom Gravy (VG) – plant-based protein fritter with plant-based mushroom cream sauce, served with coconut mashed yams, maple-roasted brussels sprouts, and roasted carrots with thyme and lemon [calories 960]

Dinner BBQ Brisket Burnt Ends – spicy-and-smoky chopped brisket, served with red potato salad, sweet corn succotash and slow-cooked collard greens [calories 1,150]

Plant-Based BBQ Nuggets (VG) – plant-based protein nuggets tossed in a BBQ sauce, served with red potato salad, sweet corn succotash and slow-cooked collard greens [calories 1,110]

FRI

Breakfast Bacon, Mushroom & Swiss Scramble – local cage-free eggs scrambled with bacon, mushrooms and Swiss cheese [calories 520]

Lunch Barramundi Livornese – roasted barramundi with kalamata olives, capers, tomatoes and parsley, served with herb pasta, pesto green beans and roasted zucchini [calories 945]

Tofu Mushroom Sauce With Herb Pasta (VG) – herbed pasta with a tofu-mushroom sauce, served with pesto green beans and roasted zucchini [calories 665]

Dinner Chicken Adobo – Filipino-style roasted chicken, served with sinangag (garlic fried rice), miso stir-fried vegetables and broccoli with furikake-tamari dressing [calories 810]

Baked Huli Huli Tofu (VG) – baked pineapple and tamari-marinated firm tofu, served with sinangag (garlic fried rice), miso-stir fried vegetables and broccoli with furikake-tamari dressing [calories 800]

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SAT

Breakfast Italian Vegetable Scramble (V) – local cage-free eggs scrambled with roasted red peppers, pesto and asiago, Romano and Parmesan cheeses [calories 320]

Lunch SoCal Fish Tacos – SoCal-style fish tacos on a soft corn tortilla with mango slaw, sour cream and cilantro, served with refried pintos beans, street corn and roasted zucchini with cotija [calories 1,480]

Plant-Based Chorizo & Potato Tacos (VG) – plant-based version on a potato taco with soyrizo, habanero and tomatillo salsas, served with refried pintos beans, street corn and roasted zucchini with cotija [calories 1,130]

Dinner Grilled Salmon Teriyaki – teriyaki-glazed grilled salmon filet, served with fried brown rice, steamed broccolini, zucchini and mushroom banchan [calories 720]

Donburi Bowl With Jasmine Rice (VG) – spicy peas, Korean-style cucumber salad, sesame-ginger slaw and arugula with jasmine rice, served with steamed broccolini and zucchini-mushroom banchan [calories 470]

DELI SANDWICH SPECIAL

Mon–Fri: 11 a.m.–8 p.m.

Sat–Sun: 10 a.m.–8 p.m.

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

Tofu Goddess Sandwich (VG) – marinated tofu stacked with avocado, plant-based cheese, lettuce and red onion, served on a toasted focaccia [calories 730]

DUB STREET BURGERS SPECIAL

Sun–Fri: Lunch 11 a.m.–2 p.m. Dinner 4–8 p.m. Late Night 8–10 p.m.

Sat: Closed

Plant-Based Teriyaki Burger (VG) – plant-based patty with teriyaki sauce, pineapple-sesame mayoli, pineapple salsa, lettuce, tomato and onion on a toasted bun [calories 650]

GLOBAL

Lunch (Mon–Fri, 11 a.m.–2 p.m.) Dinner (Mon–Fri, 5–8 p.m.)

Lunch Chinese Cuisine – create your own plate with choice of one entrée, three side items & and sauce [calories 520–1210]
Dinner

TERO

Lunch (Mon–Fri, 11 a.m.–2 p.m.) Dinner (Sun–Thu, 5–8 p.m.)

Super Hero Bowl (VG) – quinoa, brown rice, superfood slaw, roasted broccoli, red grapes, jicama, rainbow carrots, Mama Lil’s peppers, walnuts and lemon vinaigrette [calories 780]

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