

DELI & SALAD

April 21–27

Breakfast

Hours

Mon–Fri: 7:30–11 a.m.

Sat–Sun: 8–11 a.m.

Daily Specials

Monday

Bacon-Cheddar Breakfast Taco – Scrambled eggs, cheddar cheese, green onions, flour tortilla

Tuesday

Plant-Based Soyrito Breakfast Taco – Scrambled eggs, plant-based Soyrito, plant-based cheddar cheese, green onions, flour tortilla

Wednesday

Griddled Cuban Breakfast Sandwich – Pork, sliced ham, egg patty, Swiss cheese, pickle, mustard, baguette

Thursday

Bacon Breakfast Burrito – Scrambled eggs, bacon, black beans, cheddar cheese, flour tortilla

Friday

Tofu & Bean Burrito – Tofu, black beans, potato, cumin, curry powder

Salad Bar: Yogurt & Fruit Breakfast Bar

Selection of yogurt, granola and seasonal fruit



Hours of Operation: [hfs.uw.edu–eat](https://hfs.uw.edu/eat)

Additional nutrition information is available upon request but can also be found on NetNutrition and on menus in dining location.

Eating raw or undercooked foods may increase the risk of foodborne illness. Menu subject to change without notice.

Lunch/Dinner

Hours

Sun–Sat: 11 a.m.–9 p.m.

Salad Bar

Rotating selection of greens, toppings and dressings. UW Farm produce provided when available.

Weekly Specials

Plant-Based Buffalo Wrap (Coconut)

Crispy plant-based nuggets, plant-based cream cheese spread (coconut based), spicy buffalo sauce and fresh veggies wrapped in a flour tortilla.

Curried Chickpea Wrap

Curried chickpea salad with mango-mint mayoli and fresh vegetables on a flour tortilla.

Sandwiches & Wraps

Italian Club Sandwich

Genoa salami, smoked ham, crispy bacon, Mama Lil's pepper eggless mayo, fresh veggies, telera bun

BLTC Sandwich

Bacon, lettuce, tomato, white cheddar, sourdough bread

Caprese Sandwich

Fresh mozzarella, Roma tomato, fresh basil, balsamic vinaigrette, baguette

Tofu Goddess Sandwich

Marinated tofu, avocado, plant-based cheese, lettuce, red onion, toasted focaccia bread

Ham & Havarti Sandwich

Hardwood smoked ham, Havarti, mayoli, Dijon mustard, choice of veggies, telera bun

Spicy Tofu Wrap

Spicy tofu salad, red onion, tomato, lettuce, flour tortilla

BBQ Chicken Wrap

Crispy chicken, caramelized onions, Ray's BBQ sauce, pepperjack cheese, fresh veggies, flour tortilla

Roasted Vegetable Wrap

Sesame hummus, caramelized onion, roasted vegetables, flour tortilla

Grilled Plant-Based Cheese Sandwich

Plant-based cheddar cheese, sourdough bread

Grilled Cheese & Tomato Soup

Cheddar cheese, American cheese, sourdough bread, tomato soup



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Soup

French Mushroom Bisque

Chicken Noodle

Dessert

Chocolate Brownie

Plant-Based Coconut Ranger Cookie



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