



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

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]

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

Breakfast **French Toast (V)** – Texas toast dipped in a cinnamon-nutmeg custard and griddled golden brown [calories 140]

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

Breakfast **Ham & Cheddar** – Local cage-free eggs scrambled with ham, green onions and cheddar cheese [calories 250]

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]

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]