**BIG KITCHEN**

### SUN

**Brunch**
- French Toast, Bacon, Sausage Link, Biscuit & Sausage Gravy and Scrambled Eggs [calories 130-450]

**Dinner**
- **Southwest Flank Steak** Grilled Marinated Beef, served with Cumin Verde Mashers and Sweet Corn Succotash [calories 450]
- **Vegetable Winter Stew** (vg) Carrots, Squash, Potatoes and Chickpeas with Tomato and Spices, served with Jasmine or Brown Rice [calories 230-270]

### MON

**Breakfast**
- Caprese Scramble (v) with Basil, Tomato, Mozzarella [calories 200]

**Lunch**
- **Mojo Shrimp Bowl** (Halal) Garlic Citrus Shrimp with Coconut Red Beans & choice of Jasmine or Brown Rice and Pineapple [calories 730-770]
- **Jerk Roasted Vegetable Bowl** (vg) with Coconut Beans and choice of Jasmine or Brown Rice and Pineapple [calories 520-560]

**Dinner**
- **Southwest Flank Steak** Grilled Marinated Beef, served with Cumin Verde Mashers and Sweet Corn Succotash [calories 450]
- **Vegetable Winter Stew** (vg) Carrots, Squash, Potatoes and Chickpeas with Tomato and Spices, served with Jasmine or Brown Rice [calories 230-270]

### TUES

**Breakfast**
- Ham and Cheddar Scramble with Green Onions [calories 260]

**Lunch & Dinner**
- **Build Your Own Latin Bowl**
  - **Base Includes:** Cilantro Rice, Black Beans and choice of toppings [calories 470]
  - **Option to add:** Beef Barbacoa, Chicken Tinga, or Vegan “Meat” [calories 170-230]
  - **Toppings:** Pico de Gallo, Tomatillo Salsa, Corn Salsa & Sour Cream [calories 50]

### WEDS

**Breakfast**
- **Chorizo Scramble** with Pico de Gallo and Cheese [calories 390]

**Lunch**
- **Mojo Shrimp Bowl** (Halal) Garlic Citrus Shrimp with Coconut Red Beans & choice of Jasmine or Brown Rice and Pineapple [calories 730-770]
- **Jerk Roasted Vegetable Bowl** (vg) with Coconut Beans and choice of Jasmine or Brown Rice and Pineapple [calories 520-560]

**Dinner**
- **Roasted Herb Chicken** Herb Roasted Chicken Hindquarter, served with ‘Funeral Potatoes’ and Snap Peas [calories 580]
- **Funeral Potatoes** (v) Cheesy Baked Potatoes Casserole, served with Steamed Snap Peas [calories 370]

### THUR

**Breakfast**
- **Spam Swiss Scramble** Red Peppers, Scallion and Swiss Cheese [calories 370]

**Lunch**
- **Cider Pork** Cider Glazed Pork Loin with Wild Rice, Cranberry Pilaf and Snap Peas [calories 500-550]
### Kale Butternut Squash Risotto (v)
Kale and Butternut Squash Risotto with Snap Peas [calories 270]

### Roasted Chicken
Herb Roasted Chicken Hindquarter, served with ‘Funeral Potatoes’ and Snap Peas [calories 580]

### Funeral Potatoes (v)
Cheesy Baked Potatoes Casserole, served with Steamed Snap Peas [calories 370]

### FRI

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<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tbody>
<tr>
<td>Italian Scramble</td>
<td>Cider Pork</td>
<td>Fettuccine Jambalaya</td>
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<tr>
<td>Prosciutto, Sun-dried Tomatoes, Fresh Herbs and Parmesan Cheese [calories 330]</td>
<td>Cider Glazed Pork Loin with Wild Rice, Cranberry Pilaf and Snap Peas [calories 500-550]</td>
<td>Spicy Andouille Sausage, Chicken and Roasted Peppers in a Spicy Creole Tomato Sauce, served with Broccolini and Breadstick [calories 980]</td>
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### Kale Butternut Squash Risotto (v)
Kale and Butternut Squash Risotto with Snap Peas [calories 270]

### SAT

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<tr>
<th>Brunch</th>
<th>Dinner</th>
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<tbody>
<tr>
<td>Pancakes (v), Bacon, Sausage, Plant based Sausage, Hash-brown Patty, Biscuit &amp; Gravy and Scrambled Eggs [calories 20-510]</td>
<td>Fettuccine Jambalaya</td>
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<tr>
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<td>Spicy Andouille Sausage, Chicken and Roasted Peppers in a Spicy Creole Tomato Sauce, served with Broccolini &amp; Breadstick [calories 980]</td>
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### GLOBAL

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<thead>
<tr>
<th>LUNCH (MON-FRI)</th>
<th>DINNER (SUN-THUR)</th>
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<tbody>
<tr>
<td>Korean Fried Chicken</td>
<td>Crispy Fried Chicken Tossed in a Honey Gochujang Sauce, served with Banchan and choice of Jasmine or Brown Rice [calories 800-915]</td>
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<tr>
<td>Beef Bulgogi</td>
<td>Beef and Onions Stir-fried in a Sesame Garlic Sauce, served with Banchan and choice of Jasmine or Brown Rice [calories 600-640]</td>
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<td>Banchan (vg)</td>
<td>Zucchini and Mushrooms, Kimchi or Carrots and Sprouts [calories 100]</td>
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<tr>
<td>Curry Cauliflower Grain Bowl (vg)</td>
<td>Basmati Rice, Mixed Greens, Cucumber with Dill, Curried Cauliflower Salad and Lemon Slice [calories 610]</td>
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### DELI SANDWICH SPECIAL

| Buffalo Chicken Wrap             | Flour Tortilla, Crispy Chicken, Gorgonzola Spread, Spicy Buffalo Sauce and Fresh Vegetables [calories 920] |
| Field Roast Sandwich             | Telera Roll, Vegan Tomato Field Roast, Vegan Chao Cheese, Chipotle Mayoli, Sweet Roasted Peppers and Lemon Kale [calories 750] |
| Cheesy Brit                      | Roast Beef, Cheddar Cheese, Horseradish Mayo and Vegetables [calories 690] |

### DUB STREET SPECIAL

Made in a facility that also prepares wheat-based foods. v = vegetarian, vg = vegan. h = prepared with halal meats. 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
Chicken Caesar  Grilled Chicken with Provolone Cheese, Caesar Dressing, Lettuce and Tomato on a Telera Bun [calories 810]

Fry Special  Lattice Fries [calories 350]