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 a tropical dragon fruit mix [calories 1120]

- **Tofu & Bean Burrito (VG)** – tofu, black beans, potato, and spices with a tropical dragon fruit mix [calories 590]

**Lunch**

- **Pork Tamales** – pork tamales topped with ancho tomato sauce and 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 sauteed with green bell peppers, yellow raisins, tomatoes, green olives and spices and 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 with bacon, onion and cheddar cheese and served with a tropical dragon fruit mix [calories 450]

- **Plant-Based Scramble With Peppers (VG)** – plant-based scramble with red and green peppers, onions, and plant-based mozzarella served with a tropical dragon fruit mix [calories 300]

**Lunch**

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

- **Winter Squash & Chickpea Stew (VG)** – stew of carrots, squash, potatoes, chickpeas and spices served with roasted cardamom carrots, roasted yellow squash and 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 sundried tomato stew served with steamed spiced green beans, garlic sautéed kale, and your choice of jasmine or brown rice [calories 420]

**TUE**

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<thead>
<tr>
<th>Time</th>
<th>Menu Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>Spam, Red Pepper &amp; Swiss Scramble</td>
<td>local cage-free eggs scrambled with spam, red pepper, scallions and Swiss cheese served with a tropical dragon fruit mix [calories 450]</td>
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<tr>
<td>Lunch &amp; Dinner</td>
<td>Build Your Own Latin Bowl</td>
<td>Base Includes: cilantro rice or tomato rice with black beans or quinoa salad, served with choice of toppings [calories 250–300]</td>
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<td>Options to Add:</td>
<td>beef Barbacoa, chicken tinga, pork verde, plant-based chorizo [calories 180–250]</td>
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<td>Toppings:</td>
<td>pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110]</td>
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**WED**

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<tr>
<th>Time</th>
<th>Menu Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>Pork Verde Scramble</td>
<td>local cage-free eggs scrambled with pork verde, fajita-sautéed peppers and onions, Swiss cheese and salsa verde served with a tropical dragon fruit mix [calories 450]</td>
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<tr>
<td>Lunch</td>
<td>Beef Tagine</td>
<td>spicy beef stew of apricots, peas, and harissa served with roasted cardamon carrots, roasted yellow squash and zucchini, and saffron rice [calories 800]</td>
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<tr>
<td>Dinner</td>
<td>Winter Squash &amp; Chickpea Stew (VG)</td>
<td>stew of carrots, squash, potatoes, chickpeas and spices served with roasted cardamon carrots, roasted yellow squash and zucchini, and saffron rice [calories 440]</td>
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<td>Roasted Blackened Cod</td>
<td>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]</td>
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<td>White Bean Stew (VG)</td>
<td>white bean and sundried tomato stew served with steamed spiced green beans, garlic sautéed kale, and your choice of jasmine or brown rice [calories 420]</td>
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<tr>
<td>Time</td>
<td>Day</td>
<td>Breakfast</td>
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<td>THU</td>
<td><strong>Denver Scramble</strong> – local cage-free eggs scrambled with ham, red pepper, onions, and cheddar cheese served with a tropical dragon fruit mix [calories 430]</td>
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<td><strong>Tofu Scramble With Sundried Tomatoes (VG)</strong> – plant-based eggs scrambled with sundried tomatoes and plant-based mozzarella served with a tropical dragon fruit mix [calories 320]</td>
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<td>FRI</td>
<td><strong>Bacon &amp; Cheddar Scramble</strong> – local cage-free eggs scrambled with bacon and cheddar cheese served with a tropical dragon fruit mix [calories 460]</td>
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<td><strong>Green Tofu Scramble (VG)</strong> – plant-based tofu scramble with spinach, pepita pesto, peppers, onions, and planted based mozzarella served with a tropical dragon fruit mix [calories 300]</td>
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<td>SAT</td>
<td><strong>Chorizo Breakfast Burrito</strong> – scrambled eggs, chorizo, Yukon potatoes and cheddar cheese in a flour tortilla served with a tropical dragon fruit mix [calories 990]</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
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) – corn tortillas filled with cheddar cheese, smothered in a red chili enchilada sauce and 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 [590]

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

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

BURGERS 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.) DINNER (Mon–Thu 5-8 p.m.)

Baked Macaroni & Cheese (V) – house made 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.) DINNER (5-8 p.m.)

Monday the 6th–Tuesday the 7th

Lunch  Chicken Chow Mein – chicken sautéed with vegetables and chow mein noodles tossed in our soy-ginger sauce and served with steamed spiced broccolini and ginger snap peas [calories 1140]

Vegetable Chow Mein (V) – sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce and served with spicy marinated tofu, spiced broccolini and ginger snap peas [calories 790]

Sunday the 5th–Tuesday the 7th

Dinner  Sesame Beef & Broccoli Stir Fry – 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]

Sweat and Sour Tofu (VG) – tofu coated with house made sweet and sour sauce and served with stir-fried veggies, ginger snap peas, and your choice of white or brown rice [calories 740]

Wednesday the 8th–Friday the 10th

Lunch  Sesame Beef & Broccoli Stir Fry – 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]

Sweat and Sour Tofu (VG) – tofu coated with house made sweet and sour sauce and served with stir-fried veggies, ginger snap peas, and your choice of white or brown rice [calories 740]

Wednesday the 8th–Thursday the 9th

Dinner  Chicken Chow Mein – chicken sautéed with vegetables and chow mein noodles tossed in our soy-ginger sauce and served with steamed spiced broccolini and ginger snap peas [calories 1140]

Vegetable Chow Mein (V) – sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce and served with spicy marinated tofu, spiced broccolini and ginger snap peas [calories 790]

SELECT

LUNCH (Mon–Fri 11 a.m.-2 p.m.) DINNER (Mon–Thu 5-8 p.m.)

Lunch & Dinner  Moroccan Bowl (VG) – ras al hanout spiced zucchini and tomatoes, quinoa tabbouli, and mixed greens with your choice of brown or jasmine rice [calories 360-380]

Options to Add: roasted lemon garlic beef [calories 260], harissa chickpeas [calories 160]