



September 6th – October 12th
Menu subject to change

PLATE Open Monday through Sunday

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

Breakfast Menu

Huskey Combo: Our local cage-free scramble or plant-based scrambled, bacon or sausage, two hashbrowns, and choice of whole fruit. [calories 530-720]

Biscuit and Sausage Gravy: [calories 470]

Scramble (V): [calories 270]

Plant-based Scramble (VG): [calories 240]

Hardwood Smoked Bacon: [calories 30]

Sausage Link: [calories 110]

Plant-Based Sausage Patty (VG): [calories 140]

Buttermilk Biscuit (V): [calories 280]

Sausage Gravy: [calories 200]

Hashbrown Patty (VG): [calories 140]

French Toast (V): [calories 140]

Plant-Based Pancakes (V): [calories 130]

Breakfast Specials - *Comes with your choice of whole fruit*

Sunday: Congee with Ginger Pork Egg– Rice porridge served with hardboiled egg and ginger pork [calories 560]

Monday: Caprese Scramble (V) – Local cage-free eggs scrambled with fresh basil, tomatoes and mozzarella cheese [calories 290]

Tuesday: Chorizo Breakfast Burrito – Local cage-free eggs scrambled with chorizo, Yukon potatoes, and cheddar cheese [calories 930]

Wednesday: Mushroom and Plant-Based Cheese Scramble (VG) – Plant-based tofu scramble with mushroom, onions, and plant-based mozzarella cheese [calories 290]

Thursday: Mushroom, Onion, and Mozzarella Scramble (V) – Local cage-free eggs scrambled with onion, mushrooms, and mozzarella cheese [calories 350]

Friday #1: Bacon, Mushroom, and Swiss Scramble – Local cage-free eggs scrambled with bacon, mushroom, and Swiss cheese [calories 520]

Saturday: Italian Vegetable Scramble (V) – Local cage-free eggs scrambled with roasted red peppers, pesto, and a blend of Asiago, Romano, and Parmesan cheeses [calories 320]

Plate

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

A La Carte - Your choice of 1 entrée, 2 veggies and 1 starch

Entree

- French Lentil Stew (VG)** – slow-simmered stew with carrots, lentils, pearl onions, and fresh thyme [calories 170]
- Roasted Lemongrass Beef** - [calories 240]
- Roasted Blackened Cod** – Roasted cod with a smoky and spicy rub [calories 80]

Vegetables

- Garlic Sautéed Kale (VG)** - [calories 100]
- Miso Stir-Fried Vegetables (VG)** - [calories 90]
- Lemon and Garlic Roasted Asparagus (VG)** – [calories 80]

Starch

- Seared Polenta Cakes (V)** – [calories 40]
- Vegetable Yakisoba (VG)** – [calories 240]
- Rustic Potatoes and Tomatoes (VG)** – [calories 110]

Sauce

- Spiced Yogurt (V)** – [calories 20]
- Warm Garlic Chili Sauce (VG)** – [calories 140]
- Remoulade Sauce (V)** – [calories 100]

A la carte

- Dinner Roll (V)** – [calories 140]
- Thia Style Cucumber Salad (VG)** – a salad of cucumbers, carrots, red peppers, green onions, cilantro tossed in a Thai-Style dressing [calories 15]

GLOBAL Latin Menu

LUNCH (Mon–Fri 11am–2:30pm) DINNER (Sun–Thurs 5pm–8:30pm)

A La Cart – your choice of 1 entrée, 2 veggies and 1 starch

- Entrées** [Latin Entrées](#)
- Chicken Tinga** – Shredded chicken in our smoky, spicy, and tangy sauce [calories 250]
 - Plant-Based Chorizo (VG)** – [calories 320]
 - Beef Barbacoa** – Slow-cooked marinated spiced beef [calories 200]
 - Plant-Based Fajita Strips (VG)** – [calories 180]
- Vegetables**
- Street Corn (V)** – Mexican-styled street corn tossed in cotija and chili butter [calories 170]
 - Zucchini and Bell Pepper Rice (VG)** – [calories 90]
 - Chipotle Roasted Butternut Squash (VG)** – [calories 50]
- Starch**
- Spiced Tomato Rice (VG)** – [calories 50]
 - Cilantro Lime Brown Rice (VG)** – [calories 190]
 - Spiced Black Beans (VG)** – [calories 150]
- Toppings**
- Corn Salsa (VG)** – [calories 45]
 - Pico De Gallo (VG)** – [calories 10]
 - Sour Cream (V)** – [calories 110]
 - Guacamole** – [calories 50]
- Dessert**
- Churro Dipped in Cinnamon and Sugar** – [calories 130]

MARKET DELI Open 7 days a week {7:30 AM – 8:30 PM Mon-Fri. / 8:00 AM – 8:30 PM Sat-Sun.}

DELI SANDWICH SPECIAL

Italian Club Sandwich – Genoa salami, smoked ham, crispy bacon, Mama Lil's pepper eggless mayo, fresh veggies on a Telera roll [calories 580]

Turkey Cheddar Sandwich – Smoked turkey breast, cheddar cheese, eggless mayonnaise, fresh vegetables, on multi-grain bread [calories 620]

Tuna Salad Sandwich – tuna tossed with eggless mayo, lettuce, tomatoes, and onions on multi-grain bread [420]

Cheesy Brit Sandwich – roast beef, cheddar cheese, horseradish eggless mayo, fresh veggies on white bread [680]

Toasted Cheese Sandwich (V)– melted Cheddar and American cheese on white bread [calories 480]

Tofu Goddess Sandwich (VG)– green goddess marinated tofu, stacked with avocado, plant-based cheese, red onion, and lettuce on toasted focaccia [calories 810]

Grilled Plant-based Cheese Sandwich (VG)– plant-based cheddar cheese on sourdough bread [calories 670]

Grilled Cheese and Tomato Soup (V)– toasted cheddar and American cheese sandwich with tomato soup [calories 640]

Plant-based Grilled Cheese and Tomato Soup (VG) – toasted plant-based cheddar cheese sandwich with tomato soup [calories 840]

Weekly Deli Specials

Vegetable Caesar Wrap – A Spinach tortilla wrap of romaine lettuce, red onion, tomatoes, shredded parmesan cheese and Caesar dressing [calories 480]

Grilled Chicken Caesar Wrap – Grilled garlic-lemon chicken, parmesan cheese, and fresh veggies with Caesar dressing in a flour tortilla [calories 660]

Verona Sandwich – Ham, prosciutto, fresh mozzarella, and arugula with balsamic mayoli on a Telera roll [calories 660]

DUB STREET

Mon-Sun 11:00 am-8:30 pm

Weekly Menu

Beef and Cheese Classic Dub Burger – Your choice of protein patty, American cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 700]

Burgers

Plant-Based Classic Dub Burger (VG)– Plant-based version of our classic Dub with plant-based cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 660]

Three Grain Classic Dub Burger (VG) – Classic Dub burger with a three-grain patty, plant-based cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 650]

Turkey and Cheese Classic Dub Burger – Classic Dub burger with a turkey patty, American cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 600]

Beef and Cheese Double Burger – Your choice of two protein patties, American cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 1000]

Plant-based Double Dub Burger (VG)– Plant-based version of our Double Dub burger with plant-based cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 930]

Turkey and Cheese Double Burger – Double Dub burger with two turkey patties, American cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 800]

Three Grain Double Dub Burger (VG)– Double Dub burger with two three-grain patties, plant-based cheese, lettuce, tomato, red onion, and DUB sauce on a toasted bun [calories 900]

Smokestack Burger – A beef patty with whiskey-battered onion rings, cheddar cheese and whiskey BBQ sauce on a toasted bun [calories 700]

Hellfire Burger – A beef patty with pepperjack cheese, jalapeños, lettuce, tomato, onion, and siracha mayoli on a toasted bun [calories 690]

Turkey Hellfire Burger – A turkey patty with pepperjack cheese, jalapeños, lettuce, tomato, onion, and chipotle mayoli on a toasted bun [calories 610]

Plante-based Hellfire Burger (VG) – A plant-based patty with jalapeños, lettuce, tomato, onion, plant-based cheddar cheese and chipotle mayoli on a toasted bun [calories 650]

Three Grain Hellfire Burger (VG)– A three-grain patty with plant-based cheddar cheese, jalapeños, lettuce, tomato, onion, and chipotle mayoli on a toasted bun [calories 640]

Classic Lil' Dub – Just like the classic dub only smaller! All beef patty, lettuce tomato, onion, dub sauce and American cheese on a toasted bun [calories 510]

Sandwiches

Boom Pow Sandwich (VG) – Crispy plant-based fritter stacked with caramelized onions, plant-based cheddar cheese, tomatoes, and arugula on a toasted Telera roll [calories 790]

Chicken Sammie – Crispy chicken Patty, honey mustard, green leaf lettuce, red onion, and tomato on a Telera Bun [calories 680]

Which Fish Sandwich – Crispy cod patty with cheddar cheese, tartar sauce, lettuce, tomato and onion on a toasted bun [calories 640]

Dub me Tender Large Basket – Battered, deep-fried chicken tenders, fries and your choice of dipping sauce [calories 1000]

Fried entrees

Dub Me Tender Small Basket – Battered, deep-fried chicken tenders, fries and your choice of dipping sauce [calories 750]

Plant-based Dub Me Tender (Large/VG)– Battered deep-fried planted-based tenders, fries and your choice of dipping sauce [calories 740]

Plant-based Dub Me Tender (Small/VG)– Battered deep-fried planted-based tenders, fries and your choice of dipping sauce [calories 570]

Fish and Chips 3 Pc – Beer battered, fried pollock, fries and your choice of dipping sauce [calories 550]

Fish and Chips 2 PC – Beer battered, fried pollock, fries and your choice of dipping sauce [calories 400]

Fries

French Fries – [calories 230]

Tator Tots – [calories 260]

Curley Fries – [calories 260]

Special Menu

Loaded Tots – Crispy tots topped with a chopped beef patty, caramelized onions, American cheese, jalapenos, chipotle mayoli, and green onions [calories 950]

Noodle

LUNCH (Mon–Fri 11am-2:30pm) DINNER (Sun–Thurs 5pm-8:30pm)

Weekly Menu

Entrée	Beef Meatballs – [calories 110]
	Plant-Based Meatballs (VG) – [calories 180]
	Roasted Garlic Lemon Chicken Strips – [calories 180]
	Italian Pork Sausage Link –
Sauce	Alfredo Sauce – [calories 250]
	Marinara Sauce – [calories 60]
	Pesto Kale – [calories 40]
Pastas	Herb Penne Pasta – [calories 390]
	Corn and Rice Pasta (VG) – [calories 480]
Sides	Garlic Breadstick – [calories 160]

- Toppings**
- Parmesan Cheese** – [calories 40]
 - Mozzarella Cheese** – [calories 40]
 - Plant-Based Mozzarella Cheese** – [calories 50]

[Special Menu](#)

- Entrée**
- Chicken Parmesan** – Breaded chicken with marinara and parmesan [calories 380]
 - Eggplant Cutlet (V)** – Breaded eggplant with marinara and parmesan [calories 300]

SELECT LUNCH (11am-2:30pm Mon-Fri) DINNER (5pm-8:30pm Sun-Thurs)

[Weekly Menu](#)

8 Piece Chicken Chunks and Fries – [calories 580]

6 Piece Chicken Chunks with fries – [calories 500]

French Fries – [calories 230]

Jasmine or Brown Rice – [calories 120]

A La Carte - Your choice of 1 entrée, 2 veggies and 1 starch

[Weekly Specials](#)

Entrée

Chana Aloo (VG)– A fragrant blend of chickpeas, potatoes, onions slow-cooked in tomatoes, jalapenos, spice medley of turmeric, chili, and cumin. [calories 100]

Roasted Curry Chicken – [calories 230]

South Indian Curry (VG) – Allergen-free curry with Yukon gold potatoes, green peppers, carrots, spices and savory rice milk [calories 120]

Veggies

Roasted Cardamom Carrots – [calories 80]

Ginger Snap Peas – [calories 80]

Starch

Indian Spiced Cauliflower – [calories 80]

Brown Rice and Quinoa Blend (VG) – [calories 140]

Steamed Basmati – [calories 120]