



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

PLATE

Open 7 days a week

Breakfast 7:30am-10am, Lunch 11am-2pm, Dinner 5pm-8pm
Sat & Sun Brunch 10am-2pm

SUN

- Brunch

Denver Scramble

– local cage-free eggs scrambled with ham, peppers, onions, and cheddar cheese [calories 430]
- Pepper Scramble (VG)

– plant-based eggs scrambled with red and green bell peppers, onions, and plant-based mozzarella [calories 230]
- Dinner

Orange Balsamic Chicken

– roasted chicken hindquarters glazed in an orange-balsamic reduction with herb roasted potatoes and fennel green beans [calories 620]
- Mediterranean Roasted Vegetables (V)

– summer squash, bell peppers, kalamata olives, and artichoke hearts roasted with Mediterranean herbs and served with rosemary cauliflower and creamy cheese polenta [calories 430]

MON

- Breakfast

Sausage Potato Scramble

– local cage-free eggs scrambled with sausage, potatoes, peppers, onions, scallions, and cheddar cheese [calories 440]
- Tofu Tot Scramble (VG)

– plant-based tofu scramble with tater tots, green onion, and plant-based mozzarella [calories 360]
- Lunch

Beef Stroganoff

– beef, mushrooms, and onions in a rich sour cream sauce over herb pasta served with spiced green beans and rosemary cauliflower [calories 780]
- White Bean Stew (V)

– hearty stew of carrots, red wine, cannellini beans, sun-dried tomatoes, and fresh basil, served with spinach salad and cheddar grits [calories 520]
- Dinner

Orange Balsamic Chicken

– roasted chicken hindquarters glazed in an orange-balsamic reduction with herb roasted potatoes and fennel green beans [calories 620]
- Mediterranean Roasted Vegetables (V)

– summer squash, bell peppers, kalamata olives, and artichoke hearts roasted with Mediterranean herbs and served with rosemary cauliflower and creamy cheese polenta [calories 430]

TUE

- Breakfast

Southwest Scramble (V)

– local cage-free eggs scrambled with black beans, corn, peppers, and jack cheese [calories 340]
- Mushroom Poblano Scramble (VG)

– plant-based scramble with mushrooms, poblano chiles, tomatillo salsa, and plant-based mozzarella [calories 240]

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]

WED

Breakfast **Pork Verde Scramble** – local cage-free eggs scrambled with pork verde, fajita peppers, onions, salsa verde, and Swiss cheese [calories 460]

Green Tofu Scramble (VG) – plant-based tofu scramble with spinach, pepita pesto, peppers, onions, and plant-based mozzarella cheese [calories 180]

Lunch **Beef Stroganoff** – beef, mushrooms, and onions in a rich sour cream sauce over herb pasta served with spiced green beans and rosemary cauliflower [calories 780]

White Bean Stew (V) – hearty stew of carrots, red wine, cannellini beans, sun-dried tomatoes, and fresh basil, served with spinach salad and cheddar grits [calories 520]

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

Ratatouille (VG) – zucchini, squash, bell pepper, eggplant, and onion simmered in a French-style spiced tomato stew with herb roasted potatoes and spiced broccolini [calories 310]

THU

Breakfast **Blueberry Pancake (V)** – a golden pancake studded with blueberries [calories 260]

Lunch **Pork Vindaloo** – pork, potatoes, tomatoes, onions, and ginger simmered in a spiced curry with fennel green beans, roasted cauliflower, and your choice of brown or basmati rice [calories 710-730]

Chana Aloo Wrap (VG) – Bengali-style kathi wrap with curried chickpeas and potatoes, avocado, and lemon cabbage in a spinach tortilla served with fennel green beans and roasted cauliflower [calories 800]

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

Ratatouille (VG) – zucchini, squash, bell pepper, eggplant, and onion simmered in a French-style spiced tomato stew with herb roasted potatoes and spiced broccolini [calories 310]

FRI

Breakfast **Italian Scramble** – local cage-free eggs scrambled with prosciutto, sun-dried tomatoes, fresh herbs, and parmesan cheese [calories 440]

Sun-Dried Tomato Scramble (VG) – tofu scrambled with sun-dried tomatoes and plant-based mozzarella cheese [calories 220]

Lunch Pork Vindaloo – pork, potatoes, tomatoes, onions, and ginger simmered in a spiced curry with fennel green beans, roasted cauliflower, and your choice of brown or basmati rice [calories 710-730]

Chana Aloo (VG) – Bengali-style with curried chickpeas and potatoes, avocado, and lemon cabbage in a spinach tortilla served with fennel green beans and roasted cauliflower [calories 800]

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

Mon-Tues Asian Noodle
Chicken Teriyaki – stir-fried chicken tossed in teriyaki sauce, served with ginger-sesame slaw and your choice of brown or jasmine rice [calories 530/560]

Vegetable Yakisoba (VG) – vegetables and yakisoba noodles tossed in a soy-ginger sauce [calories 380]

Wed-Thurs Pork Yakisoba– vegetables and yakisoba noodles tossed with tender pork in a soy-ginger sauce [calories 830]

Vegetable Yakisoba (VG) – vegetables and yakisoba noodles tossed in a soy-ginger sauce [calories 380]

MARKET DELI Open 7 days a week

M-F 7:30am-8pm
Sat & Sun 8am-8pm

DELI SANDWICH SPECIAL

Roasted Vegetable Wrap (VG) – sesame hummus, caramelized onions, and roasted vegetables wrapped in a flour tortilla [calories 470]

Ragin’ Cajun – turkey, pepperjack cheese, Frank’s RedHot mayo, and fresh veggies on white bread [calories 650]

DUB STREET Open 7 days a week,

M-F Lunch 11am-2pm, Dinner 4-8pm
Sat & Sun 4pm-8pm

BURGERS SPECIAL

Crispy Bacon Swiss – crispy chicken, bacon, Swiss cheese, grain mustard mayoli, lettuce, tomato, and onion on a toasted bun [calories 740]

NOODLE

LUNCH (Mon–Fri 11am-2pm)

Lunch

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

SELECT

LUNCH (Mon–Fri 11am-2pm)

DINNER (Sun–Thu 5pm-8pm)

Lunch & Dinner

Mediterranean Bowl (VG) – Greek salad, lemon chickpeas, green beans, tomatoes, and mixed greens with your choice of brown or jasmine rice [calories 360-380]

Options to Add: rosemary chicken [calories 310], lemon garlic beef [calories 180], falafel [calories 170]