

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

Dinner **Pesto Salmon** – Roasted salmon with pesto sauce, served with lentils, roasted cauliflower, olives, herbs and sun-dried tomatoes [calories 600]

Ratatouille (VG) – Eggplant, squash, peppers, onion and tomatoes, served with roasted potatoes [calories 240]

MON

Breakfast **Prosciutto & Basil Pesto Scramble** – Local cage-free eggs with prosciutto, pesto and mozzarella cheese [calories 330]

Lunch **Orange-Balsamic Chicken** – Roasted chicken hindquarter with orange-balsamic glaze, served with thyme red potatoes, and roasted fennel and green beans [calories 700]

Polenta & Vegetables (V) – Creamy herbed polenta, served with roasted fennel and green beans and rosemary cauliflower [calories 350]

White Bean Stew (VG) – Cannellini beans stewed in tomatoes, onions, celery and rosemary, served with your choice of brown or jasmine rice [calories 270–280]

Dinner **Pesto Salmon** – Roasted salmon with pesto sauce, served with lentils, roasted cauliflower, olives, herbs and sun-dried tomatoes [calories 600]

Ratatouille (VG) – Eggplant, squash, peppers, onion and tomatoes, served with roasted potatoes [calories 240]

TUE

Breakfast **Southwest Scramble (V)** – Local cage-free eggs scrambled with black beans, corn, peppers and pepper jack cheese [calories 370]

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

Base Includes: Cilantro or tomato rice, pinto or black beans or quinoa salad, served with your 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 Bacon, Spinach & Brie Scramble – Local cage-free eggs scrambled with bacon, spinach and brie cheese [calories 450]

Lunch Orange-Balsamic Chicken – Roasted chicken hindquarter with orange-balsamic glaze, served with thyme red potatoes, and roasted fennel and green beans [calories 700]

Polenta & Vegetables (V) – Creamy herbed polenta, served with roasted fennel and green beans and rosemary cauliflower [calories 350]

White Bean Stew (VG) – Cannellini beans stewed in tomatoes, onions, celery and rosemary, served with your choice of brown or jasmine rice [calories 270–280]

Dinner Lomo Saltado – Peruvian beef stir fry served with rosemary fried potatoes and your choice of brown or jasmine rice [calories 570–590]

Empanadas (V) – Potato, egg and olive empanadas with aji amarillo sauce and quinoa salad [calories 810]

THU

Breakfast Mango Pancakes (V) – Buttermilk pancakes with mango [calories 200]

Lunch Beef Meatloaf – Mushroom gravy, served with Yukon gold mashed potatoes and broccolini [calories 480]

Baked Mac & Cheese (V) – Baked macaroni and cheese with herb carrots and broccolini [calories 400]

White Bean Stew (VG) – Cannellini beans stewed in tomatoes, onions, celery and rosemary, served with your choice of brown or jasmine rice [calories 270–280]

Dinner Lomo Saltado – Peruvian beef stir fry served with rosemary fried potatoes and your choice of brown or jasmine rice [calories 570–590]

Empanadas (V) – Potato, egg and olive empanadas with aji amarillo sauce and quinoa salad [calories 810]

FRI

Breakfast Sausage Skillet Scramble – Local cage-free eggs scrambled with potatoes, sausage, peppers, onions, scallions and cheddar cheese [calories 380]

Lunch Beef Meatloaf – Mushroom gravy, served with Yukon gold mashed potatoes and broccolini [calories 480]

Baked Mac & Cheese (V) – Baked macaroni and cheese with herb carrots and broccolini [calories 400]

White Bean Stew (VG) – Cannellini beans stewed in tomatoes, onions, celery and rosemary, served with your choice of brown or jasmine rice [calories 270–280]

SAT

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

DELI SANDWICH SPECIAL

Buffalo Wrap – Crispy chicken, fresh veggies, Gorgonzola spread and spicy buffalo sauce, wrapped in a flour tortilla [calories 920]

Field Roast (VG) – Field Roast tomato slices, Chao cheese, roasted sweet peppers, chipotle mayoli and lemon-dressed kale on a telera roll [calories 750]

BBQ Pork – Pork carnitas, BBQ sauce and coleslaw stacked on a burger bun [calories 520]

DUB STREET BURGERS SPECIAL

CRB – Crispy chicken patty with bacon, ranch dressing, lettuce, tomato and onion [calories 670]

Fry Special – Wedges [calories 410]

NOODLE

LUNCH (Mon–Fri)

DINNER (Sun–Thu)

Lunch **Szechuan Beef & Veggie Stir Fry (HP)** – Thinly sliced beef and vegetables in a slightly spicy Szechuan sauce, served with your choice of brown or jasmine rice [calories 620–650]

Pork Chow Mein – Pork, noodles and vegetables in a soy-ginger sauce [calories 1000]

Veggie Chow Mein (VG) – Noodles stir fried with vegetables in a soy-ginger sauce [calories 640]

Dinner **Sweet & Sour Chicken** – Crispy chicken in a housemade tomato-vinegar sauce served with pineapple, peppers, onions and your choice of brown or jasmine rice [calories 690–720]

Pork Chow Mein – Pork, noodles and vegetables in a soy-ginger sauce [calories 1000]

Veggie Chow Mein (VG) – Noodles stir-fried with vegetables in a soy-ginger sauce [calories 640]

SELECT

LUNCH (Mon–Fri)

DINNER (Sun–Thu)

Lunch & Dinner **Mediterranean Bowl** – Falafel, chickpea salad, Greek salad, mixed greens, tomato, green beans with your choice of brown or jasmine rice [calories 360–390]

Options to Add: Rosemary chicken (HP) [calories 310], lemon-garlic beef (HP) [calories 180], falafel (VG) [calories 170]