

TERO

Sept 29 – Oct 5

Lunch/Dinner

Hours

Mon–Fri: Lunch 11 a.m.–2:30 p.m. Dinner 5–10 p.m. **Sat–Sun:** CLOSED

Weekly Special Grain Bowl

Chickpea-Raisin Quinoa Vegetable Bowl – Raw rainbow vegetable mix, cardamom carrots, eggplant, avocado tahini goddess dressing

Protein Add-Ons

Spicy Tofu Salad
Roasted Chicken Thigh
Pesto Salmon
Pan Fried Tofu

Build Your Own – Choose your base, veggies, toppings and dressing

Grain Options – Choose 1

Brown Rice and Red Quinoa Blend
Cooked Couscous

Greens – Choose 1

Lettuce and Kale Superfood Salad Mix

Dressing Options – Choose 1

Toasted Sesame Vinaigrette Dressing
Basil Vinaigrette
Avocado Tahini Goddess Dressing



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.

Veggie Options – Choose up to 4

Roasted Mushroom

Sesame Snap Peas

Rainbow Vegetable Blend

Edamame

Roasted Cardamom Carrots

Green Beans with Lemon and Mint

Roasted Butternut Squash

Roasted Eggplant

Topping Options

Toasted Pepitas

Feta Cheese Crumbles – Add \$1

Goat Horn Pepper Rings – Add \$1

Avocado – Add \$2.49