### PLATE

#### SUN

<table>
<thead>
<tr>
<th>Brunch</th>
<th>French Toast (V), Bacon, Sausage Link, Plant-Based Sausage (VG) Biscuit and Sausage Gravy, Hash Browns (VG) and Plain Scrambled Eggs (V) [calories 130–450]</th>
</tr>
</thead>
</table>
| Dinner  | **Southwest Flank Steak** – Grilled marinated beef, served with cumin-verde mashers and sweet corn succotash [calories 450]  
**Winter Vegetable Stew (VG)** – Carrots, squash, potatoes and chickpeas stewed with tomato and spices, served with choice of brown or white rice [calories 290–310] |

#### MON

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>French Toast (V) – Texas toast dipped in a cinnamon-nutmeg custard and griddled golden brown [calories 140]</th>
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</table>
| Lunch      | **Mojo Shrimp Bowl** – Garlic-citrus shrimp with coconut red beans, pico de gallo and pineapple salsa, with choice of brown or jasmine rice [calories 790–810]  
**Jerk-Roasted Vegetable Bowl (VG)** – Served with coconut red beans, pineapple salsa and choice of brown or jasmine rice [calories 540–560] |
| Dinner     | **Southwest Flank Steak** – Grilled marinated beef, served with cumin-verde mashers and sweet corn succotash [calories 450]  
**Winter Vegetable Stew (VG)** – Carrots, squash, potatoes and chickpeas stewed with tomato and spices, served with choice of brown or white rice [calories 290–310] |

#### TUE

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Ham &amp; Cheddar – Local cage-free eggs scrambled with ham, green onions and cheddar cheese [calories 250]</th>
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</thead>
</table>
| Lunch & Dinner | **Build Your Own Latin Bowl**  
**Base Includes**: Cilantro or tomato rice with pinto beans, black beans or quinoa salad, served with choice of toppings [calories 250–300]  
**Options to Add**: Beef barbacoa, chicken tinga, pork verde or plant-based chorizo [calories 180–250]  
**Toppings**: Pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110] |
**WED**

**Breakfast**  **Chorizo Scramble** – Local cage-free eggs scrambled with chorizo sausage, fresh salsa and cheddar cheese [calories 290]

**Lunch**  **Mojo Shrimp Bowl** – Garlic-citrus shrimp with coconut red beans, pico de gallo and pineapple salsa, with choice of brown or jasmine rice [calories 790–810]

**Jerk-Roasted Vegetable Bowl (VG)** – Served with coconut red beans, pineapple salsa and choice of brown or jasmine rice [calories 540–560]

**Dinner**  **Chicken Souvlaki (HP)** – Grilled chicken seasoned with traditional Greek spices, served with tzatziki yogurt sauce, lemon-herb rice and Greek salad [calories 570]

**Greek Orzo Salad (VG)** – Pasta salad with artichoke hearts, kale, red peppers, kalamata olives, fresh herbs, spinach, falafel and tahini [calories 640]

**THU**

**Breakfast**  **Bacon-Pesto Scramble** – Local cage-free eggs scrambled with bacon, basil pesto, sun-dried tomatoes and Italian cheeses [calories 330]

**Lunch**  **Beef Bourguignon** – Stew with beef, bacon, mushroom, herbs and red wine, served with creamy polenta and roasted cauliflower [calories 610]

**Eggplant & Mushroom Ragout (VG)** – Eggplant and mushroom ragout with lemon-herb rice and spiced cauliflower [calories 150]

**Dinner**  **Chicken Souvlaki (HP)** – Grilled chicken seasoned in traditional Greek spices, served with tzatziki yogurt sauce, lemon-herb rice and Greek salad [calories 570]

**Greek Orzo Salad (VG)** – Pasta salad with artichoke hearts, kale, red peppers, kalamata olives, fresh herbs, spinach, falafel and tahini [calories 640]

**FRI**

**Breakfast**  **Chocolate Chip Pancakes (V)** – Buttermilk pancakes with chocolate chips [calories 170]

**Lunch**  **Beef Bourguignon** – Stew with beef, bacon, mushroom, herbs and red wine, served with creamy polenta and roasted cauliflower [calories 610]

**Eggplant & Mushroom Ragout (VG)** – Eggplant and mushroom ragout with lemon-herb rice and spiced cauliflower [calories 150]

**SAT**

**Brunch**  **French Toast (V), Bacon, Sausage Link, Plant-Based Sausage (VG) Biscuit and Sausage Gravy, Hash Browns (VG) and Plain Scrambled Eggs (V)** [calories 130–450]

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
DELI SANDWICH SPECIAL

**Buffalo Wrap** – Crispy chicken, fresh veggies, gorgonzola spread and spicy buffalo sauce, wrapped in a flour tortilla [calories 920]

**Field Roast (VG)** – Field Roast tomato slices, Chao cheese, roasted sweet peppers, chipotle mayoli and lemon-dressed kale on a telera roll [calories 750]

**Rachel** – Turkey, Swiss cheese, Thousand Island dressing, coleslaw on marble rye [calories 670]

DUB STREET BURGERS SPECIAL

**Jam Session** – All-beef patty on a toasted bun with DUB sauce, bacon jam and brie cheese [calories 700]

**Fry Special** – Waffle fries [calories 430]

NOODLE LUNCH (Mon–Fri) DINNER (Sun–Thu)

**Lunch & Dinner**

**Chicken Katsu** – Crispy chicken fritter with tonkatsu sauce, miso stir-fried vegetables and choice of brown or jasmine rice [calories 700–720]

**Pork Yakisoba** – Tender strips of pork, vegetables and yakisoba noodles, tossed in a soy-ginger sauce [calories 860]

**Vegetable Yakisoba (VG)** – Vegetables and yakisoba noodles, tossed in a ginger sauce [calories 510]

SELECT LUNCH (Mon–Fri) DINNER (Mon–Thu)

**Lunch & Dinner**

**Moroccan Bowl** – Ras el hanout zucchini and tomatoes, quinoa tabbouleh salad and mixed greens, served with choice of brown or jasmine rice [calories 340–360]

**Options to Add:** Chermoula chicken (HP) [calories 260] or harissa chickpeas (VG) [calories 160]