

## Breakfast

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### Hours

Mon–Fri: 7:30–11 a.m.

Sat–Sun: 8 a.m.–2 p.m.

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### Weekly Specials – With choice of whole fruit

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**Husky Combo** – Local cage-free eggs scrambled or plant-based eggs scrambled, bacon or sausage, two hash brown patties

### Daily Specials – With choice of whole fruit

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#### Monday

**Plant-Based Breakfast Taco** – Plant-based egg, meatless chorizo and mozzarella with green onion and tomatillo salsa in a flour tortilla

#### Tuesday

**Southwest Plant-Based Scramble & Cheese** – Plant-based eggs scrambled with fire-roasted corn and peppers, black beans and plant-based mozzarella

#### Wednesday

**Italian Vegetable Scramble** – Local cage-free eggs scrambled with roasted red peppers, pesto, and asiago, Romano and Parmesan cheeses

#### Thursday

**Caramelized Onion & Bacon Scramble** – Local cage-free eggs scrambled with caramelized onions, bacon and mozzarella

#### Friday

**Green Tofu Scramble** – Plant-based tofu scramble with plant-based mozzarella, spinach, pepita pesto, peppers and onions

#### Saturday–Sunday

**Sausage-Potato Scramble** – Local cage-free eggs scrambled with potatoes, sausage, peppers, onions, cheddar and scallions

### À la Carte Sides

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**Biscuit & Sausage Gravy**

**Buttermilk Biscuit**

**French Toast**

**Hardwood-Smoked Bacon**

**Hash Brown Patty**

**Plant-Based Pancakes**

**Plant-Based Sausage Patty**

**Plant-Based Scramble**

**Sausage Gravy**

**Sausage Link**

**Scramble**

# Lunch/Dinner

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## Hours

**Mon–Fri:** 11:30 a.m.–9 p.m.

**Sat–Sun:** 11 a.m.–9 p.m.

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Select one entrée, two vegetables/salad, and one starch/grain to build a Balanced Plate.

## Entrées Weekly Specials

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**Herb-Roasted Chicken**

**Seared Salmon**

## Entrée Daily Specials

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### Monday

**Tofu Mushroom Sauce With Herb Pasta**

**Chicken Cacciatore With Herb Pasta**

### Tuesday–Wednesday

**Texas Mushroom Chili**

**Beef & Black Bean Chili**

### Thursday–Friday

**Warmed Falafel Patties**

**Grilled Garlic & Ginger Flank Steak**

## Vegetables

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**Roasted Seasoned Broccoli Florets**

## Salad

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**Caprese Salad**



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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.

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

## **Starch/Grains Daily Specials**

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### **Monday–Wednesday**

**Spanish-Style Roasted Potatoes**

### **Thursday–Sunday**

**Garlic Mashed Potatoes With Olive Oil**

## **Sauces**

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**Greek Salsa**

**Cajun Lemon Sauce**

## **Dessert**

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**Blueberry Pie With Topping**



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