



April 28–May 4  
Menu subject to change

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](http://www.hfs.uw.edu/eat)

## PLATE Open Monday through Sunday

Breakfast 7:30-10 a.m. Lunch 11 a.m.-2 p.m. Dinner 5-8 p.m.

## SUN

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**Breakfast Bacon & Cheddar Scramble** – local cage-free eggs scrambled bacon, onion and cheddar cheese and served with a tropical dragon fruit mix [calories 460]

**Plant-Based Scramble With Peppers & Pesto (VG)** – plant-based eggs scrambled with red bell peppers, pesto, and plant-based mozzarella served with a tropical dragon fruit mix [calories 290]

**Lunch Chermoula Flank Steak** – a chermoula marinated flank steak served with lemon garlic roasted asparagus, ras al hanout zucchini and tomatoes, and herbed riced cauliflower [calories 510]

**Vegetable Tagine (VG)** – a stew of onions, roasted root vegetables, sand spices served with lemon garlic roasted asparagus, ras al hanout zucchini and tomatoes, and herbed riced cauliflower [calories 440]

**Dinner Pork Schnitzel** – a fried pork cutlet topped with our plant-based mushroom gravy and served with herb pasta, citrus braised beets, and steamed broccolini [calories 710]

**Potato Latkes (V)** – potato pancakes topped with applesauce and served with herb pasta, citrus braised beets, and steamed broccolini [calories 640]

## MON

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**Breakfast Bacon & Cheddar Scramble** – local cage-free eggs scrambled bacon, onion and cheddar cheese and served with a tropical dragon fruit mix [calories 450]

**Plant-Based Kale & Tomato Scramble (VG)** – plant-based scrambled with tomatoes, kale, and a plant-based mozzarella served with a tropical dragon fruit mix [calories 300]

**Lunch Chermoula Flank Steak** – a chermoula marinated flank steak served with lemon garlic roasted asparagus, ras al hanout zucchini and tomatoes, and herbed riced cauliflower [calories 510]

**Vegetable Tagine (VG)** – a stew of onions, roasted root vegetables, sand spices served with lemon garlic roasted asparagus, ras al hanout zucchini and tomatoes, and herbed riced cauliflower [calories 440]

**Dinner Pork Schnitzel** – a fried pork cutlet topped with our plant-based mushroom gravy and served with herb pasta, citrus braised beets, and steamed broccolini. [calories 710]

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**Potato Latkes (V)** – potato pancakes topped with applesauce and served with herb pasta, citrus braised beets, and steamed broccolini. [calories 640]

## TUE

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**Breakfast** **Spam, Red Pepper & Swiss Scramble** – local cage-free eggs scrambled with spam, red pepper, scallions and Swiss cheese served with a tropical dragon fruit mix [calories 450]

**Tofu Scramble With Sundried Tomatoes (VG)** – plant-based eggs scrambled with sundried tomatoes and plant-based mozzarella served with a tropical dragon fruit mix [calories 320]

**Lunch & Dinner** **Build Your Own Latin Bowl**  
**Base Includes:** cilantro rice or tomato rice with black beans or quinoa salad, served with choice of toppings [calories 250–300]

**Options to Add:** beef barbacoa, chicken tinga, pork verde, plant-based chorizo [calories 180–250]

**Toppings:** pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110]

## WED

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**Breakfast** **Pork Verde Scramble** – local cage-free eggs scrambled with pork verde, fajita-sauteed peppers and onions, Swiss cheese and salsa verde served with a tropical dragon fruit mix [calories 450]

**Plant-Based Tofu Scrambled With Tots (VG)** – plant-based eggs scrambled with tater tots, green onions and plant-based mozzarella served with a tropical dragon fruit mix [calories 360]

**Lunch** **Chermoula Flank Steak** – a chermoula marinated flank steak served with lemon garlic roasted asparagus, ras al hanout zucchini and tomatoes, and herbed riced cauliflower [calories 510]

**Vegetable Tagine (VG)** – a stew of onions, roasted root vegetables, and spices served with lemon garlic roasted asparagus, ras al hanout zucchini and tomatoes, and herbed riced cauliflower [calories 440]

**Dinner** **Pork Schnitzel** – a fried pork cutlet topped with our plant-based mushroom gravy and served with herb pasta, citrus braised beets, and steamed broccolini [calories 710]

**Potato Latkes (V)** – 2 potato pancakes topped with applesauce and served with herb pasta, citrus braised beets, and steamed broccolini [calories 640]

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## THU

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**Breakfast Denver Scramble** – local cage-free eggs scrambled with ham, red pepper, onions, and cheddar cheese served with a tropical dragon fruit mix [calories 430]

**Plant-Based Mushroom Poblano Scramble (VG)** – plant-based eggs scrambled with mushrooms, poblano peppers, onion, plant-based mozzarella served with a tropical dragon fruit mix [calories 230]

**Lunch Grilled BBQ Chicken** – barbeque chicken served with green beans and tomatoes, garlic sauteed kale and corn bread [calories 620]

**Creole Vegetable Stew (V)** – a Cajun inspired stew of peppers, onions, squash and zucchini served with green beans and tomatoes, garlic sauteed kale and corn bread [calories 620]

**Dinner Grilled Barramundi** – a grilled barramundi fillet topped with a rich aji-verde sauce and served with fajita vegetables, roasted brussels sprouts with carrots and arroz blanco [calories 660]

**Mushroom Pepper Tostada (VG)** – a crispy tortilla filled with mushrooms, peppers, shredded lettuce, topped with pico de gallo and served with fajita vegetables, roasted brussels sprouts with carrots and arroz blanco [calories 830]

## FRI

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**Breakfast Mushroom & Mozzarella Scramble (V)** – local cage-free eggs scrambled with mushrooms and mozzarella cheese served with a tropical dragon fruit mix [calories 420]

**Tofu Scramble With tomatoes & onions (VG)** – plant-based tofu scramble with tomatoes, green onion, and planted based mozzarella served with a tropical dragon fruit mix [calories 280]

**Lunch Grilled BBQ Chicken** – barbeque chicken served with green beans and tomatoes, garlic sauteed kale and corn bread [calories 620]

**Creole Vegetable Stew (V)** – a Cajun inspired stew of peppers, onions, squash and zucchini served with green beans and tomatoes, garlic sauteed kale and corn bread [calories 620]

**Dinner Grilled Barramundi** – a grilled barramundi fillet topped with a rich aji-verde sauce and served with fajita vegetables, roasted brussels sprouts with carrots and arroz blanco [calories 660]

**Mushroom Pepper Tostada (VG)** – a crispy tortilla filled with mushrooms, peppers, shredded lettuce, topped with pico de gallo and served with fajita vegetables, roasted brussels sprouts with carrots and arroz blanco [calories 830]

## SAT

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**Brunch Bacon Breakfast Burrito** – scrambled eggs, bacon, black beans and cheddar in a flour tortilla served with a tropical dragon fruit mix [calories 1120]

**Tofu & Bean Burrito (VG)** – tofu, black beans, potato, and spices with a tropical dragon fruit mix [calories 590]

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**Lunch** **Pork Tamales**— pork tamales topped with ancho tomato sauce and served with spiced black beans, escabeche peppers, and spicy mango slaw [calories 470]

**Cheese Tamales (V)** – green chili an cheese tamales served with spiced black beans, escabeche peppers, and spicy mango slaw [calories 490]

**Dinner** **Picadillo Beef** – Ground beef sauteed with green bell peppers, yellow raisins, tomatoes, green olives and spices and served with roasted cauliflower, herb roasted carrots, and spiced black beans [calories 540]

**Plant-Based Picadillo (VG)** – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives and spices served with roasted cauliflower, herb roasted carrots, and spiced black beans [calories 640]

## MARKET DELI Open 7 days a week

Mon-Fri 7:30 a.m.-8 p.m.

Sat-Sun 8 a.m.-8 p.m.

### DELI SANDWICH SPECIAL

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**Cuban Pork Sandwich** – roasted pork, ham, Swiss cheese, yellow mustard and pickles on a baguette [calories 720]

**Spicy Tofu (VG)** – spicy tofu salad with red onion, tomato and lettuce wrapped in a spinach tortilla [calories 570]

## DUB STREET

Mon-Fri Lunch 11 a.m.-2 p.m.    Dinner 4-8 p.m.

Sat-Sun 4-8 p.m.

### BURGERS SPECIAL

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**Mushroom Cheddar Burger** – beef patty with cheddar cheese sautéed mushrooms, parmesan aioli, lettuce, tomato, and onion on a hamburger bun [calories 720]

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# NOODLE

**LUNCH** (Mon–Fri 11 a.m.-2 p.m.) **DINNER** (Mon–Thu 5-8 p.m.)

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**Gemelli Pesto Pasta Asparagus** – gemelli with asparagus, julienne vegetables, and kale pesto served with steamed spiced snap peas and cauliflower [calories 750]

**Pasta Bar** – create your own pasta – choices include protein, sauce, toppings, and extras [calories 390-480]

# ASIAN NOODLE

**LUNCH** (11 a.m.-2 p.m.) **DINNER** (5-8 p.m.)

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## Monday the 29<sup>th</sup> – Tuesday the 30<sup>th</sup>

**Lunch** **Beef Bulgogi** – Korean-style stir-fried beef with mushrooms, bell peppers and green onions served with stir fry bok choy, and your choice of white or brown rice [calories 640]

**Stir Fry Tofu Japchae Noodles** – Tofu, napa cabbage, mushrooms, onions, bell peppers, baby spinach and scallions tossed in a Korean japchae sauce and garnish with sesame seeds served with stir fry bok choy [calories 620]

## Sunday the 28<sup>th</sup> – Tuesday the 30<sup>th</sup>

**Dinner** **Korean Fried Chicken** – crispy fried chicken tossed in a gochujang sauce served with kimchi, carrot and beansprout, zucchini and mushroom banchan, stir fry bok choy and your choice of white or brown rice [calories 550]

**Plant-Based Korean BBQ Nuggets** – plant-based nuggets tossed in a gochujang sauce served with kimchi, carrot and beansprout banchan, stir fry bok choy and your choice of white or brown rice [calories 600]

## Wednesday the 1<sup>st</sup> – Friday the 3<sup>rd</sup>

**Lunch** **Korean Fried Chicken** – crispy fried chicken tossed in a gochujang sauce served with kimchi, carrot and beansprout, zucchini and mushroom banchan, stir fry bok choy and your choice of white or brown rice [calories 550]

**Plant-Based Korean BBQ Nuggets** – plant-based nuggets tossed in a gochujang sauce served with kimchi, carrot and beansprout banchan, stir fry bok choy and your choice of white or brown rice [calories 600]

## Wednesday the 1<sup>st</sup> – Thursday the 2<sup>nd</sup>

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**Dinner** **Beef Bulgogi** – Korean-style stir-fried beef with mushrooms, bell peppers and green onions served with stir fry bok choy, and your choice of white or brown rice [calories 640]

**Stir Fry Tofu Japchae Noodles** – Tofu, napa cabbage, mushrooms, onions, bell peppers, baby spinach and scallions tossed in a Korean japchae sauce and garnish with sesame seeds served with stir fry bok choy [calories 620]

## SELECT

**LUNCH** (Mon–Fri 11 a.m.-2 p.m.)

**DINNER** (Mon–Thu 5-8 p.m.)

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**Lunch & Dinner** **Latin Bowl (VG)** – black beans, jicama salad, corn salsa, quinoa salad, lime slaw, and mixed greens with your choice of brown or jasmine rice [calories 470]

**Options to Add:** chicken tinga [calories 250], pork verde [calories 190]

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