PLATE  Open Monday through Sunday

Breakfast 7:30–10 a.m.  Lunch 11 a.m.–2 p.m.  Dinner 5–8 p.m.

SUN

**Breakfast**
- **Ham & Cheddar Scramble** – local caged-free eggs scrambled with ham, cheddar and green onion, served with tropical dragon fruit mix [calories 290]
- **Plant-Based Italian Vegetable Scramble (VG)** – plant-based eggs scrambled with red peppers, kale pesto and plant-based mozzarella, served with tropical dragon fruit mix [calories 300]

**Lunch**
- **County Fried Steak** – deep-fried steak cutlet topped with mushroom gravy, served with roasted cherry tomatoes, garlic mashed potatoes, sugar snap peas and baby carrots [calories 700]
- **Plant-Based Fritter With Mushroom (VG)** – crispy plant-based fritter topped with mushroom gravy, served with roasted cherry tomatoes, garlic mashed potatoes, sugar snap peas and baby carrots [calories 240]

**Dinner**
- **Coconut-Curry Chicken Kerala** – coconut curry of Yukon gold potatoes, green peppers, chicken, garam masala and ginger, served with green beans and cherry tomatoes, gomen-spiced collard greens and warmed pita bread [calories 790]
- **Jalfrezi Curry (VG)** – slow-simmered curry of potatoes, chickpeas, spinach, fire-roasted tomatoes and spices, served with green beans and cherry tomatoes, gomen-spiced collard greens and warmed pita bread [calories 470]
- **Jasmine Rice or Brown Rice optional sides (VG)** [calories 90]

MON

**Breakfast**
- **Scrambled Eggs With Bacon & Pesto** – local cage-free eggs scrambled with bacon, pesto and cheddar cheese, served with tropical dragon fruit mix [calories 430]
- **Plant-Based Kale & Pesto Scramble (VG)** – plant-based scramble with kale, tomatoes and plant-based mozzarella, served with tropical dragon fruit mix [calories 230]

**Lunch**
- **Chermoula Flank Steak** – chermoula-marinated flank steak, served with lemon couscous, herb-roasted rainbow carrots, and ras el hanout zucchini and tomatoes [calories 550]
- **Artichoke Chickpea Stew (VG)** – stew of potatoes, chickpeas, artichokes and spices, served with lemon couscous, herb-roasted rainbow carrots, and ras el hanout zucchini and tomatoes [calories 470]

**Dinner**
- **Kofta Meatloaf** – West African harissa-glazed beef and lamb meatloaf, served with spiced steamed broccolini, roasted cardamom carrots, and pearl couscous with almonds and raisins [calories 650]
- **Savory Mushroom Bread Pudding (V)** – pudding of roasted wild mushrooms, onions, eggs, cheese and spices, served with steamed spiced broccolini, roasted cardamom carrots and sautéed kale [calories 600]
TUE

**Breakfast**  
Southwest Scramble – local cage-free eggs scrambled with roasted red peppers, corn, black beans and cheddar cheese, served with tropical dragon fruit mix [calories 430]

Plant-Based Scramble With Soyrizo (VG) – plant-based eggs scrambled with soyrizo and plant-based mozzarella, served with tropical dragon fruit mix [calories 330]

**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]

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**WED**

**Breakfast**  
Italian Sausage Scramble – local cage-free eggs scrambled with Italian sausage, roasted red peppers, pesto and mozzarella cheese, served with tropical dragon fruit mix [calories 450]

Tofu Plant-Based Scramble (VG) – plant-based eggs scrambled with tomatoes, green onions and plant-based mozzarella, served with tropical dragon fruit mix [calories 280]

**Lunch**  
Chermoula Flank Steak – chermoula-marinated flank steak, served with lemon couscous, herb-roasted rainbow carrots, and ras el hanout zucchini and tomatoes [calories 550]

Artichoke Chickpea Stew (VG) – stew of potatoes, chickpeas, artichokes and spices, served lemon couscous, herb-roasted rainbow carrots, and ras el hanout zucchini and tomatoes [calories 470]

**Dinner**  
Kofta Meatloaf – West African harissa-glazed beef and lamb meatloaf, served with spiced steamed broccolini, roasted cardamom carrots, and pearl couscous with almonds and raisins [calories 650]

Savory Mushroom Bread Pudding (V) – pudding of roasted wild mushrooms, onions, eggs, cheese and spices, served with steamed spiced broccolini, roasted cardamom carrots and sautéed kale [calories 600]
### THU

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Sausage-Potato Scramble – local cage-free eggs scrambled with potatoes, sausage, peppers, onions, scallions and cheddar cheese, served with tropical dragon fruit mix [calories 430]</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Plant-Based Tofu Scramble With Tots (VG) – plant-based eggs scrambled with tater tots, green onions and plant-based mozzarella, served with tropical dragon fruit mix [calories 360]</td>
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<tr>
<td>Lunch</td>
<td>Chermoula Chicken – oven-roasted chermoula-marinated chicken, served with roasted asparagus, Moroccan carrots with Aleppo pepper, and ras el hanout-spiced couscous [calories 640]</td>
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<tr>
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<td>Harissa Vegetable Tagine (VG) – slightly spicy stew of vegetables and chickpeas, served with lemon couscous, Moroccan carrots with Aleppo pepper, and roasted asparagus [calories 550]</td>
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<tr>
<td>Dinner</td>
<td>Barramundi With Remoulade – oven-roasted barramundi topped with a spicy remoulade, served with herb cauliflower pilaf, grilled zucchini and roasted asparagus [calories 240]</td>
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<td>Three Sisters Wild Rice Bowl (VG) – bowl of wild rice, three sisters vegetables, toasted pepitas and maple vinaigrette, served with grilled zucchini and roasted asparagus [calories 930]</td>
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</tbody>
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### FRI

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Caprese Scramble (V) – local cage-free eggs scrambled with tomato, mozzarella cheese and fresh basil, served with tropical dragon fruit mix [calories 340]</th>
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</thead>
<tbody>
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<td></td>
<td>Plant-Based Caprese Scramble (VG) – plant-based tofu scramble with tomatoes, fresh basil and plant-based mozzarella, served with tropical dragon fruit mix [calories 290]</td>
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<td>Three Sisters Wild Rice Bowl (VG) – bowl of wild rice, three sisters vegetables, toasted pepitas and maple vinaigrette, served with grilled zucchini and roasted asparagus [calories 930]</td>
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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

### Brunch
- **French Toast Stack (V)** – three slices of custardy griddled Texas toast topped with butter and maple syrup, served with tropical dragon fruit mix [calories 950]

### Lunch
- **Huli Huli Chicken** – crispy fried chicken tossed with our sweet-and-savory huli huli sauce, served with ginger snap peas, Hawaiian macaroni salad and ginger slaw [calories 890]
- **Spicy Tofu (VG)** – baked tofu marinated in tamari-sesame dressing, served with ginger snap peas, Hawaiian macaroni salad and ginger slaw [calories 470]
- **Jasmine Rice and Brown Rice optional sides (VG):** [calories 90]

### Dinner
- **Pork Schnitzel** – fried pork cutlet topped with our plant-based mushroom gravy, served with garlic mashed potatoes, roasted asparagus and herb-roasted rainbow carrots [calories 690]
- **Potato Latkes (VG)** – two potato pancakes topped with applesauce, served with garlic mashed potatoes, roasted asparagus and herb-roasted rainbow carrots [calories 630]

### MARKET DELI
Open 7 days a week
- **Mon–Fri** 7:30 a.m.–8 p.m.
- **Sat & Sun** 8 a.m.–8 p.m.

### DELI SANDWICH SPECIAL
- **Tofu Goddess (VG)** – green goddess marinated tofu stacked with avocado, plant-based cheese, red onion and lettuce on toasted focaccia [calories 820]
- **Ham & Brie** – ham, brie, stone-ground mustard, marmalade, arugula and fresh vegetables on a banh mi roll [calories 660]

### DUB STREET BURGERS
- **Mon-Fri Lunch** 11 a.m.-2 p.m.  
  **Dinner** 4-8 p.m.
- **Sat & Sun** 4-8 p.m.

### BURGER SPECIAL
- **Plant-Based Teriyaki Burger (VG)** – plant-based fried cutlet with teriyaki sauce, sesame-ginger slaw and caramelized pineapple mayoli on hamburger bun [calories 720]

### NOODLE
- **LUNCH** (Mon–Fri, 11a.m.–2 p.m.)  
  **DINNER** (Sun–Thu, 5–8 p.m.)
- **Gnocchi Pomodoro With Arugula (V)** – potato dumpling gnocchi tossed with fresh arugula, fire-roasted tomatoes, red chili flakes and mozzarella, served with steamed broccolini and Mediterranean roasted vegetables [calories 460]
- **Pasta Bar** – create your own pasta – choices include protein, sauce, toppings and extras [calories 390–480]
## ASIAN NOODLE

### LUNCH (Mon–Fri, 11 a.m.–2 p.m.)

### Monday the 27th–Tuesday the 28th

**Lunch**
- **Chicken Pad Thai** – stir-fried chicken, red onion, red and green pepper, carrots and rice noodles with a spicy pad Thai sauce and garnished with bean sprouts, lime and scallions, served with a side Thai cucumber salad [calories 340]
- **Tofu Pad Thai (VG)** – rice noodles with tofu and plant-based egg substitute in a tamarind sauce, garnished with bean sprouts, scallions and lime, served with a side Thai cucumber salad [calories 430]
- **Jasmine Rice or Brown Rice side option** [calories 90]

### Dinner
- **Red Coconut Shrimp Curry** – shrimp and vegetables in a red coconut curry, served Thai cucumber salad and your choice of white or brown rice [calories 320]
- **Yellow Coconut Curry With Vegetables (VG)** – yellow coconut curry with eggplant, mushrooms, red peppers, butternut squash, ginger and jalapeno, served with Thai cucumber salad and your choice of white or brown rice [calories 310]
- **Fried Vegetable Spring Rolls (VG)** – three spring rolls [calories 200]

### Sunday the 26th–Tuesday the 28th

**Lunch**
- **Green Coconut Curry Pork** – Thai-style green coconut curry with pork and root vegetables, served with Thai cucumber salad and your choice of white or brown rice [calories 430]
- **Yellow Coconut Curry With Vegetables (VG)** – yellow coconut curry with eggplant, mushrooms, red peppers, butternut squash, ginger and jalapeno, served with Thai cucumber salad and your choice of white or brown rice [calories 310]
- **Fried Vegetable Spring Rolls (VG)** – three spring rolls [calories 200]

### Wednesday the 29th–Friday the 31st

**Lunch**
- **Chicken Pad Thai** – stir-fried chicken, red onion, red and green pepper, carrots and rice noodles with a spicy pad Thai sauce and garnished with bean sprouts, lime and scallions, served with Thai cucumber salad [calories 340]
- **Tofu Pad Thai (VG)** – rice noodles with tofu and plant-based egg substitute in a tamarind sauce and garnished with bean sprouts, scallions and lime, served with Thai cucumber salad [calories 430]
- **Jasmine Rice or Brown Rice side option** [calories 90]

### Mediterranean Bowl (VG)
- Greek salad, lemon chickpeas, green beans, tomatoes and mixed greens, served 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]

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