

Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan. hp = made with certified halal protein. 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

SUN

Brunch **Broccoli & Bacon Strata** – Layered breakfast casserole with sourdough bread, egg, broccoli, bacon and cheddar cheese [calories 200]

Dinner **Cod With Tuscan Herb Sauce** – Roasted cod topped with Tuscan cream sauce, served with herbed penne and roasted rainbow carrots [calories 630]

Fried Eggplant Cutlet (V) – Baked eggplant topped with marinara sauce, served with herbed penne pasta, Italian cheese blend and steamed broccolini [calories 710]

MON

Breakfast **Denver Scramble** – Local cage-free eggs scrambled with ham, peppers, onion and cheddar [calories 370]

Lunch **Herb-Roasted Chicken (H)** – Topped with makhani sauce, served with roasted cardamom carrots, brown or jasmine rice and cilantro chutney [calories 1000–1030]

Chana Masala (V) – Served with ginger snap peas, cilantro chutney and brown or jasmine rice [calories 370–400] **VG – without chutney**

Dinner **Cod With Tuscan Herb Sauce** – Roasted cod topped with Tuscan cream sauce, served with garlic Swiss chard and herb-roasted rainbow carrots [calories 520]

Fried Eggplant Cutlet (V) – Baked eggplant topped with marinara sauce, served with herbed penne pasta, Italian cheese blend and steamed broccolini [calories 710]

TUE

Breakfast **Southwest Scramble (V)** – Local cage-free eggs scrambled with black beans, corn, peppers and pepperjack cheese [calories 280]

Lunch & Dinner **Build Your Own Latin Bowl**

Base Includes: Cilantro rice or tomato rice with pinto beans, 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 Andouille-Pepper jack Scramble – Local cage-free eggs scrambled with pork andouille sausage, corn, peppers and pepper jack cheese [calories 290]

Lunch Herb-Roasted Chicken (HP) – Topped with makhani sauce, served with roasted cardamom carrots, brown or jasmine rice and cilantro chutney [calories 1000–1030]

Chana Masala (V) – Served with ginger snap peas, brown or jasmine rice and cilantro chutney [calories 370–400] **VG – without chutney**

Dinner Grilled Chicken Souvlaki (HP) – Marinated in lemon and oregano, topped with tzatziki sauce, served with herb-lemon rice and Greek salad [calories 580]

Greek Orzo Salad (V) – Tossed in lemon vinaigrette with artichoke hearts, red bell peppers, kale and kalamata olives, served with falafel and sesame tahini sauce [calories 580]

THU

Breakfast Greek Sausage Scramble – Local cage-free eggs scrambled with sausage, spinach, sun-dried tomato, kalamata olives and feta cheese [calories 510]

Lunch Apple Cider-Glazed Salmon – Roasted Alaskan salmon with cider glaze, wild rice-cranberry pilaf and snap peas [calories 450]

Butternut Squash Succotash (VG) – blend of roasted butternut squash, corn, lima beans and peppers with herbs served with wild rice-cranberry pilaf and snap peas [calories 320]

Dinner Pomegranate-Glazed Chicken Quarter – Roasted hindquarter chicken glazed with pomegranate glaze served with roasted root vegetables and steamed broccolini [calories 660]

Savory Mushroom Bread Pudding (V) – Roasted wild mushrooms, onion, cheese, spices and egg bread topped with beet coulis served with balsamic-dressed arugula salad [calories 550]

FRI

Breakfast Chorizo & Cheddar Scramble – Local cage-free eggs, chorizo, pico de gallo and cheddar cheese [calories 360]

Lunch Apple Cider-Glazed Salmon – Roasted Alaskan salmon with cider glaze, wild rice-cranberry pilaf and snap peas [calories 450]

Butternut Squash Succotash (VG) – blend of roasted butternut squash, corn, lima beans and peppers with herbs served with wild rice-cranberry pilaf and snap peas [calories 320]

SAT

Brunch Breakfast Quesadilla (V) – Local cage-free eggs, cheese and pico, wrapped in a griddled flour tortilla [calories 860]

Plant-Based Egg & Cheese Quesadilla (VG) – Plant-based JUST EGG, Daiya cheese and pico wrapped in a griddled flour tortilla [calories 630]

DELI SANDWICH SPECIAL

Rachel Sandwich – Turkey breast, Swiss cheese, Thousand Island dressing and choice of veggies on marbled rye bread [calories 670]

DUB STREET BURGERS SPECIAL

Jam Session Burger – All-beef patty, bacon jam, brie cheese, green leaf lettuce, red onion, tomato and DUB sauce on a toasted bun [calories 720]

Curly Fries (V) [calories 420]

NOODLE

LUNCH (Mon–Fri)

DINNER (Sun–Thu)

Lunch Teriyaki Chicken Thigh (HP) – Chicken stir fried in teriyaki sauce, served with ginger-sesame slaw and brown or jasmine rice [calories 530–560]

Pork Yakisoba – Tender strips of pork, vegetables and yakisoba noodles tossed in a soy-ginger sauce [calories 820]

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

Beef Bolognese (HP) – Ground beef simmered with garlic, onions, carrots, tomatoes and herbs served over herb pasta, served with a breadstick [calories 740]

Dinner Pork Katsu – Crispy pork fritter with tonkatsu sauce, miso stir-fried vegetables and brown rice [calories 530-570]

Pork Yakisoba – Tender strips of pork, vegetables and yakisoba noodles tossed in a soy-ginger sauce [calories 820]

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

Beef Bolognese (H) – Ground beef simmered with garlic, onions, carrots, tomatoes and herbs served over herb pasta, served with a breadstick [calories 740]

SELECT

LUNCH (Mon–Fri)

DINNER (Sun–Thu)

Lunch & Dinner Moroccan Bowl – Ras el hanout zucchini and tomatoes, quinoa tabouli salad, mixed greens, served with brown or jasmine rice [calories 360]