PLATE  Open 7 days a week

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

SUN

Brunch  Italian Sausage Scramble – local cage-free eggs scrambled with Italian sausage, roasted red peppers, pesto, and mozzarella cheese [calories 450]

Italian Scramble (V) – plant-based eggs scrambled with roasted red peppers, kale pesto, and plant-based mozzarella [calories 350]

Dinner  Chermoula Flank Steak – chermoula grilled flank steak served with couscous pilaf, ras al hanout cauliflower, and steamed broccolini [calories 550]

Harissa Vegetable Tagine (VG) – vegetables and chickpeas simmered with harissa paste and spices, served with couscous pilaf, ras al hanout cauliflower, and steamed broccolini [calories 300]

MON

Breakfast  Green Eggs & Ham – local cage-free eggs scrambled with ham, basil pesto, and mozzarella cheese [calories 520]

Green Tofu Scramble (VG) – plant-based tofu scrambled with spinach, pepita pesto, peppers, onions, and plant-based mozzarella [calories 250]

Lunch  Roasted Brined Pork Loin – roasted brined pork loin topped with poblano pepián, and served with spiced cauliflower, pinto beans, and cilantro rice [calories 600]

Cheese Enchiladas (V) – corn tortillas stuffed with cheese, smothered in red chili enchilada sauce, served with spiced cauliflower, pinto beans, and cilantro rice [calories 700]

Dinner  Chermoula Flank Steak – chermoula grilled flank steak served with couscous pilaf, ras al hanout cauliflower, and steamed broccolini [calories 550]

Harissa Vegetable Tagine (VG) – vegetables and chickpeas simmered with harissa paste and spices, served with couscous pilaf, ras al hanout cauliflower, and steamed broccolini [calories 300]

TUE

Breakfast  French Toast (V) – egg bread dipped in a rich batter and griddled until golden brown [calories 200]

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**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Italian Sausage Scramble – local cage-free eggs scrambled with Italian sausage, roasted red peppers, pesto, and mozzarella cheese [calories 450]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>Roasted Pork Loin – roasted brined pork loin topped with poblano pepián, and served with spiced cauliflower, pinto beans, and cilantro rice [calories 600]</td>
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<tr>
<td>Dinner</td>
<td>Pesto Salmon – roasted salmon topped with pesto and Italian cheeses, served with garlic mashed potatoes, roasted cauliflower, and herb rainbow carrots [calories 380]</td>
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<td>Ratatouille (VG) – zucchini, squash, bell pepper, eggplant, and onion simmered in a French-style spiced tomato stew with herb roasted potatoes, roasted cauliflower, and rainbow carrots [calories 490]</td>
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</table>

**THU**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Andouille Scramble – local cage-free eggs scrambled with andouille sausage, corn, peppers, and pepperjack cheese [calories 350]</th>
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</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>Balsamic Flank Steak – grilled flank steak glazed in a balsamic reduction and served with herb pasta, steamed broccolini, and roasted rainbow carrots [calories 640]</td>
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<tr>
<td>Dinner</td>
<td>Mediterranean Roasted Vegetables (VG) – summer squash, red and yellow bell peppers, onions, kalamata olives, artichoke hearts, and herbs served with pasta, steamed broccolini, and roasted rainbow carrots [calories 560]</td>
</tr>
<tr>
<td></td>
<td>Pesto Salmon – roasted salmon topped with pesto and Italian cheeses, served with garlic mashed potatoes, roasted cauliflower, and herb rainbow carrots [calories 650]</td>
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<td>Ratatouille (VG) – zucchini, squash, bell pepper, eggplant, and onion simmered in a French-style spiced tomato stew with herb roasted potatoes, roasted cauliflower, and rainbow carrots [calories 490]</td>
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**FRI**

| Breakfast   | M&M Pancake (V) – a golden buttermilk pancake studded with mini M&Ms [calories 330] |

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. 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](http://www.hfs.uw.edu/eat)
Lunch  **Balsamic Flank Steak** – grilled flank steak glazed in a balsamic reduction and served with herb pasta, steamed broccolini, and roasted rainbow carrots [calories 640]

**Mediterranean Roasted Vegetables (VG)** – summer squash, red and yellow bell peppers, onions, kalamata olives, artichoke hearts, and herbs served with pasta, steamed broccolini, and roasted rainbow carrots [calories 560]

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

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**SAT**

**Brunch**  **Caprese Scramble (V)** – local cage-free eggs scrambled with fresh basil, tomatoes, and mozzarella cheese [calories 350]

**PB Caprese Scramble (VG)** – plant-based eggs scrambled with fresh basil, tomatoes, and plant-based mozzarella [calories 300]

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

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**MARKET DELI**  Open 7 days a week

M-F 7:30am-8pm  
Sat & Sun 11am-8pm

**DELI SANDWICH SPECIAL**

**Plant-Based BBQ Wrap (VG)** – crispy plant-based nuggets, caramelized onions, Ray’s BBQ sauce, plant-based cheese, and fresh vegetables wrapped in a flour tortilla [calories 730]

**Chicken Caesar Wrap** – grilled garlic-lemon chicken, parmesan cheese, caesar dressing, and fresh vegetables wrapped in a flour tortilla [calories 660]

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**SEARED**  Open 7 days a week

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

**BURGERS SPECIAL**

**Southern Exposure** – fried green tomatoes, bacon, smoked provolone cheese, remoulade, lettuce, tomato, and onion on a toasted bun [calories 590]

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**NOODLE**

<table>
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<tr>
<th><strong>LUNCH (Mon–Fri 11am-2pm)</strong></th>
<th><strong>DINNER (Sun–Thu 5pm-8pm)</strong></th>
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</thead>
</table>
| **Tuesday Lunch** | **Chicken Pad Thai** – stir fried chicken, red onion, red and green peppers, carrots, and rice noodles with spicy Thai sauce, garnished with bean sprouts and scallions [calories 330]  
**Tofu Pad Thai (VG)** – rice noodles with tofu and plant-based egg substitute in a tamarind sauce, topped with sprouts, herbs and lime [calories 410] |

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Tuesday
Dinner

**Baked Mac & Cheese (V)** – macaroni pasta baked in a creamy cheese sauce and topped with parmesan breadcrumbs [calories 510]

**Red Coconut Curry Shrimp** – shrimp and vegetables in a red coconut curry served over brown or white rice with Thai style cucumber salad [calories 260]

Wed/Thu/Fri
Lunch

**Green Coconut Curry Pork** – Thai style green coconut curry with pork and root vegetables, served with a choice of white or brown rice, and Thai style cucumber salad [calories 490]

**Yellow Curry with Vegetables (VG)** – yellow coconut curry with eggplant, mushrooms, red peppers, butternut squash, ginger, and jalapeño, served over a choice of white or brown rice [calories 110]

Wed/Thu
Dinner

**Chicken Pad Thai** – stir fried chicken, red onion, red and green peppers, carrots, and rice noodles with spicy Thai sauce, garnished with bean sprouts and scallions [calories 330]

**Tofu Pad Thai (VG)** – rice noodles with tofu and plant-based egg substitute in a tamarind sauce, topped with sprouts, herbs and lime [calories 410]

**Baked Mac & Cheese (V)** – macaroni pasta baked in a creamy cheese sauce and topped with parmesan breadcrumbs [calories 510]

**SELECT**

**LUNCH (Mon–Fri 11am-2pm)**

**Moroccan Bowl (VG)** – ras al hanout spiced zucchini and tomatoes, quinoa tabouli, and mixed greens with your choice of brown or jasmine rice [calories 360-380]

**Options to Add:** chermoula chicken [calories 260], harissa chickpeas [calories 160],

**DINNER (Sun–Thu 5pm-8pm)**

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