

Lunch/Dinner

Grain Bowls

The Gram Bowl – Rainbow vegetable blend, edamame, turmeric rice, spinach, kale, chard, frisée salad mix, avocado-tahini dressing, furikake

Yum Yum Bowl – Steamed brown rice, arugula, roasted mushrooms, gai lan, snap peas, furikake, edamame, carrots, toasted sesame vinaigrette, cilantro

Weekly Special Grain Bowl

Rainbowl – Brown rice, red quinoa, purple cabbage, garbanzo beans, yellow bell pepper, avocado, grape tomatoes, sweet basil vinaigrette

Protein Add-Ons

Garlic-Citrus Tempeh

Lemon-Garlic Shrimp

Roasted Chicken Thigh

Spicy Tofu Salad

Build Your Own – Choose your base, veggies, toppings and dressing

Grain Options – Choose 1

Brown Rice

Turmeric Rice

Vermicelli

Dressing Options – Choose 1

Avocado Tahini

Sriracha Mayoli

Toasted Sesame Vinaigrette

Veggie Options – Choose up to 5

Furikake Edamame & Carrots
Gai Lan
Jalapenos
Pickled Carrots
Rainbow Vegetable Blend
Red Peppers
Roasted Mushrooms

Topping Options – Choose 1

Chard Frisée Salad
Kale
Plant-Based Nuoc Cham
Radish
Spinach

Protein Add-Ons

Garlic-Citrus Tempeh
Lemon-Garlic Shrimp
Roasted Chicken Thigh
Spicy Tofu Salad



Hours of Operation: [hfs.uw.edu-eat](https://hfs.uw.edu/eat)

Additional nutrition information is available upon request but can also be found on
NetNutrition and on menus in dining location.

Eating raw or undercooked foods may increase the risk of foodborne illness. Menu subject to change without notice.