### PLATE

**Open 7 days a week**

**Breakfast** 7:30am-10am, **Lunch** 11am-2pm, **Dinner** 5pm-8pm

**Sat & Sun Brunch** 10am-2pm

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**Brunch**  
Caprese Scramble – local cage-free eggs scrambled with tomato, fresh basil, and mozzarella cheese {calories 350}

Caprese Scramble (VG) – plant-based eggs scrambled with tomato, fresh basil, and plant-based mozzarella {calories 300}

**Dinner**  
Salmon Piccata – roasted salmon topped with a caper-cream sauce and served with dill rainbow carrots and spiced broccolini {calories 650}

Cauliflower Gratin (V) – cauliflower baked in a creamy cheese sauce topped with toasted parmesan breadcrumbs served with herb pasta and steamed broccolini {calories 540}

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**Breakfast**  
Caramelized Onion & Bacon Scramble – local cage-free eggs scrambled with caramelized onion, bacon, and mozzarella cheese {calories 410}

Kale & Tomato Scramble (VG) – plant-based egg scrambled with kale, tomatoes, and plant-based mozzarella {calories 240}

**Lunch**  
Mojo Shrimp – garlic-citrus marinated shrimp with coconut red beans, pico de gallo, and pineapple salsa {calories 660}

Jerk Roasted Vegetables (VG) – Caribbean jerk seasoned roasted vegetables with coconut red beans and pineapple salsa {calories 400}

**Dinner**  
Salmon Piccata – roasted salmon topped with a caper-cream sauce and served with dill rainbow carrots and spiced broccolini {calories 650}

Cauliflower Gratin (V) – cauliflower baked in a creamy cheese sauce topped with toasted parmesan breadcrumbs served with herb pasta and steamed broccolini {calories 540}

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**Breakfast**  
Spinach & Mushroom Scramble (V) – local cage-free eggs scrambled with spinach, mushrooms, peppers, and Swiss cheese {calories 350}

Greek Scramble (VG) – plant-based eggs scrambled with spinach, kalamata olives, sun-dried tomatoes, and plant-based mozzarella {calories 440}

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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
### 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]

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### WED

**Breakfast**

**Barbacoa Scramble** – local cage-free eggs scrambled with beef barbacoa, tomatillo salsa, and pepperjack cheese [calories 400]

**Poblano Scramble (VG)** – plant-based eggs scrambled with poblano peppers, mushrooms, tomatillo salsa, and plant-based mozzarella [calories 240]

**Lunch**

**Mojo Shrimp** – garlic-citrus marinated shrimp with coconut red beans, pico de gallo, and pineapple salsa [calories 660]

**Jerk Roasted Vegetables (VG)** – Caribbean jerk seasoned roasted vegetables with coconut red beans and pineapple salsa [calories 400]

**Dinner**

**Roasted Chicken** – herb roasted chicken with Yukon gold mashed potatoes, rainbow carrots, and fennel green beans [calories 610]

**Cauliflower Gratin (V)** – cauliflower baked in a creamy cheese sauce topped with toasted parmesan breadcrumbs served with Yukon gold mashed potatoes, rainbow carrots, and fennel green beans [calories 430]

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### THU

**Breakfast**

**The SPAMble** – local cage-free eggs scrambled with SPAM, red pepper, scallions, and Swiss cheese [calories 460]

**Kale & Tomato Scramble (VG)** – plant-based egg scrambled with kale, tomatoes, and plant-based mozzarella [calories 240]

**Lunch**

**Beef Bourguignon** – classic French stew with beef, bacon, mushrooms, red wine, and herbs served with cheese polenta, spiced cauliflower, and roasted carrots [calories 690]

**Eggplant & Mushroom Ragout (V)** – eggplant and mushrooms simmered in a rich tomato sauce served with cheese polenta, spiced cauliflower, and roasted carrots [calories 360]

**Dinner**

**Roasted Chicken** – herb roasted chicken with Yukon gold mashed potatoes, rainbow carrots, and fennel green beans [calories 610]

**Cauliflower Gratin (V)** – cauliflower baked in a creamy cheese sauce topped with toasted parmesan breadcrumbs served with Yukon gold mashed potatoes, rainbow carrots, and fennel green beans [calories 430]
FRI

Breakfast  Mango Pancake – buttermilk pancake studded with mangoes [calories 200]

Lunch  Beef Bourguignon – classic French stew with beef, bacon, mushrooms, red wine, and herbs served with cheese polenta, spiced cauliflower, and roasted carrots [calories 690]

Eggplant & Mushroom Ragout (V) – eggplant and mushrooms simmered in a rich tomato sauce served with cheese polenta, spiced cauliflower, and roasted carrots [calories 360]

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

SAT

Brunch  Bacon & Onion Quiche – bacon, onions, and savory custard baked in a flaky crust [calories 520]

Sun-Dried Tomato Scramble (VG) – plant-based eggs scrambled with sun-dried tomatoes and plant-based mozzarella [calories 320]

Dinner  Steak Frites - served with roasted broccoli and cauliflower [calories 1840]

Sambal Marinated Portobello (VG) – spicy sambal marinated portobello mushroom cap, grilled with tamari, lime, green onion and parsley, served with roasted broccoli and cauliflower [calories 2050]

MARKET DELI  Open 7 days a week
M-F 7:30am-8pm
Sat & Sun 8am-8pm

DELI SANDWICH SPECIAL

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

The Cuban – ham, roasted pork, Swiss cheese, yellow mustard, and pickles on baguette [calories 710]

DUB STREET  Open 7 days a week,
M-F Lunch 11am-2pm, Dinner 4-8pm,
Sat & Sun 4pm-8pm

BURGERS SPECIAL

Buffalo Chicken – crispy chicken, blue cheese, buffalo sauce, lettuce, tomato, and onion on a toasted bun [calories 800]
NOODLE Lunch (Mon–Fri 11am-2pm)  Dinner (Mon–Fri 5pm-8pm)

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

*Vietnamese Pork and Rice Noodle Salad* – stir fry pork over rice noodles with spring mix, green leaf lettuce, bean sprouts, fresh herbs, and vegan nuoc cham [calories 580]

*Vietnamese Spicy Tofu Salad with Peanuts (VG)* – spicy tofu over rice noodles with spring mix, green leaf lettuce, bean sprouts, fresh herbs and vegan nuoc cham [calories 520]

**Dinner**
- *Vietnamese Beef and Rice Noodle Salad* – stir fry pork over rice noodles with spring mix, green leaf lettuce, bean sprouts, fresh herbs, and vegan nuoc cham, garnished with peanuts [calories 640]

*Vietnamese Spicy Tofu Salad with Peanuts (VG)* – spicy tofu over rice noodles with spring mix, green leaf lettuce, bean sprouts, fresh herbs and vegan nuoc cham [calories 520]

*Cheese Ravioli (V)* – steamed ravioli served with a choice of vegetables, roasted brussels sprouts and butternut squash [calories 740]

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

**Lunch & Dinner**
- *Moroccan Bowl (VG)* – ras al hanout spiced zucchini and tomatoes, quinoa tabbouli, and mixed greens with your choice of brown or jasmine rice [calories 360-380]

**Options to Add:** chermoula chicken [calories 260], harissa chickpeas [calories 160]