## BIG KITCHEN

**Mon-Fri: Breakfast:** 7:30am – 10am, **Lunch** 11am – 2pm, **Dinner** 5pm – 8pm  
**Sat & Sun:** 10am – 2pm

<table>
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<tr>
<th>DAY</th>
<th>MEALS</th>
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<tr>
<td><strong>MON</strong></td>
<td><strong>Breakfast</strong></td>
<td>Ham and Cheddar Scramble – local cage-free eggs, scrambled with ham and cheddar cheese [calories 300]</td>
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| | **Lunch & Dinner** | Pasta Bar – create your own pasta with choice of pasta, sauce, protein, and toppings, served with a breadstick [calories 610-1,200]  
Baked Macaroni and Cheese (V) – baked mac and cheese [calories 310] |
| **TUE** | **Breakfast** | Tofu Scramble (VG) – plain tofu scramble [calories 130] |
| | **Lunch & Dinner** | Latin Bowl – create your own Latin bowl with choice of rice, beans, protein, and toppings [calories 150-880] |
| **WED** | **Breakfast** | Caprese Scramble (V) – local cage-free eggs, scrambled with tomatoes, mozzarella cheese and fresh basil [calories 290] |
| | **Lunch** | Picadillo Beef – ground beef sautéed with green bell peppers, yellow raisins, tomatoes, green olives and spices, served with steamed jasmine rice, tropical broccoli slaw, and fried brussels sprouts [calories 765]  
Plant-Based Picadillo (VG) – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives, cinnamon and cumin, served with steamed jasmine rice, tropical broccoli slaw, and fried brussels sprouts [calories 1,045] |
| | **Dinner** | Oven Roasted Buffalo Chicken Wings – served with roasted corn and peppers, red potato salad, and slow cooked collard greens [calories 940]  
Plant-Based Nashville Hot Nuggets (VG) – plant-based protein nuggets tossed in Nashville hot sauce, served with roasted corn and peppers, red potato salad, and slow cooked collard greens [calories 1,370] |
| **THU** | **Breakfast** | Plant Based Scramble (VG) – plant-based egg scramble [calories 240] |
Lunch  Picadillo Beef – ground beef sautéed with green bell peppers, yellow raisins, tomatoes, green olives and spices, served with steamed jasmine rice, tropical broccoli slaw, and fried brussels sprouts [calories 765]

Plant-Based Picadillo (VG) – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives, cinnamon and cumin, served with steamed jasmine rice, tropical broccoli slaw, and fried brussels sprouts [calories 865]

Dinner  SoCal Fish Tacos – SoCal-style fish tacos on a soft corn tortilla with mango slaw, sour cream and cilantro, served with cilantro rice, fajita vegetables, and roasted zucchini with cotija cheese [calories 1,440]

Roasted Zucchini and Pepper Tostada (V) – roasted zucchini and peppers stacked with pinto beans, cilantro rice, lettuce and pico de gallo in a crispy tostada bowl, served with cilantro rice, fajita vegetables, and cotija cheese [calories 1,700]

FRI

Breakfast  Meat lovers Scramble – local cage-free eggs, scrambled with ham, bacon, Italian sausage, and cheddar cheese [calories 370]

Lunch  BBQ Roasted Chicken Quarter – roasted chicken quarter with a sweet BBQ sauce, served with creamy cheese polenta, slow cooked collard greens, roasted garlic and parmesan cauliflower [calories 1,020]

BBQ Tofu Spoon Burger Sandwich (V) – served with slow cooked collard greens, roasted garlic and parmesan cauliflower [calories 590]

Dinner  Gochujang Salmon – roasted salmon glazed in a sweet and spicy gochujang sauce and garnished with sesame seeds, served with steamed jasmine rice, ginger and garlic broccoli, miso stir fried vegetables [calories 960]

Gochujang Cauliflower Bites (V) – fried cauliflower bites tossed in a sweet and spicy gochujang sauce with sesame seeds, served with steamed jasmine rice, ginger and garlic broccoli, miso stir fried vegetables [calories 860]

SAT

Brunch  Chorizo Breakfast Burrito – chorizo, scrambled eggs, Yukon potatoes, and cheddar cheese [calories 930]

Dinner  Viennese Style Goulash – Viennese-style smoky tomato-based beef stew with caraway seeds, served with mashed cauliflower, roasted rainbow carrots with dill, and roasted diced beets [calories 780]

Wild Mushroom Goulash (V) – wild mushroom goulash served with mashed cauliflower, roasted rainbow carrots with dill, and roasted diced beets [calories 710]

Warmed Pretzels (V) – warmed pretzels served with Jarlsberg cheese sauce [calories 570]
DELI SANDWICH SPECIAL
Mon – Fri: 11am – 8pm
Sat & Sun: 10am – 8pm

Ragin’ Cajun Sandwich – turkey, pepperjack cheese, Frank’s RedHot eggless mayoli and fresh vegetables on white bread [calories 650]

Roasted Vegetable Wrap (VG) – sesame hummus, caramelized onion and roasted vegetables wrapped in flour tortilla [calories 470]

DUB STREET BURGERS SPECIAL
Sun-Fri: Lunch 11am-2pm, Dinner 5-8pm
Sat: Closed

Crispy Bacon Swiss Sandwich – crispy chicken, bacon, Swiss cheese, lettuce, tomato and onion with grain mustard mayoli on a toasted bun [calories 770]

GLOBAL

LUNCH (Mon–Fri 11am – 2pm)

Braised Bratwurst with Sauerkraut – braised pork bratwurst with paprika, caraway seeds, served with sauerkraut, braised red cabbage, roasted asparagus, and herb roasted potatoes [calories 1,030]

Baked Tofu with Mushroom Gravy (VG) – baked tofu with mushroom gravy, served with braised red cabbage, roasted asparagus, and herb roasted potatoes [calories 680]

Rioja Style Chicken Thigh – Spanish-inspired roasted chicken with chorizo, peas, garlic and red peppers, served with roasted Spanish style potatoes, swiss chard with pine nuts, raisins, and Mediterranean vegetable medley [calories 1,260]

Greek Style Stuffed Peppers (VG) – green bell peppers stuffed and roasted with onions, squash, tomatoes, herbs, lemon-herb brown rice, swiss chard, pine nuts, raisins, and Mediterranean vegetable medley [calories 1,290]

TERO

LUNCH (Mon–Fri 11am – 2pm) DINNER (Sun–Thu 5pm – 8pm)

Totally Taos Bowl (V) – bulgur, arugula, black beans, corn and fire-roasted peppers, roasted mushrooms, roasted sweet potatoes and avocado topped with cotija cheese, tortilla chips and toasted pepitas and tomatillo salsa [calories 790]

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
Made in a facility that also prepares wheat-based foods. v = vegetarian, vg = vegan.
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