

## Lunch/Dinner

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### Hours

**Mon–Fri:** Lunch 11 a.m.–2 p.m.    Dinner 5–9 p.m.    **Sat–Sun:** CLOSED

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### Grain Bowls

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**The Gram Bowl** – Rainbow vegetable blend, edamame, turmeric rice, spinach, kale, chard, frisée salad mix, avocado-tahini dressing, furikake

**Yum Yum Bowl** – Steamed brown rice, arugula, roasted mushrooms, gai lan, snap peas, furikake, edamame, carrots, toasted sesame vinaigrette, cilantro

### Weekly Special Grain Bowl

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**Pastora Bowl** – Farro, arugula, roasted peppers, mushrooms, sun-dried tomatoes, marinated fennel, goat cheese, basil vinaigrette

### Protein Add-Ons

**Garlic-Citrus Tempeh**

**Lemon-Garlic Shrimp**

**Roasted Chicken Thigh**

**Spicy Tofu Salad**

**Falafel Patty**

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

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## **Grain Options – Choose 1**

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**Brown Rice**  
**Turmeric Rice**  
**Farro**

## **Dressing Options – Choose 1**

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**Avocado Tahini**  
**Basil Vinaigrette**  
**Toasted Sesame Vinaigrette**

## **Veggie Options – Choose up to 5**

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**Furikake Edamame & Carrots**  
**Sun-Dried Tomatoes**  
**Broccoli**  
**Snap Peas**  
**Rainbow Vegetable Blend**  
**Red Peppers**  
**Roasted Mushrooms**

## **Topping Options – Choose 1**

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**Chard Frisée Salad**  
**Kale**  
**Goat Cheese**  
**Cilantro**  
**Spinach**

## **Protein Add-Ons**

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**Lemon-Garlic Shrimp**  
**Roasted Chicken Thigh**  
**Spicy Tofu Salad**  
**Grilled Rosemary Flank Steak**



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

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

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