



September 29th – October 5th
Menu subject to change

PLATE Open Monday through Sunday

Breakfast 7:30 am-10 am, **Lunch** 11am-2:30 pm, **Dinner** 5pm-8:30 pm

Breakfast Menu

Husky Combo: Our local cage-free or plant-based scramble, bacon or sausage, two hashbrowns, and a choice of whole fruit. [calories 530-720]

Biscuit and Sausage Gravy: [calories 470]

Scramble (V): [calories 270]

Plant-based Scramble (VG): [calories 240]

Hardwood Smoked Bacon: [calories 30]

Sausage Link: [calories 110]

Plant-Based Sausage Patty (VG): [calories 140]

Buttermilk Biscuit (V): [calories 280]

Sausage Gravy: [calories 200]

Hashbrown Patty (VG): [calories 140]

French Toast (V): [calories 140]

Plant-Based Pancakes (V): [calories 130]

Breakfast Daily Specials - *Comes with your choice of whole fruit*

Sunday: Barbacoa and Pepperjack Scramble – Local cage-free eggs scrambled with beef barbacoa, tomatillo salsa, and pepperjack cheese [calories 340]

Monday: Bacon and Brie Scramble – Local cage-free eggs scrambled with baby spinach, bacon, and brie cheese [calories 450]

Tuesday: Tofu Scramble with Tomato and Onion (VG) – Plant -based tofu scramble with tomatoes, green onion, and plant-based mozzarella [calories 220]

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

Thursday: Plant-Based Greek Vegetable Scramble (VG) – Plant-based tofu scramble with fresh spinach, kalamata olives, sundried tomatoes, and plant-based mozzarella cheese [calories 380]

Friday #1: Plant-Based Breakfast Tacos (VG) – Plant-based egg, meatless chorizo, and mozzarella with green onion and tomatillo salsa in a flour tortilla [calories 400]

Friday #2: Breakfast Tacos – Local-cage free egg scramble with bacon and cheddar, green onions, and tomatillo salsa in a flour tortilla [calories 620]

Saturday: Congee with Ginger Pork Egg– Rice porridge served with hardboiled egg and ginger pork [calories 560]

Plate

Lunch: 11:00 am - 2:30 pm Dinner: 5:00 pm - 8:30 pm

A La Carte - Your choice of one entrée, two veggies and one starch

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| Entree | Artichoke Chickpea stew (VG) – [calories 120] |
| | Roasted Lemon Thyme Chicken Quarter - [calories 490] |
| | Roasted Ginger Pork - [calories 300] |
| Vegetables | Grilled Zucchini and Yellow Squash (VG) - [calories 90] |
| | Citrus Braised Beets (VG) - [calories 50] |
| | Broccoli with Sesame Garlic Sauce (V) – [calories 110] |
| Starch | Barley Tabbouleh (VG) – a pearl barley salad of cucumbers, tomatoes, parsley, green onions and lemon [calories 250] |
| | Farro and Mushroom Pilaf (VG) – [calories 200] |
| | Jasmine or Brown Rice (Vg) – [calories 120] |
| A la carte | Cucumber Raita (V) – a refreshing side salad of cucumber and creamy yogurt [calories 35] |
| | Sundried Tomato Relish (VG) – [calories 25] |
| | Pineapple Salsa – [calories 35] |
| | Fried Pita chips (VG) – Crispy golden pita chips [calories 540] |
| | Ginger Slaw (VG) – [calories 30] |

GLOBAL African Menu

Lunch: Mon–Fri 11:00 am - 2:30 pm Dinner: Sun–Thurs 5:00 pm - 8:30 pm

A La Cart – your choice of one entrée, two veggies and one starch

Weekly Entrées

Superkanja (VG)– A healthy and delicious stew of yams, kidney beans, okra, spices, and plenty of greens [calories 60]

Beef Suqaar – A rich and flavorful Somalia styled beef stew of onions, peppers, garlic, and potatoes [calories 170]

African Menu Specials

Entrées **Curried Coconut Chickpea Stew (VG)** – [calories 110]

Fried West African Haddock Fish Cakes – [calories 170]

Curried Cabbage and Carrots (VG) [calories 110]

Vegetables **Gomen Spicy Collard Greens (VG)** – [calories 90]

Moroccan Carrots with Aleppo Pepper (VG) – carrots braised with Aleppo Pepper, mint, and cumin [calories 100]

Starch **Coconut Mashed Yams (V)** – [calories 170]

Potato and Carrot Aliche (V) – An aromatic stew of tender potatoes, carrots, and spices [calories 120]

Sides **Kachumbari (V)** – an East African tomato salad of red onions, serrano peppers, garlic, and cilantro in red wine [vinaigrette s 80]

Harissa Vinaigrette (VG) – [calories 230]

Pili Pili Tartar sauce (VG) – Our zesty tarter sauce with a slight kick to it [calories 270]

Spiced Flatbread – [calories 240]

MARKET DELI Open Daily

Mon-Fri: 7:30 am – 8:30 pm Sat-Sun: 8:00 am – 8:30 pm

DELI SANDWICH SPECIAL

Italian Club Sandwich – Genoa salami, smoked ham, crispy bacon, Mama Lil's peppers, eggless mayonnaise, fresh veggies on a Telera roll [calories 580]

Turkey Cheddar Sandwich – Smoked turkey breast, cheddar cheese, eggless mayonnaise, and fresh vegetables, on multi-grain bread [calories 620]

Tuna Salad Sandwich – tuna tossed with eggless mayonnaise, lettuce, tomatoes, and onions on multi-grain bread [420]

Cheesy Brit Sandwich – roast beef, cheddar cheese, horseradish eggless mayo, fresh veggies on white bread [680]

Toasted Cheese Sandwich (V)– melted Cheddar and American cheese on white bread [calories 480]

Tofu Goddess Sandwich (VG)– green goddess marinated tofu, stacked with avocado, plant-based cheese, red onion, and lettuce on toasted focaccia [calories 810]

Grilled Plant-based Cheese Sandwich (VG)– plant-based cheddar cheese on sourdough bread [calories 670]

Grilled Cheese and Tomato Soup (V) – toasted cheddar and American cheese sandwich with tomato soup [calories 640]

Plant-based Grilled Cheese and Tomato Soup (VG) – toasted plant-based cheddar cheese sandwich with tomato soup [calories 840]

[Weekly Deli Specials](#)

Ham Grinder – Ham, salami, provolone, kale pesto, lettuce, tomato, and onion on a Telera roll [calories 530]

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

Turkey Pesto Caprese – Turkey, kale pesto, tomato, mozzarella, and arugula dressed with a balsamic reduction on focaccia bread [calories 800]

Weekly Menu

Beef and Cheese Classic Dub Burger – Your choice of protein patty, American cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 700]

Burgers

Plant-Based Classic Dub Burger (VG)– Plant-based version of our classic Dub with plant-based cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 660]

Three Grain Classic Dub Burger (VG) – Classic Dub burger with a three-grain patty, plant-based cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 650]

Turkey and Cheese Classic Dub Burger – Classic Dub burger with a turkey patty, American cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 600]

Beef and Cheese Double Burger – Your choice of two protein patties, American cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 1000]

Plant-based Double Dub Burger (VG) – Plant-based version of our Double Dub burger with plant-based cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 930]

Turkey and Cheese Double Burger – Double Dub burger with two turkey patties, American cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 800]

Three Grain Double Dub Burger (VG) – Double Dub burger with two three-grain patties, plant-based cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 900]

Smokestack Burger – A beef patty with whiskey-battered onion rings, cheddar cheese and whiskey BBQ sauce on a toasted bun [calories 700]

Hellfire Burger – A beef patty with pepperjack cheese, jalapeños, lettuce, tomato, onion, and Siracha mayoli on a toasted bun [calories 690]

Turkey Hellfire Burger – A turkey patty with pepperjack cheese, jalapeños, lettuce, tomato, onion, and chipotle mayoli on a toasted bun [calories 610]

Plante-based Hellfire Burger (VG) – A plant-based patty with jalapeños, lettuce, tomato, onion, plant-based cheddar cheese and chipotle mayoli on a toasted bun [calories 650]

Three Grain Hellfire Burger (VG)– A three-grain patty with plant-based cheddar cheese, jalapeños, lettuce, tomato, onion, and chipotle mayoli on a toasted bun [calories 640]

Classic Lil' Dub – Just like the classic dub only smaller! All beef patty, lettuce tomato, onion, dub sauce and American cheese on a toasted bun [calories 510]

Sandwiches

Boom Pow Sandwich (VG) – Crispy plant-based fritter stacked with caramelized onions, plant-based cheddar cheese, tomatoes, and arugula on a toasted Telera roll [calories 790]

Chicken Sammie – Crispy chicken Patty, honey mustard, green leaf lettuce, red onion, and tomato on a Telera Bun [calories 680]

Which Fish Sandwich – Crispy cod patty with cheddar cheese, tartar sauce, lettuce tomato, and onion on a toasted bun [calories 640]

Dub me Tender Large Basket – Battered deep-fried chicken tenders, fries, and your choice of dipping sauce [calories 1000]

Fried entrees

Dub Me Tender Small Basket – Battered deep-fried chicken tenders, fries, and your choice of dipping sauce [calories 750]

Plant-based Dub Me Tender (Large/VG)– Battered deep-fried planted-based tenders, fries, and your choice of dipping sauce [calories 740]

Plant-based Dub Me Tender (Small/VG)– Battered deep-fried planted-based tenders, fries, and your choice of dipping sauce [calories 570]

Fish and Chips 3 Pc – Beer battered, fried pollock, fries, and your choice of dipping sauce [calories 550]

Fish and Chips 2 PC – Beer battered, fried pollock, fries, and your choice of dipping sauce [calories 400]

Fries

French Fries – [calories 230]

Tator Tots – [calories 260]

Curley Fries – [calories 260]

Weekly Specials

Nashville Chicken Sandwich – A chicken patty, Nashville hot sauce, dill pickles, and creamy coleslaw on a toasted bun [calories 980]

Noodle Closed Saturdays

Lunch: Mon–Fri 11:00 am - 2:30 pm Dinner: Sun–Thurs 5:00 pm-8:30 pm

A La Carte - Your choice of one entrée, two veggies and one starch

Entrée

Static Menu

General Tso's Pork – Crispy fried pork nuggets tossed in our flavorful General Tso's sauce with bell peppers and onions [calories 380]

Side

Plant-Based Tso Nuggets – Plant-based protein nuggets tossed in our flavorful General Tso's sauce with bell peppers and onions [calories 430]

Jasmine or Brown Rice – [calories 120]

This Week's Menu

Entrée

Spicy Tofu (VG) – Baked Tofu with tamari-sesame dressing [calories 100]

Szechuan Beef Stir-Fry – Thinly sliced beef and vegetables in our sweet and spicy Szechuan sauce [calories 190]

Veggies

Blistered Green Beans with Garlic (VG)– [calories 60]

Steamed Gai Lan (VG) – [calories 25]

Steamed Vegetable Potstickers (V)– [calories 30]

SELECT

Lunch: Mon-Fri 11:00 am - 2:30 pm

Dinner: Sun-Thurs 5:00 pm - 8:30 pm

Weekly Menu

8 Piece Chicken Chunks and Fries – [calories 580]

6 Piece Chicken Chunks with fries – [calories 500]

French Fries – [calories 230]

Jasmine or Brown Rice – [calories 120]

A La Carte - Your choice of one entrée, two veggies and one starch

Weekly Specials

Plant-Based Chorizo Crumble (VG)– [calories 210]

Entrée

Pork Verde – [calories 190]

Beef Barbacoa – [calories 200]

Veggies

Steamed Spiced Green Beans – [calories 35]

Roasted Butternut Squash – [calories 45]

Roasted Carrots with Thyme and Lemon – [calories 80]

Starch

Pinto Beans (VG) – [calories 160]

Arroz Blanco (VG) – [calories 60]

Sauce

Chipotle Sauce (VG) – [calories 50]

Dessert

Fried Chili Plantains (VG) – [calories 290]