PLATE

SUN

**Brunch**  
French Toast (V), Plain Scrambled Eggs (V), Biscuit and Sausage Gravy [calories 130–450]  
Bacon, Sausage Link, Plant-Based Sausage (VG), Hash Browns (VG) [calories 30–340]

**Dinner**  
**Shrimp Etouffee** – Classic Cajun-inspired stew with shrimp, tomato and okra, served with cheddar grits [calories 510]  
**Chicken & Andouille Gumbo** – Cajun chicken and sausage stew with tomato, okra and spices, served with choice of brown or jasmine rice [calories 420–440]  
**Red Beans & Rice (VG)** – Creole-style red beans with choice of brown or jasmine rice [calories 300–310]

MON

**Breakfast**  
Green Eggs & Ham – Local cage-free eggs scrambled with ham, basil pesto and Parmesan [calories 410]

**Lunch**  
**Moroccan Grilled Beef** – Chermoula grilled flank steak with zucchini and choice of pearl couscous pilaf or brown rice [calories 580–590]  
**Harissa Vegetable Tagine (VG)** – Slightly spicy stew of vegetables and chickpeas, served with choice of pearl couscous pilaf, brown or jasmine rice [calories 400–440]

**Dinner**  
**Shrimp Etouffee** – Classic Cajun-inspired stew with shrimp, tomato and okra, served with cheddar grits [calories 510]  
**Chicken & Andouille Gumbo** – Cajun chicken and sausage stew with tomato okra and spices, served with choice of brown or jasmine rice [calories 420–440]  
**Red Beans & Rice (VG)** – Creole-style red beans with choice of brown or jasmine rice [calories 300–310]

TUE

**Breakfast**  
French Toast (V) – Texas toast grilled with housemade cinnamon custard [calories 130]

**Lunch & Dinner**  
**Build Your Own Latin Bowl**  
**Base Includes:** Cilantro rice, black beans OR quinoa and baby greens and choice of toppings [calories 310–440]  
**Add-Ons:** Beef barbacoa, chicken tinga, or plant-based taco crumble [calories 170–260]  
**Toppings:** Pico de gallo, tomatillo salsa, corn salsa, sour cream [calories 10–50]
### WED

**Breakfast**  
Southwest Scramble (V) – Local cage-free eggs scrambled with corn, peppers, black beans and pepper jack cheese [calories 230]

**Lunch**  
Moroccan Grilled Beef – Chermoula grilled flank steak with zucchini and choice of pearl couscous pilaf or brown rice [calories 580–590]

Harissa Vegetable Tagine (VG) – Slightly spicy stew of vegetables and chickpeas served with choice of pearl couscous pilaf, brown or jasmine rice [calories 400–440]

**Dinner**  
Honey-Lemon Chicken (H) – Roasted chicken hindquarter with honey-lemon glaze, cheese smashed potatoes and steamed broccolini [calories 850]

Local Mushroom Risotto (V) – Creamy arborio rice with roasted mushrooms, herbs and Italian cheeses served with steamed broccolini or balsamic arugula salad [calories 420–460]

### THU

**Breakfast**  
Green Sausage Scramble – Local cage-free eggs scrambled with sausage, feta, spinach, kalamata olives, and sun-dried tomato [calories 430]

**Lunch**  
Chicken Tikka Masala (H) – Chicken in an Indian-spiced tomato cream sauce served with chickpea, potato, spinach, jalfreizi, cilantro chutney and choice of brown or basmati rice [calories 620–630]

Tofu Saag (VG) – Roasted tofu with cauliflower, potatoes and spices served with brown or basmati rice [calories 270–280]

**Dinner**  
Honey-Lemon Chicken (H) – Roasted chicken hindquarter with honey lemon glaze, cheese smashed potatoes and steamed broccolini [calories 850]

Local Mushroom Risotto (V) – Creamy arborio rice with roasted mushrooms, herbs and Italian cheeses, served with steamed broccolini or balsamic arugula salad [calories 420–460]

### FRI

**Breakfast**  
Blueberry Pancakes (V) – Buttermilk pancakes with ripe blueberries [calories 200]

**Lunch**  
Chicken Tikka Masala (H) – Chicken in an Indian-spiced tomato cream sauce, served with chickpeas, potatoes, spinach, jalfreizi and cilantro chutney, with choice of brown or basmati rice [calories 620–630]

Tofu Saag (VG) – Roasted tofu with cauliflower, potatoes and spices, served with choice of brown or basmati rice [calories 270–280]

**Dinner**  
Pork Tamales – Pork tamales with ancho tomato sauce, cilantro rice and pinto beans [calories 970]

Cheese Enchiladas (V) – Cheese enchiladas with cilantro rice and pinto beans [calories 800]

### SAT

**Brunch**  
Pancakes (V), Plain Scrambled Eggs (V), Biscuit and Sausage Gravy [calories 130–450]

Bacon, Sausage Link, Plant-Based Sausage (VG), Hash Browns (VG) [calories 30–340]

**Dinner**  
Pork Tamales – Pork tamales with ancho tomato sauce, cilantro rice and pinto beans [calories 970]

Cheese Enchiladas (V) – Cheese enchiladas with cilantro rice and pinto beans [calories 800]

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Made in a facility that also prepares wheat-based foods. V = vegetarian. VG = vegan. H = prepared with halal meats. 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.washington.edu/eat
DELI SANDWICH SPECIALS

**BBQ Chicken**  Flour tortilla, crispy chicken, caramelized onions, Ray’s BBQ sauce, pepper jack cheese and fresh veggies [calories 990]

**Roasted Vegetable**  Sesame hummus, caramelized onion and roasted vegetables, wrapped in flour tortilla [calories 470]

**Ham & Brie**  Ham and brie on a baguette with stone-ground mustard marmalade, arugula and fresh vegetables [calories 660]

DUB STREET BURGERS SPECIALS

**Salmon Verde Fry Special**  Grilled Alaskan salmon patty with verde mayo, pepper jack cheese, lettuce, tomato and onion [calories 540]

**Fry Special**  Sidewinders [calories 330]

NOODLE LUNCH (MON–FRI) DINNER (SUN–THUR)

**LUNCH (MON–FRI)**

**Korean Fried Chicken**  – Crispy fried chicken tossed in a honey-gochujang sauce, served with banchan and choice of brown or jasmine rice [calories 580–590]

**Plant-Based Korean Fried “Chicken”**  – Crispy fried Raised & Rooted strips tossed in a honey-gochujang sauce, served with banchan and choice of brown or jasmine rice [calories 860–870]

**Tofu Japchae**  – Tofu, noodles and vegetables in a sweet soy sauce, served with cucumber salad [calories 230]

**Dinner (SUN–THUR)**

**Korean Fried Chicken**  – Crispy fried chicken tossed in a honey-gochujang sauce, served with banchan and choice of brown or jasmine rice [calories 580–590]

**Plant-Based Korean Fried “Chicken”**  – Crispy fried Raised & Rooted strips tossed in a honey-gochujang sauce, served with banchan and choice of brown or jasmine rice [calories 860–870]

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