BIG KITCHEN

MON

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

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

**Big OG Salad (V)** – Chopped romaine, onion, pepperoncini, tomato, cucumber, olives, croutons, Parmesan cheese and Italian dressing [calories 470]

Option: Vegan upon request

TUE

**Breakfast**  
**Ham, Cheddar & Green Onion Scramble** – Local cage-free eggs scrambled with ham, green onions and cheddar cheese [calories 230]

**Lunch & Dinner**  
**Build Your Own Latin Bowl**

*Base Includes:* Cilantro rice or brown rice and black beans, served with your choice of toppings [calories 250–300]

*Options to Add:* Beef barbacoa, chicken tinga, vegan "meat" [calories 180–250]

*Toppings:* Pico de gallo, tomatillo salsa, corn salsa, sour cream [calories 50]

**Special**  
**Chicken-Chili Flautas** – Fried rolled tortilla filled with chicken breast and green chili, served with rice and beans [calories 610]

WED

**Breakfast**  
**Chorizo Scramble** – Local cage-free eggs scrambled with chorizo, pico de gallo and cheese [calories 360]

**Lunch**  
**Caribbean-Style Pork Sandwich** – Iconic Seattle-inspired marinated sliced pork, escabeche peppers, caramelized onions and Mama Lil’s pepper mayoli on a toasted banh mi roll, served with baked sweet potato fries [calories 1200]

**Plant-Powered Caribbean Sandwich (VG)** – Jackfruit carnitas, Field Roast smoked tomato slices, Chao cheese, escabeche peppers, pickles and mustard on a toasted banh mi roll, served with baked sweet potato fries [calories 1020]

**Dinner**  
**Wing Night!!** – Sweet chipotle-glazed wings with sweet potato fries and cotija corn on the cob [calories 730]

**Chipotle Cauliflower Bites (V)** – Sweet chipotle-glazed plant-based tenders, served with sweet potato fries and cotija corn on the cob [calories 730]
### THU

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Spam-Swiss Scramble – Local cage-free eggs scrambled with red peppers, scallions and Swiss cheese [calories 400]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>Caribbean-Style Pork Sandwich – Iconic Seattle-inspired marinated sliced pork, escabeche peppers, caramelized onions and Mama Lil’s pepper mayoli on a toasted banh mi roll, served with baked sweet potato fries [calories 1200]</td>
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<td>Plant-Powered Caribbean Sandwich (VG) – Jackfruit carnitas, Field Roast smoked tomato slices, Chao cheese, escabeche peppers, pickles and mustard on a toasted banh mi roll, served with baked sweet potato fries [calories 1020]</td>
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<tr>
<td>Dinner</td>
<td>Jerk Chicken – Caribbean-spiced chicken hindquarters grilled, served with coconut red beans and choice of herbed cauliflower pilaf or brown rice [calories 730–780]</td>
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<td>Jerk-Roasted Vegetables (VG) – Caribbean-spiced roasted root vegetables, peppers and onions served with pineapple salsa, coconut red beans with your of choice of cauliflower pilaf or brown rice [calories 460–550]</td>
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### FRI

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<thead>
<tr>
<th>Breakfast</th>
<th>Italian Scramble – Local cage-free eggs scrambled with prosciutto, sun-dried tomatoes, fresh herbs and Parmesan cheese [calories 380]</th>
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</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>Vietnamese Noodle Salad (VG) – Rice noodles and fresh herbs on a bed of spring mix lettuce with a Vietnamese-style dressing [calories 270]</td>
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<td>Options to Add: Baked teriyaki chicken thigh (HP) [calories 240], lemongrass tofu (VG) [calories 180]</td>
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<tr>
<td>Dinner</td>
<td>Lomi Lomi Salmon – Cured salmon with Roma tomatoes, onions, shredded cabbage, seaweed salad and lemon, served with choice of Calrose rice or Hawaiian macaroni salad [calories 240–420]</td>
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<tr>
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<td>Spicy Tofu (VG) – Spicy tofu salad, served with seaweed salad and choice of Calrose rice or Hawaiian macaroni salad [calories 280–420]</td>
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### SAT

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<thead>
<tr>
<th>Brunch</th>
<th>Chorizo Breakfast Burrito – Spicy chorizo, scrambled eggs, potato, black beans and cheddar cheese filling wrapped in a flour tortilla [calories 960]</th>
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<tbody>
<tr>
<td></td>
<td>Tofu Black Bean Burrito (VG) – Indian-seasoned tofu, potato and black bean filling wrapped in a flour tortilla [calories 530]</td>
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<td></td>
<td>Plant-Based Pancakes (V), Bacon, Sausage Link, Plant-Based Sausage (VG), Biscuit and Sausage Gravy and Plain Scrambled Eggs (V) [calories 30–470]</td>
</tr>
<tr>
<td>Dinner</td>
<td>Fettuccine Jambalaya – Tender chicken, shrimp, smoked kielbasa sausage, peppers, onion, celery, tomatoes and Cajun seasoning [calories 760]</td>
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<td></td>
<td>Creole Vegetable Stew (VG) – Rich Creole-spiced blend of zucchini, tomato, onions and peppers, served with your choice of brown or jasmine rice [calories 330–360]</td>
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</tbody>
</table>

Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan. h = prepared with halal meats. 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
SUN

**Brunch**
- **Chorizo Breakfast Burrito** – Spicy chorizo, scrambled eggs, potato, black beans and cheddar cheese filling wrapped in a flour tortilla [calories 960]
- **Tofu-Black Bean Burrito (VG)** – Indian-seasoned tofu, potato and black bean filling wrapped in a flour tortilla [calories 530]
- **French Toast (V), Bacon, Sausage Link, Plant-Based Sausage (VG), Biscuit and Sausage Gravy and Plain Scrambled Eggs (V)** [calories 30–470]

**Dinner**
- **Fettuccine Jambalaya** – Tender chicken, shrimp, smoked kielbasa sausage, peppers, onion, celery, tomatoes and Cajun seasoning [calories 760]
- **Creole Vegetable Stew (VG)** – Rich Creole-spiced blend of zucchini, tomato, onions and peppers, served with your choice of brown or jasmine rice [calories 330–360]

**DELI SANDWICH SPECIAL**
- **Honey-Mustard Chicken Wrap** – Crispy chicken, honey-mustard dressing, Parmesan cheese and fresh vegetables wrapped in a flour tortilla [calories 860]
- **Caprese (V)** – Kale pesto and fresh mozzarella cheese and choice of veggies, served on a telera roll [calories 740]
- **Spicy Tofu Wrap** – Sesame and chili tofu salad, fresh vegetables in a flour tortilla [calories 600]

**DUB STREET BURGERS SPECIAL**
- **Jam Session** – All-beef patty with Dub sauce, brie cheese, bacon-onion jam, lettuce, tomato and onion [calories 720]
- **Fry Special** – Rosemary fries [calories 320]

**GLOBAL LUNCH (MON–FRI)**
- **Lunch**
  - **Chicken Caesar Wrap** – Grilled chicken, provolone cheese, Caesar dressing and fresh vegetables in a spinach tortilla [calories 700]
  - **Roasted Veggies Wrap (VG)** – Sesame hummus, caramelized onions and roasted vegetables wrapped in a whole wheat tortilla [calories 470]

**SALAD BAR LUNCH (MON–FRI)**
- **Lunch**
  - **Classic Caesar** – Chopped romaine, Parmesan cheese blend, Asiago Caesar dressing and garlic croutons [calories 450]
  - **Plant-Based Caesar (VG)** – Chopped romaine, plant-based Caesar dressing and garlic croutons [calories 410]
- **Special**
  - **Southwest Chicken Salad** – Chopped romaine, corn, black beans, bell peppers and chicken strips, croutons and chipotle ranch dressing [calories 540]
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<tr>
<th>Bowl</th>
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<th>Calories</th>
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<tbody>
<tr>
<td>The Gram’ Bowl (VG)</td>
<td>Rainbow blend of shredded root vegetables, edamame, jasmine and wild turmeric rice, mixed baby greens, seaweed-sesame blend furikake and avocado-tahini goddess dressing</td>
<td>480</td>
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<tr>
<td>Rain Bowl (V)</td>
<td>Quinoa and brown rice topped with cherry tomatoes, shredded carrot, yellow peppers, diced avocado, shredded purple cabbage and cilantro-lime dressing</td>
<td>570</td>
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<tr>
<td>Yum Yum Bowl (VG)</td>
<td>Short-grain brown rice, arugula, tomatoes, roasted mushrooms, Chinese broccoli, sugar snap peas, cilantro-furikake sprinkle and toasted sesame-ginger</td>
<td>420</td>
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