



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

Dinner Beef Bourguignon – beef, bacon & mushroom stew with red wine & herbs, served with creamy parmesan polenta and spiced cauliflower [calories 600]

Eggplant Mushroom Ragout - Eggplant & mushroom ragout with creamy polenta and spiced cauliflower [calories 310]

MON

Breakfast Caramelized Onion and Bacon Scramble– Local cage-free eggs scrambled with caramelized onions, bacon, and mozzarella cheese [calories 350]

Lunch Chicken Fried Steak– Chicken-fried steak with country gravy, mashed potatoes and snap peas [calories 630]

Texas Mushroom Chili (VG) – Savory mix of kidney and black beans, mushrooms, tomatoes and spices [calories 280]

Dinner Beef Bourguignon – beef, bacon & mushroom stew with red wine & herbs, served with creamy parmesan polenta and spiced cauliflower [calories 600]

Eggplant Mushroom Ragout - Eggplant & mushroom ragout with creamy polenta and spiced cauliflower [calories 310]

TUE

Breakfast Spinach and Mushroom Scramble (V) – Local cage-free eggs scrambled with spinach, mushrooms, peppers and Swiss cheese [calories 290]

Lunch/Dinner Build Your Own Latin Bowl
Base Includes: Cilantro rice or tomato rice with black beans or quinoa salad, served with choice of toppings [calories 250–300]

Options to Add: Beef barbacoa (HP), chicken tinga (HP), pork verde, plant-based chorizo (VG) [calories 180–250]

Toppings: Pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110]

WED

Breakfast Southwest Scramble with Jack Cheese (V) - Local cage-free eggs scrambled with black beans, corn, peppers and pepperjack cheese [calories 280]

Lunch **Chicken Fried Steak**– Chicken-fried steak with country gravy, mashed potatoes and snap peas [calories 630]

Texas Mushroom Chili (VG) – Savory mix of kidney and black beans, mushrooms, tomatoes and spices [calories 280]

Dinner **Roasted Spiced Pollock** – served with white beans, broccolini and a tomato Kalamata olive tapenade [calories 390]

French Lentil Stew (VG) – Roasted eggplant and lentil stew, served with pistou and broccolini [calories 280]

THU

Breakfast **Italian Sausage Scramble**– Local cage-free eggs scrambled with Italian sausage, roasted red peppers, pesto and mozzarella. [calories 390]

Lunch **Shrimp with Mojo Sauce** – Garlic-citrus shrimp with coconut red beans, pico de gallo, pineapple salsa and brown or jasmine rice [calories 810 | 840]

Jerk Roasted Vegetables (VG) – Jerk-roasted vegetable bowl with coconut beans, pineapple salsa and brown or jasmine rice [calories 560 | 580]

Dinner **Roasted Spiced Pollock** – served with white beans, broccolini and a tomato Kalamata olive tapenade [calories 390]

French Lentil Stew (VG) – Roasted eggplant and lentil stew, served with pistou and broccolini [calories 280]

FRI

Breakfast **Sausage Potato Scramble**– Local cage-free eggs scrambled with potatoes, sausage, peppers, onions, cheddar and scallions. [calories 380]

Lunch **Shrimp with Mojo Sauce** – Garlic-citrus shrimp with coconut red beans, pico de gallo, pineapple salsa and brown or jasmine rice [calories 810 | 840]

Jerk Roasted Vegetables (VG) – Jerk-roasted vegetable bowl with coconut beans, pineapple salsa and brown or jasmine rice [calories 560 | 580]

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

SAT

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

DELI SANDWICH SPECIAL

LUNCH/DINNER

BBQ Chicken Wrap – Crispy chicken, Gorgonzola spread, spicy buffalo sauce, and fresh veggies wrapped in a flour tortilla [calories 930]

Plant-Based BBQ Chicken Wrap (VG)– plant-based herb cream cheese, spicy buffalo sauce and fresh veggies wrapped in flour tortilla [calories 540]

Roasted Vegetable Wrap (VG) – Sesame hummus, caramelized onions and roasted vegetables wrapped in a flour tortilla [calories 470]

SPECIAL: Muffuletta Sandwich (V) – Ham, salami, provolone, lettuce, tomato, onion and olive salad on a telera roll [calories 770]

DUB STREET BURGERS SPECIAL LUNCH/DINNER

Spicy Cod – Breaded whitefish patty, cheddar cheese, Mama Lil's pepper mayo, leaf lettuce, red onion and tomato on a telera roll [calories 710]

Shoestring Fries (VG) – [calories 270]

NOODLE LUNCH

Korean Fried Chicken – Crispy fried chicken tossed in a gochujang sauce served with banchan and brown or jasmine rice [calories 560 | 590]

Beef Bulgogi (HP)– beef and vegetables in a sweet ginger sauce, served with banchan and brown or jasmine rice [calories 620 | 640]

Tofu Japchae (VG) – Tofu, noodles and vegetables in a sweet soy sauce served with cucumber salad [calories 440]

SELECT LUNCH/DINNER

Coconut Curry Bowl (VG) – South Indian curry sauce, spiced cauliflower, spicy lemon pickle, mango chutney, arugula with choice of brown or jasmine rice [calories 300 | 320]

Options to Add: Curry Chicken Kerala [calories 480], Garam Masala Pork [calories 270], Chana aloo (VG) [calories 100], spiced cauliflower [calories 130]